

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

Important Notice!

Coffee and other beverages are not to be brought into the Sudbury Pines room during programs. This is for safety and to minimize the cost of cleaning up spills. Please arrive early to drink your coffee and tea before you go to a program in the Pines room. Thank you!

Veterans Appreciation Luncheon*

Monday, November 6
12 noon

Special Guest to be Announced Soon!

Please Note:

Sudbury veterans and spouses may sign up as of September 14.

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 only.

Space is limited. Thank you for your understanding.

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

Save the Date!

Flu Clinic

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

5:00 - 7:00 PM

Sign up will begin on Tuesday, September 12.

September is National Senior Center Month!

We are offering a number of special programs in honor of National Senior Center month, most at no cost. Here are some of the highlights!

Musical Jukebox Bingo*- Monday, September 11. 10:00 AM –12:00 PM; pg. 3

Long 19th Century: European History 1732-1917-The Great Courses DVD Series
9 Wednesdays, September 13 - November 8, 9:30-11:00 AM; pg. 3

Building Confidence in Bridge

Wednesdays, September 13 - November 8, 1:00-3:30 PM, \$44; pg. 4

Vets Talk and Coffee - Wednesday, September 13, 9:30 AM; pg. 12

Make a Silk Scarf! Thursday, September 14, 11:00 AM

(please note: first-time participants only, space is limited to 10); pg. 5

Soup's On! Learning about Your Skin and Psoriasis with Dr. Urato

Thursday, September 14, Soup at 12 noon; Presentation at 12:45 PM; pg. 3.

The Surprising Benefits of Listening to Music! With Eric Weld *

Monday, September 18, 10:00 AM; pg. 3

Stand Tall, Don't Fall! With Sue Rushfirth

Thursday, September 21, 10:00 AM, pg. 3

Falls Prevention Week - September 18-22

Stop by for information about preventing Falls at home or out and about. Take a look at our fitness classes on page 8, all of which have the added benefit of improving balance and strength!

The Heart of Meditation with Katherine McClean

Tuesday, September 19, 10:00 AM, pg. 3

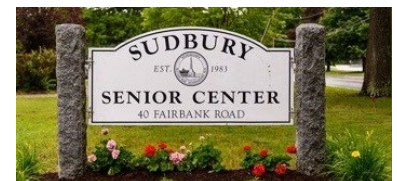
An Introduction to 2018 Multi-Day Trips

Tuesday, September 19, 2:30 PM, pg. 7.

Protecting Your Home with Atty. Arthur Bergeron

Monday, September 25, 1:00 PM, pg. 4.

* Sponsored by the Friends of Sudbury Seniors



Caring for our communities with pride.

A Message from the Chairperson of the Sudbury Council of Aging

I wish to thank the Sudbury Council on Aging Board of Directors for selecting me to be the next Chairman of this group.

With that thought in mind I wish to also thank the full time, part-time and the volunteer workers who continue to make the Sudbury Senior Center one of the very best Senior Centers in the State of Massachusetts.

These workers are kind, professional, caring and if you watch closely you will see a glimmer of fun and humor as they go about their daily tasks.

(Please see the list of names of many of the people who make your daily experience at the Sudbury Senior Center such a pleasant time - to the right).

Finally a thank you to the Citizens of Sudbury, MA, for their continued support. This includes the members of our Town Government and other town personnel.

John Beeler, Chair, Sudbury Council on Aging Board of Directors

Senior Center Director's Message

Change is in the air... with the weather beginning to turn cooler, the tips of the leaves changing color. The Senior Center and Town of Sudbury are evolving as well. The Town is using the AARP "Livable Community" definitions and goals* to assess Town strengths and limitations and develop a plan to build on strengths and reduce limitations. A priority for improvement is transportation. An informal Transportation survey is underway, if you have not participated, please do so online at our website or on paper!

We are also rolling out grant funded pilot transportation services. Look for information on the Town and Senior Center websites, and the Town Crier, among other places. We hope you will try out the new transportation and let us know what you think!

In conjunction with the Livable Communities initiative, the Town and Council on Aging are working with UMass Boston Gerontology Institute to undertake a Needs Assessment of the Town. The assessment will include a survey, as well as focus groups and forums. Look for more information in the coming months and don't miss your chance to participate and be heard!

On another note, we said goodbye to retiring **Volunteer Coordinator Extraordinaire** Ed Gottmann in June. He will be greatly missed, though he now has time to attend some of our fun programs! And we welcome our new Volunteer Coordinator Janet Lipkin! Janet, a nurse by training, has a wealth of excellent experience and knowledge to bring to her new job. We are happy to welcome her!

Please make note of a few important changes for September - see page 1 and page 8.

Happy Fall!

Debra Galloway, Senior Center Director

* Livable Communities - <http://www.aarp.org/livable-communities/tool-kits-resources/info-2016/where-we-live-communities-for-all-ages.html>

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SUDBURY SENIOR CENTER

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: senior@sudbury.ma.us

Webpage: www.sudburyseniorcenter.org

~ Classes and Series ~

A new Great Courses DVD Series:

Long 19th Century: European History 1789-1917
Wednesdays at 9:30 AM

Why did an era that began with the idealism of the French Revolution and the power of the Industrial Revolution culminate in the chaos of World War I, considered by most historians to be the greatest tragedy of modern European history? Did nationalism and imperialism inevitably lead in such a direction, or were there other factors involved?

Many thanks to Ruth Griesel for continuing to coordinate the fall history series, with help from Jane Graham and Bill Allard. Sign up is going on now, space is limited!

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



**The Heart of Meditation:
 A Class for Beginners**

Tuesday, September 19, 10:00 AM

Have you tried meditation lately? This free experiential class will introduce a variety of guided meditation practices for beginners designed to teach the fundamentals of meditation in a user friendly way. We'll include time for discussion and questions. You can sit in a chair or lay on the floor, if you prefer. Meditation instructor Katherine McClean LDN, CYT, CPT has been teaching meditation through her workshops and yoga classes for over 20 years and has maintained a personal meditation practice for even longer. She is passionate about sharing her love of meditation with others. Sign up by call the Sudbury Senior Center at 978-443-3055. Space is limited.

World's Greatest Geological Wonders - DVD Series
Last Two Classes!

Tuesday, September 5 at 9:30 AM (#33, 34)**

- Auroras-Light Shows at the Edge of Space
- Arizona Meteor Crater

Wednesday, September 6 at 9:30 AM (#35, 36)

- A Montage of Geologic Mini-Wonders
- Planetary Wonders-Out of this World

** this is a repeat of the class on Thursday, Aug. 31.

~ Special Events ~

Musical Jukebox Bingo!

Monday, September 11, 10:00 AM

Join your friendly host, for a fun, low pressure, musical trivia bingo game! While playing your host DJ Brian will use music and display pictures or videos. Instead of numbers on the bingo sheets, there will be the names of artists, titles of songs and trivia answers. The game is played exactly as a standard bingo game, with horizontal and vertical line wins. Lots of fun, work as a team! Please sign up at 978-443-3055 so that we can prepare for the audience.

Make a Silk Scarf!

Thursday, September 14, 11:00 AM

Karen Halloran, of CareOne Concord returns with this wonderfully beautiful yet simple project. *First time participants only* are invited to sign up early (by September 13) to take part.

Soup's On!

Your Skin and Psoriasis

Thursday, September 14

12:00 Soup

12:45 Presentation



Dr. Urato, a dermatologist in Sudbury, will be here to talk about your skin and psoriasis, symptoms, causes and the latest treatment options. Please sign up by Tuesday, September 12 at 4:00 PM. Let us know (978-443-3055) if you would like soup and salad!

Stand Tall, Don't Fall

Thursday, September 21, 10:00 AM

Sue Rushfirth, PT, is passionate about preventing falls! Hear her practical advice to stay on your feet whether at home or out and about. Call 978-443-3055.

**The Surprising Benefits of Listening to Music for
 Better Health, Longer Life**

Monday, September 18, 10:00 AM

Eric Weld returns with a multimedia speaking presentation with live and recorded music samples and accompanying PowerPoint in which he discusses the latest research on the health benefits of listening to music. He will also teach audiences *how* to listen to music for optimal benefits; and *what* music to listen to. Please sign up by Friday, September 15 at 978-443-3055. Sponsored by *Friends of Sudbury Seniors*.

~ Cards ~

Building Confidence in Bridge**8 Wednesdays, 1:00-3:30 PM****September 13 - November 8****No class October 18****\$44**

Instructor William 'Nick' Nicholson will follow up his spring series of Bridge lessons with this 8 week series, which will include 2 weeks of review and 6 weeks of reinforcement. Please register and pay at the Senior Center by Monday, September 11. Min. 12 students.

**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.

~ Transportation ~

Monday Van Trips**September 11, 25 - WalMart/Hudson****September 18 - 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.

Mistakes Happen! 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.

~ Legal ~

Legal Clinic**Tuesday, September 12 - 1:00-3:00 PM**

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Arthur Bergeron.

Our Volunteer Elder Law Attorneys provide free 20 minute appointments generally focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. For issues that are not in their domain, they will provide referrals to other attorneys. They are not able to prepare documents during these appointments. Call 978 443-3055 to make your appointment.

Legal Update—Protecting Your Home**Monday, September 25, 1:00 PM**

Elder Law Attorney Arthur Bergeron In this seminar, Attorney Arthur Bergeron will talk about new case law regarding irrevocable trusts, new regulations regarding MassHealth qualification, and how, in today's world, you can best protect the value of your home in the event you need nursing home care or a lot of care at home.

~ Intergenerational ~

LINC**Older Adults and Kids problem solve together!**

The Learning Intergenerational Community (LINC) program started with a pilot in fall 2016 building on the *Bridges Together* program, but moving to an afterschool model. Older adults meet with 4th and 5th graders, while following a curriculum that offers opportunities for learning, STEAM activities, and fun. A collaboration of the Sudbury Public Schools and the Sudbury Senior Center. Please contact our Intergenerational Coordinator Judy Battat at 978-443-3055 or battatj@sudbury.ma.us if you would like to learn more about the program. *STEAM—Science, Technology, Engineering, Art, and Math

BOOK BUDDIES!

Kindergartners and first graders need some extra practice with reading... you can help next fall! The program has flexible time slots beginning October. 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.

~ Clubs and Groups ~

Come Sing with Friends at Senior Notes!

Thursdays, September 7 and 21, 12:45 PM

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

Happy Seniors Club

Tuesdays, 9:30 - 11:30 AM

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

Turn the Page—Monthly Book Group

2nd Wednesday, September 13, 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!

September – *Small Great Thing* by Jodi Picoult

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, September 11, 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, September 7, 21, 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 ~

Drawing Workshop - More Portraits

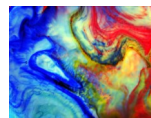
6 Tuesdays, 12:30-2:30 PM

September 19 - October 24 - \$30

Creating art is good for you! Clear your head, create a calm focus, use your left and right brain, and have fun! Whatever medium you use, work from photos, observing & drawing faces - front view, profile, 3/4 view, looking up, looking down, multiple faces, young & old. And, if you have a special photo you would like to work from, please feel free to bring it in to class. While reviewing the "how to's" of looking at a face, work in a very relaxed atmosphere, so if this appeals to you, please come! Veteran artists as well as newly minted artists are always welcome.

Supplies: Sketch book, #2 pencils and erasers, Colored pencils or any medium that you would like to work in; Images that you would like to draw from.

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



Wonderful Watercolors Workshop!

8 Fridays, September 1-October 20

\$64

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

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

Crafty Jewelry Group



This group is on hiatus for now. We hope to offer the next session on Thursday, October 19, at 10:00 AM. 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 Van Houten room on Sept. 21. Call 978-443-3055.

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Senior Center Month!	Fitness Classes: T'ai Chi Mon and Tues Yoga Tuesdays Fit for the Future M, W, F Tap Dance Thursdays Better Bones Mondays	SHINE - Serving the Health Insurance Needs of Elders - Medicare Counseling and Assistance	BP Clinic - Board of Health Nurse Phyllis Schilp will be here to check your blood pressure. Drop-in and put your name on the list.	9:30-11:30 Bingo (SP) 11 Fit for the Future 11:30 Watercolors (1) 1:45 Watercolors (1) 1:00 Food Gardening for Everyone! (6, last)
4	Sign up for Life Reimagined 5	6	7	8
Labor Day Holiday Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club (R1)</i> 9:30 <i>World's Greatest Geological Wonders (17)</i> No Yoga today 10:45-1:15 SHINE <i>No Drawing this week</i> <i>No Tai Chi today</i>	9:30 <i>World's Greatest Geological Wonders DVD Series (18, last)</i> 11:00 Fit for the Future No Quilting today	No SHINE today No Tap Dance today 10:00-11:15 Current Events (SP) 12:45 <i>Senior Notes: Singing Group</i> 1-2 Short Story Group (VH) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11 Fit for the Future 11:30- Watercolors (2) 1:45 - Watercolors (2)
Wal-Mart 11	Sign up for Flu Clinic 12	13	14	15
10-12 <i>Musical Jukebox (SP)</i> 11:00 Fit for the Future 12:30 Monday Movie: <i>LaLa Land</i> 1-3:30 Canasta (VH) 1:00 Better Bones (1) 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:00 Cribbage (VH) 9:30 <i>Happy Seniors Club</i> 9:40/11:00 Yoga (1) (G) 10:45-1:15 SHINE <i>No Drawing this week</i> 1-3 Legal Clinic (R1) 1:30 <i>Tai Chi for Healthy Living (1)</i> 3:00 <i>Council on Aging</i>	9:30-11 <i>Long 19th Century: European History 1732-1917 (1)</i> 9:30 <i>Vet Talk/Coffee (VH)</i> 11:00 Fit for the Future 1:00-2:00 <i>Turn the Page - Book Group! (VH)</i> 1:00 <i>Confidence in Bridge (1) (SP)</i> No Quilting today	Sign up for Vets Lunch from 12-4 PM 9-12 SHINE 9:30 Tap Dance! (1) 10-11:15 Current Events 11:00 <i>Make a Silk Scarf! (VH)</i> 12:00 <i>Soup's On!</i> 12:45 <i>Your Skin/ Psoriasis</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11 Fit for the Future 11:30- Watercolors (3) 1:45 - Watercolors (3)
Market Basket Trip 18	Falls Prevention Week 19	20	Rosh Hashanah 21	22
10:00 <i>Surprising Benefits of Listening To Music! With Eric Weld (SP)</i> 11:00 Fit for the Future 12:30 Monday Movie: <i>Inception</i> 1-3:30 Canasta 1:00 Better Bones (2) 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> 9:40/11:00 Yoga (4) 10-11 <i>The Heart of Meditation</i> 10:45-1:15 SHINE 12:30-2:30 <i>Drawing Workshop (1) (VH)</i> 1:30 <i>Tai Chi Healthy Living (3)</i> 2:30 <i>TRIPS MEETING! (SP)</i>	9:30-11 <i>Long 19th Century: European History 1732-1917 (2)</i> 11 Fit for the Future 1:00 <i>Confidence in Bridge (2) (SP)</i> No Quilting today	9-12 SHINE 9:30 Tap Dance! (2) 10:00 <i>Stand Tall, Don't Fall</i> No <i>Crafty Jewelry Group</i> 10:00 Current Events (VH) 12:45 <i>Senior Notes: Singing Group</i> 1-2 Short Story Grp (VH) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11 Fit for the Future 11:30 -Watercolors (4) 1:45 - Watercolors (4)
WalMart Trip 25	26	27	28	29
11:00 Fit for the Future 12-2 <i>Caring Café</i> 1:00 <i>Protecting Your Home</i> 1-3:30 Canasta (R1 or Lounge) 1:00 Better Bones (3) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> 9:40/11:00 Yoga (4) 10:45-1:15 SHINE 12:30-2:30 <i>Drawing Workshop (2) (VH)</i> 1:30 <i>Tai Chi Healthy Living (4)</i>	9:30-11 <i>Long 19th Century (3)</i> 11 Fit for the Future 1:00 <i>Confidence in Bridge (3) (SP)</i> No Quilting today	9-12 SHINE 9:30 Tap Dance! (3) 10:00 Current Events (VH) 1-2 Short Story Group 2:30 Connection Circle 3:00 <i>Friends meeting</i>	9:30-11:30 Bingo (SP) 11 Fit for the Future 11:30- Watercolors (5) 1:45 - Watercolors (5)

TRIPS NEWS

Hello Fellow Travelers-

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



Multi-Day Trips for 2018 - Learn more!

Tuesday, September 19, 2:30 PM Trips are scheduled to Venice-Florence-Rome; Florida-Georgia-So. Carolina; and Iceland! Get an up close view of these trips with a slide show on our big screen!

Rocky Mountain High and the Turkey Train

Wednesday, October 11, 2017—\$111

Experience New Hampshire’s glorious Fall Foliage as you travel to the White Mountains during peak season. Back by popular demand! Enjoy a turkey dinner luncheon on the train, later see one of the most realistic tribute shows as Ted Vigil becomes the legendary John Denver. Make checks payable to *Best of Times*.

Corvette Doo Wop Review

Wednesday, November 8, 2017—\$91

A rollicking ride through the good old days of Rock and Roll. Music of the 1950’s Doo Wop era, in the tradition of Sha Na Na. Lunch at Lake Pearl, Wrentham.

Wright’s Farm and LaSalette Lights

Thursday, December 7, 2017—\$60

Delightful holiday tour with full course luncheon and magnificent Christmas lights display at LaSalette Shrine. Payable to Fox Tours.

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 organizing and planning the Senior Trips!

Pizza and a Movie

Thursday, September 28

Allied – Rated R, 2 hrs

In 1942, a Canadian intelligence officer (Brad Pitt) in North Africa encounters a female French Resistance fighter on a deadly mission behind enemy lines. When they reunite in London, the pressures of war test their relationship.

Pizza: 12 noon

Please call to order your pizza by 10:00 AM the day of the movie.

Movie: 12:30 PM

\$1.25/slice

Monday Movies

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

No movie on September 25.

September 11- LaLa Land - PG-13, 2 hrs 10 mins

Two proper L.A. dreamers, a suavely charming soft-spoken jazz pianist (Ryan Gosling) and a brilliant vivacious playwright (Emma Stone), while waiting for their big break, attempt to reconcile aspirations and relationship in a magical old-school romance.

September 18 - Inception - PG-13, 2 hrs 30 mins

A thief, who steals corporate secrets through use of dream-sharing technology, is given the inverse task of planting an idea into the mind of a CEO. Starring Leonardo DiCaprio.

Coming Soon

Life Reimagined! AARP Workshop

Tuesday, October 17, 1:00-3:00 PM

Sign up starts September 5. More information to come!

Brush and Easel

Monday, October 16, 10:00-12:00, \$10

Art History and Painting combined! Sudbury residents may sign up as of September 19, all others as of October 2.

~ Caregivers ~

Comfort Food Caring Café

Monday, September 25 - 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 Home Care** and **Sudbury Farms**.

~ Notices ~

Anticipated Room/Time Changes

- Current Events - will move to Van Houten room on Thursday, September 21.
- Canasta will be held in Room 1 or the Lounge on Monday, September 25.

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 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!*

Retired Men's Association**Offers Fun, Fellowship and Free Coffee!**

Retired men in the MetroWest area have a special opportunity each month to enjoy a morning with other men. Meeting with people from all walks of life and working experience they hear guest speakers that challenge and inform. And on a regular basis they make interesting visits to notable area places.

Recent speaker subjects have included substance abuse, all about ticks, and other issues; speakers in the next few months will talk about satellite debris tracking, cyber security at Lincoln Labs, and more.

If you are retired and would like to be considered for membership please contact one of these RMA members of the Friends of Sudbury Senior Citizens: Bob Diefenbacher (denbrook@verizon.net), Joe Bausk (joebausk@verizon.net), or Sam Merra (warriorhs@hotmail.com). See www.rmena.org for more information.

~ Fitness ~

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. 13; no class Oct. 2, 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
An ancient system of movements designed to maintain strength, balance and focus.

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

T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30 PM;
7 weeks for **\$35**
Sep. 12 – October 31
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

Bring tap shoes, comfortable clothes and water!

Yoga for Living Well*

Tuesdays - Sep. 12-Nov. 7, no class Oct. 3

Yoga 1: 9:40 AM or

Yoga 2: 11:00 AM

\$56 for 8 week session

Add strength and calm to your life!

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

**Bring your mat, block and water!

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, September 13, 9:30 AM

Join other veterans for conversation, coffee and maybe a treat! Sudbury's Veterans Agent Nick Charbonneau is usually here, along with other veterans from Sudbury and surrounding towns. Call 978-443-3055 to sign up and we will notify you of any changes, or just drop in!

Friends of Sudbury Seniors

Support the Sudbury Senior Center by joining or donating to the Friends! The Friends is a group of people dedicated to support the Senior Center through fundraising, advocacy and underwriting programs. 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!

Thinking Ahead!

Sudbury Board of Health FLU CLINIC

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

Board of Health Nurse Phyllis Schilp will run her successful and well-organized Flu Clinic again this fall at the Senior Center. **Sign up begins** on September 12. Please call 978-443-3055 and make note of your appointment time. When you come to the clinic, bring your insurance cards and wear shortsleeves if possible.

Please note: You may find it easier to make your appointment by calling the Senior Center in the afternoon when the phones are quieter. Thank you!

MEET YOUR NEIGHBOR!

We'd love to share your profile and photo for the Sudbury Town Crier senior page! Contact Sharon Wilkes for more information 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



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