

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

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

4 Tuesdays at 10:30 AM
November 1, 8, 15, 22
\$30



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

After many years as a professional community leader, Dr. Lowenthal now presents lectures and discussions on timely topics throughout the Greater Boston area. His topics include literature, film, humor, world religions, national and international issues and more. He holds a Ph.D. from New York University. Please register and pay for this class at the Senior Center. Make checks payable to "Town of Sudbury".



**A Matter of Balance:
Managing Concerns About Falls
November 2-December 21
1:00-3:00 PM**

at Orchard Hill Assisted Living

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program for you. Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and help them remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

This program is made possible through an ACL grant in collaboration with the Healthy Living Center of Excellence and BayPath Elder Services. Special thanks to Orchard Hill Assisted Living for hosting this workshop. The Program is FREE. A workbook is provided and refreshments are served. To register, please call the Senior Center at 978-443-3055. Class needs a minimum number of participants to start.



**Join us for a complimentary lunch on Wed., November 2!
You must sign up by Friday, October 28. See page 2.**

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Notes on November and Veterans

During the month of November we take time to count our blessings. One blessing is the amazing people who have served, and those who are currently serving, in our armed forces. We appreciate their efforts and their sacrifices. This month, the Senior Center and Sudbury Military Support Network, along with the Veteran's Office and Wayside Inn, celebrate our veterans with the 6th Annual Veterans Appreciation Luncheon on November 10. We invite veterans to a delicious Wayside Inn meal and dessert, with good company and a special guest speaker.

In addition, the Senior Center is showing the documentary "Debt of Honor: Disabled Veterans in America's History" on November 3 for our Pizza and a Movie day. This documentary examines the reality of the sacrifices that many veterans have made. We are inviting veterans, their family members, and the community to attend. The *Friends of Sudbury Seniors* is offering veterans a free slice of pizza. Anyone who would like pizza, should order a slice by calling 978-443-3055, by 9:00 AM on November 3.

Transportation— *Extended Van Service Hours* **4:00-7:00 PM Tuesdays/Thursdays and** **Rides to Framingham to catch the Boston Hospital Shuttle** **on Tuesdays (early morning, return midday or early eve.)**

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

Trouble Hearing a Speaker, or a Movie?

The Senior Center has assistive listening headphones available for those who would like to have amplification for any programs in the Sudbury Pines room. Please feel free to use them, or ask for assistance! We can also turn on the closed captioning for any movies that we show. Please ask!

A Delicious Autumn Lunch!

Wednesday, November 2
12 Noon

Join us for a complimentary lunch provided by Carriage House at Lee's Farm. The menu includes: Avocado/Bacon Wraps, Turkey Pilgrim Sandwich, and Pumpkin Bisque, with Cranberry Chocolate Bars for dessert!

Please sign up by Friday, October 28 by calling 978-443-3055. *Space is limited!*



Learning Intergenerational Community—LINC

Intergenerational programs provide a forum and activities for older and younger generations to get to know one another, learn about each other, perhaps dispel some myths, and to have fun! This new program has an exciting curriculum that helps participants to share their own stories with each other, to learn about technology then and now and more. The program, coordinated by the Sudbury Public Schools and the Sudbury Senior Center, began in October at Noyes and Haynes schools. Loring and Nixon Schools will begin in the spring – dates will be available soon.

Adults 55+ are invited to learn more about the program by contacting the Senior Center Intergenerational Coordinator Judy Battat at bat-tatj@sudbury.ma.us or 978-443-3055 and leaving a message.

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National Memory Screening Day
Monday, November 7
10:00 AM-12:00 PM



Are you concerned about memory problems?

Please schedule an appointment on **November 7, 2016** for National Memory Screening Day, an annual initiative of the Alzheimer’s Foundation of America. Take advantage of free, confidential memory screenings with Phyllis Schilp, R.N., Sudbury’s Board of Health Nurse and Bethany Hadvab, MSW, Town Social Worker at the Senior Center. You can also pick up free educational materials about memory concerns, dementia, caregiving and successful aging.

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

To schedule your memory screening, please call (978) 443-3055.

New Sessions
Watercolors Workshop
 Friday, 8 weeks, \$60
 November 4-January 13
I: 11:30 AM-1:30 PM or
II: 1:45-3:45 PM

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

Please pay the \$60 fee when you register for class. If you have a question, you may leave a message for our instructor Sandy Wilensky with the Senior Center Receptionist at (978) 443-3055.

*No class November 11, 25,
 And December 23*

Bereavement Support Group—Monday, January 9
 10-11:30 AM

This group will be co-facilitated by Nancy Duffy, of Hospice Bereavement Coordinator of Beacon Hospice, Inc./An Amedisys Company and Anne Manning, LMHC, and will meet on the 2nd Monday of the month from January-June. Please contact Anne Manning for more information and to sign up at 978-443-3055.

Caring Café

Friday, November 4 at 9:00 AM

Caregivers and their loved ones with memory loss are invited to gather for some social time, an activity or just to have coffee or tea and a baked good. Please rsvp if practical at 978-443-3055. You may call Anne Manning, LMHC, with questions.

From Vitamins to Tylenol to Opioids:
What you don’t know CAN hurt you!
Monday, November 7
1:00 PM

Today, people are living longer and are taking more medications. In fact, prescribing medications, both prescription and over-the-counter, is the most common medical intervention most older adults experience, leading to a dramatic increase in serious complications. Learn why seniors are particularly at risk for such complications and get tips on what you need to know to prevent them.



Our speaker is Ann Mazzola, Clinical Nurse Supervisor at Home Instead Senior Care of Natick. Please call 978-443-3055 to sign up.



Soup’s On!
The History of Wolbach Farm
with Alice Wellington

Thursday, November 17
 12:00 Soup
 12:45 Talk

Before Wolbach Farm was home to the Sudbury Valley Trustees in Sudbury, it belonged to the Wolbach family who called it Winter Brook Farm. It was a center of their family life for more than 80 years. Come learn the history of this multifaceted family from a Wolbach relative, Alice Wellington. Come warm up with soup and stay to learn about this local landmark.

Please **sign up for soup by Tuesday, November 15 at 4:00 PM**, so that we can purchase enough ingredients before Thursday! You may sign up for the talk up to the morning of November 15. Call 978-443-3055.

Trusts 101: Do you need a Trust; what type? And, why?

Monday, November 14, 1:30 PM

Elder Law Attorney Arthur Bergeron will discuss the differences between: Irrevocable vs. Revocable and Living Trust vs. Testamentary. He will also explain how a trust can help you protect your assets, minimize taxes and avoid probate. Do you need a Trust? If so, what type is right for you? Please sign up by calling the Senior Center at (978) 443-3055.

Coffee and Conversation

Meet Town Social Worker Bethany Hadvab
Wednesday, November 16
11:30 AM-1:00 PM



Bethany has been on the job for a few months and is a great resource. Stop by to meet her! If you would like to contact her with a question, please call 978-440-5476.

Stamp Club

Monday, November 14, 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"! The Stamp Club usually meets on the second Monday of each month; when there is a Monday holiday on that day, the meeting is postponed to the following Monday.

Tufts University Research Study Activity Trackers and Health

Increasing fitness can improve both mental and physical health outcomes. Tufts University is looking for adults age 50-75 in good health who would like to participate in a study on mental health/mood and physical activity. Participants will receive a free activity tracker (worth about \$100) that will help with tracking activity levels, walking, moving, etc. You will receive training on how to use the tracker, and will complete a few simple questionnaires. The goal of the study is to show that activity trackers can help people to improve mental and physical health. A free information session will be held at the Senior Center soon. If you are interested and would like information, please contact Prof. Lisa Gualtieri at 617-636-0438 or lisa.gualtieri@tufts.edu.



Short Story Discussion Group

2 Thursdays, November 10, 17
1:00-2:00 PM

Join Lois Leav at the Senior Center for a discussion of a short story. The short stories for November are Nathaniel Hawthorne's *The Ministers Black Veil* and *Wakefield*. Lois, who is a book and story lover, will facilitate the discussion about this short story. Call us at the Senior Center to let us know that you will attend at 978-443-3055. Looking ahead: December meetings will be Dec. 8 and 22.

Legal Clinic

Tuesday, November 8
10:00AM-12:00 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. Please understand that they are not able to prepare documents during these appointments. Call (978) 443-3055.

Monday Holiday Van Trips

November 7 - WalMart in Hudson
November 21 - Solomon Pond Mall/Panera Bread
November 28 - Natick Mall/Bertucci's
December 5 - Shopper's World/The Villa
December 12 - Christmas Tree Shops Shrewsbury/Brittany's Restaurant

Our van will be offering special shopping trips for the holiday season as we do every year. Starting November 21, there will be a trip to a different shopping area, along with a lunch out at a restaurant.

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. Trip schedule may be subject to change.



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.

Fall Prevention—Balance Assessments

Friday, November 18

9:00-11:00 AM

Balance Assessments in September were very popular with a waiting list—so we were quite pleased with Physical Therapist Mark Greenberg offered to return! There are many factors that effect your risk of falls: your medications, your vision, your shoes, the environment, and your 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! An appointment is necessary for a balance assessment, please call (978) 443-3055. Space is limited.

Crafty Jewelry Group

3rd Thursday, November 17

10:00 AM

Join facilitator Priscilla Reising at the Crafty Jewelry Group. Bring your projects, or start a project; ask questions of the group, make suggestions for future meeting ideas. Please sign up in advance to join this group—we will call with schedule changes. Sign up by calling (978) 443-3055.

Other Crafts?

Are you a Crafter interested in joining/facilitating a Crafts Group? We have space on Thursday mornings when the Jewelry group isn't meeting. Call Sharon Wilkes, Program Coordinator for information at 978-443-3055.

Drawing Workshop

Perspectives

6 Tuesdays, 12:30-2:30 PM

November 29-January 10

Please pay the \$25 fee and register by November 25.

Join instructor Susan Funk for a relaxing and creative art class that focuses on drawing perspectives. Please bring #2 pencils, erasers, paper, ruler (12" or 24"), media to color in with, and perhaps images you would like to draw.

Current Events Group

Every Thursday 10:00-11:15 AM

Welcoming new members



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

Dance Across the Community!

November 2, 9, 16

Wednesdays, 2:00 PM

Intergenerational!



Sydney Barnett and her team of Lincoln-Sudbury students, along with their teacher Jaclyn Sutherby, will be here to meet with you, perhaps do a simple dance or exercise routine, and share stories. This new group of students is changing the format a bit, to include a "Question of the Day". This will give more time for socializing and sharing. Please call to sign up, we hope for a good turnout to meet these lovely young women and find out what high school is like these days! Call 978-443-3055.

Senior Notes:

Singing Group

November 17

12:45PM



Did you know that studies have linked singing with lower blood pressure and reduced stress? Join Sam Gorfinkle and friends for a fun and relaxing Sing! Call to sign up and for more information at (978) 443-3055.



Teen Tech Help

November 9

2:15-4:00 PM

Lincoln-Sudbury High School students will be here to help you with your cell phone, tablet, or with learning how to use an app or program. Please sign up in advance, and indicate what type of help you need, by calling the Senior Center at 978-443-3055.





HOLIDAY SCHEDULES

The Senior Center will be closed on November 11 and 24 and will close at 12 noon on November 23 in observance of the Veterans Day and Thanksgiving Day holidays.

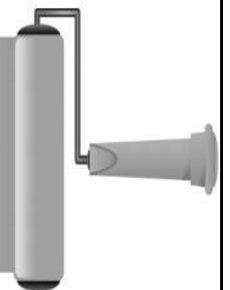


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NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	Election Setup 12pm 4
Please note: *Yoga—Class was cancelled on Sep. 29, so class session ends on Nov. 8, instead of Nov. 1; new session starts Nov. 15 (instead of Nov. 8) 	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7)* 10:30 <i>World Religions (1)</i> 10:45-1:15 SHINE 12:30-3:30 Bridge/Canasta/Cards 12:30-2:30 <i>Drawing (3)**</i> 1:30 <i>Tai Chi for Healthy Living (1)</i>	9:30 <i>Skeptics Guide to American History (7)</i> 11 Fit for the Future 12:00 <i>Lunch Today! (pg. 2)</i> 1:30-2:45 <i>Dutch Art (3)</i> No Quilting 1:00-3:00 <i>Matter of Balance at Orchard Hill (1)</i> 2:00 <i>Lincoln Sudbury Students –Dance Community</i>	9-4 SHINE 9/9:30 Tap Dance (7) 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>Debt of Honor</i> (documentary for Veterans' Day—p. 7) 2:30 Connection Circle	9:00-3:00 I&R Hours 9:00 <i>Caring Café</i> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (1) 12:30 Friday Movie: <i>Genius</i>
WalMart Trip 7	Presidential Election 8		10	11
9:00-3:00 I&R Hours 10:00-12:00 <i>Memory Screening Day!</i> 11:00 Fit for the Future (R2) 1:00 <i>From Vitamins to Tylenol...Med. Talk</i> 1 Better Bones (8) (R2) 2:15 Tai Chi (8) (R2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8)* - 9:40 (R3) and 11 (R2) 10-12 Legal Clinic 10:30 <i>World Religions (2)</i> 10:45-1:15 SHINE 12:30-3:30 Bridge/Canasta 12:30-2:30 <i>Drawing (4)**</i> 1:30 <i>Tai Chi (2) (R2)</i>	9:30 <i>Skeptics Guide (8)</i> 11:00 Fit for the Future 1:00-3:30 Quilting (7) 1:30-2:45 <i>Dutch Art (4)</i> 2:00 <i>Lincoln Sudbury Students –Dance Community</i> 2:15-4 Teen Tech Help 1:00-3:00 <i>Matter of Balance at Orchard Hill (2)</i>	9-4 SHINE 9/9:30 Tap Dance (8) 10:00 Current Events 12:00 <i>Veterans Appreciation Luncheon</i> 1:00 <i>Short Story Group</i> 2:30 Connection Circle 3:00 <i>Council on Aging</i>	Veterans Day Holiday  Senior Center Closed
14	15	16	17	18
9:00-3:00 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 11:00 Better Bones (1) 1:30 <i>Trusts 101</i> 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1)* 10:30 <i>World Religions (3)</i> 10:45-1:15 SHINE 12:30-3:30 Bridge/Canasta/Cards 12:30-2:30 <i>Drawing (5)**</i> 1:30 <i>Tai Chi (3)</i>	9:30-11:15 <i>Skeptics Guide to American History (9)</i> 11:00 Fit for the Future 11:30-1 <i>Town Social Wker</i> 1:00-3:30 Quilting (8) 1:30-2:45 <i>Dutch Art (5)</i> 2:00 <i>Lincoln Sudbury Students –Dance Community</i> 1-3 <i>Matter of Balance at Orchard Hill (3)</i>	9-4 SHINE 9:00 Beginner Tap Dance (1) 9:30 Tap Dance (1) 10:00 Current Events 10 Crafty Jewelry Group 12:45 <i>Singing Group</i> 12:00 <i>Soup's On!</i> 12:45 <i>History of Wolbach Farm</i> 1:00 <i>Short Story Group</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9-11 <i>Balance Assessments (VH)</i> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (2) 12:30 Friday Movie: <i>Hunt for the Wilderpeople</i>
Solomon Pond Mall 21	22	23	24	25
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (2) 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 10:30 <i>World Religions (4)</i> 10:45-1:15 SHINE 12:30-3:30 Bridge/Canasta 12:30-2:30 <i>Drawing (6)**</i> 1:30 <i>Tai Chi (4)</i>	No <i>Skeptics Guide</i> 11:00 Fit for the Future No Dutch Art or Quilting ~Senior Center closes at 12 noon~ MLK Thanksgiving Luncheon at L/S 1:00-3:00 <i>Matter of Balance at Orchard Hill (4)</i>	Thanksgiving Holiday  Senior Center Closed	9:00-3:00 I&R Hours No Bingo today 11:00 Fit for the Future No Watercolors today 12:30 Friday movie: <i>The Inn of the Sixth Happiness</i>
Natick Mall 28	29	30		
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (3) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 10:45-1:15 SHINE 12:30-3:30 Bridge/Canasta/Cards 12:30-2:30 <i>Drawing (1)</i> 1:30 <i>Tai Chi (5)</i>	9:30 <i>Skeptics Guide to American History (10)</i> 11:00 Fit for the Future 1:00-3:30 Quilting (9) 1:30-2:45 <i>Dutch Art (6)</i> 1:00-3:00 <i>Matter of Balance at Orchard Hill (5)</i>	 Please note: ** Drawing class— class was cancelled on Oct. 11, so new class end date is Nov. 22; next session starts Nov. 29	VH—Van Houten room; SP— Sudbury Pines room; R1-Room 1 R2-Room 2 (billiards) R3-Room 3 (Game rm.) G-Gym SHINE—Medicare Counseling

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THAT SUPPORT OUR COMMUNITY



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

November 4 – **Genius** – 2016 PG-13 1 hr 45 mins
Featuring a stellar cast, this absorbing biopic focuses on the long and complicated relationship between Max Perkins, famed literary editor at Scribner's publishing house, and acclaimed writer Thomas Wolfe.

November 18 – **Hunt for the Wilderpeople** -2016 PG-13 1hr 40 mins
Young misfit Ricky Baker has grown comfortable with his foster parents, Aunt Bella and Uncle Hec. But when Bella's death threatens to send Ricky back to child services, the irascible Hec heads for the bush with Ricky, setting off a national manhunt.

November 25 - **The Inn of the Sixth Happiness**- 1958 – NR 2 hrs 35 mins
Ingrid Bergman stars as Gladys Aylward, a real-life missionary who goes to China during the Sino-Japanese War. As the hostile Chinese begin to trust her, she takes on an arduous task: guiding 100 children through enemy territory and into safety.

Weather Policy

The Sudbury Senior Center policy for winter weather is as follows: when the Sudbury Public Schools close due to severe weather, the Senior Center will cancel all programs, but the office will remain open, unless the Town Manager has decided to either delay or not open the Town offices due to the severe weather/poor travel.

If the schools have a delayed opening, we will cancel morning classes (and will reevaluate at 10:00 AM whether to cancel afternoon classes). We may also cancel classes if the instructor is unable to make it to the class. Please call the Senior Center main telephone number (987) 443-3055 to find out about cancellations and changes to the schedule.



Pizza and a Movie
Thursday, November 3

Debt of Honor:
Disabled Veterans in America's History

2015
Rated TV-PG
1 hour, 10 minutes

Pizza: 12 noon
Movie: 12:30 PM

A moving tribute to the history of disabled veterans, *Debt of Honor* takes an unflinching look at the reality of warfare and disability, featuring interviews with some of the country's most prominent disabled veterans. This PBS documentary originally aired on November 10, 2015.

Free slice of pizza for veterans who attend. Please order it by 9AM. Sponsored by the Friends of Sudbury Seniors.

If you would like a slice of pizza, please call 978-443-3055 to order it by 9:00 AM on Nov. 3. \$1.25/slice

Complimentary Tickets to the LSB Players' production of
How to Succeed in Business without Really Trying
Wednesday, November 16, 7:30 PM

Lincoln-Sudbury Regional High School and the LSB Players are pleased to announce their first production of the 2016-17 season. This musical traces the journey of J. Pierrepont Finch as he reads and follows the ultimate guide, a book that instructs him on how to rise to the top of the corporate world, on charm and cunning alone. The show will be performed in the Kirshner Auditorium Wednesday-Saturday, November 16, 17, 18, 19 -7:30 PM.

Complimentary tickets are for the Wednesday evening show. Tickets will be available for pick up at the Senior Center as of Thursday, November 10. Additional tickets or tickets for other performances may be reserved by visiting <http://www.lsrhs.net/sites/lspbplayers/tickets/>.

Please call the Senior Center to reserve your tickets 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!

Holiday Pops Trip-\$131 -There may be a few spots left—call for the latest information.

America's Music Cities—New Orleans, Memphis and Nashville! May 21-28, 2017, Double \$2,999
Payable to Collette. 8 days, 11 meals

Tall Ships 2017—Wed., June 21, 2017—\$97 pp
Payable to Best of Times.

Northern National Parks— August 14-21, 2017
Double \$2,999. Yellowstone, Grand Teton Parks.

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

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

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

Sign up is happening right now! Don't miss out on the fun! Your \$26 fee includes: \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Please note: As of Tuesday, June 14, 2016 checks for Foxwoods should be made payable to the **Friends of Sudbury Seniors**.

Next Foxwoods Trip is February 1, 2017!

**Lincoln-Sudbury High School
Martin Luther King Project
Thanksgiving Luncheon**
Wednesday, November 23, 12 noon-1:30PM

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

Reservations are expected! Call the Sudbury Senior Center at 978-443-3055 by **Thursday, November 10**.

We are very grateful to teacher Tom Danko, along with all the other students and staff from the MLK Action Project for hosting this event each year.

Special Guests: L-S Jazz Band and L-S Dance Troupe!

**Don't Forget Wayside Inn Luncheon-December 7
see back page!**

Senior Center Fitness Classes - 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. No class November 11.

Better Bones, Senior Strength*

Mondays at 1PM;
November 14-January 23, no
class December 26, Jan. 16
\$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;
November 14-January 23, no
class on December 26, Jan. 16
\$36 for 8 weeks

Bring comfortable
clothes to move in and
water.

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

T'ai Chi for Healthy Living

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

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

Tap Dance!

Intermediate level

Thursdays, 9:30-10:30 AM
\$40 for 8 weeks
November 17-January 19, no
class December 29

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

New! Beginner Tap Dance Review

Thursdays, 9-9:30 AM; 8 weeks for \$25
November 17-January 19, no class December 29
Learn the basic steps in this new 1/2 hour class.

Yoga for Living Well**

Tuesdays, Yoga 1: 9:40 AM or
Yoga 2: 11:00 AM
\$56 for 8 week session
November 15-January 10,
no class December 27

**Bring your
mat, block and
water!

Improve balance and strength, and learn to relax!

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

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 4:00 PM.** On two Mondays every month we provide transportation to a shopping location outside of Sudbury. You must be registered with the MetroWest Regional Transit Authority (MWRTA). Call the MWRTA at 508-820-4650 or Senior Center for an application. You must call 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.

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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

Save the Date!

**Annual Holiday
Luncheon
at the Senior Center
Wednesday, December 14
12 Noon**

**Sponsored by Heritage Assisted
Living**

**Entertainment by
Bill Shontz**

Sudbury residents may make a reservation beginning November 1, all others may reserve as of November 14. Please call 978-443-3055 in the afternoon between 1:00-4:00 PM.



Veterans Appreciation Luncheon

Thursday, November 10
12 Noon

For Veterans and Spouses
Please sign up at 978-443-3055.
Space is limited.



Wayside Inn Holiday Luncheon

Wednesday, December 7
12 Noon

Sudbury residents may register as of November 1, all others as of November 14. Please register and pay by December 1.

