

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

*December Events*

**Singalong with the Senior Notes**

Thursday, December 15  
1:00 PM



Join our singing group, the Senior Notes, to listen and sing a long with holiday and other tunes. Light refreshments will be available!

**Year End Wrap Up and Chili Fest!**

Monday, December 19  
11:00 AM-1:00 PM



Tell us about your year, give us feedback on our year... How did we do? Are there programs you liked? Services you would like to see? While you're here enjoy homemade chili with all the fixin's! When you're done, stay for more music!

**Holiday Sing with the Sherborn Music Makers**

Monday, December 19  
1:00 PM



The Sherborn Music Makers will delight us with some holiday and other songs. Come to listen or join in! Please call to sign up at 978-443-3055.

**Decorate a Snowflake!**

**with Park and Recreation Preschoolers**

Wednesday, December 21, 10:30 AM



Get into a holiday mood! Work with our preschool friends to decorate snowflakes at the Senior Center! 3 year olds from the Park and Recreation Preschool program will be here with their teachers to have some fun. They are adorable and will appreciate your help!

Please sign up in advance—space may be limited. Call 978-443-3055.

**Ageless Grace**

Monday, December 5, 12:30-1:00 PM

Friday, December 9, 9:30-10:00 AM

*Try it out!*

*New Class!*

*~Free Demo  
Classes~*



Ageless Grace is a new program of "21 Simple Tools for Lifelong Comfort and Ease" that can be done by almost anyone of any age or ability. The movements in the program help to keep mind, body and emotions healthy. All of the exercises are designed to be practiced in a chair. The exercises focus on different anti-aging techniques, such as joint mobility, spinal flexibility, right-left brain coordination, cognitive function, balance, playfulness and more. Instructor Amy Podolsky is a Certified Ageless Grace® Trainer and Educator, and licensed Nia™ Brown Belt instructor, as well as a Sudbury resident. She is committed to empowering everyBody to live and feel their very best. Please register in advance, as space may be limited! Call 978-443-3055.

**INSIDE  
THIS ISSUE**

Transportation/ Assisted Listening	2
Nutrition Counseling	2
Mini-Boxwood/ Intergenerational	2
Know the 10 Signs	3
Watercolors	3
Town Social Worker/ Bereavement Group	3
Caring Cafe Soup's On!	3
BayPath Survey	3
American Genius	4
How to Stay Fit	4
Short Story Group/ Legal Clinic	4
Stamp Club/ Monday Van Trips	4
Crafts/Drawing Current Events	5
Teen Tech Medicare Info	5
Holiday Schedules	5
Calendar	6
Friday Movies/ Pizza and Movie	7
Weather	7
Trip News	8
Foxwoods Trips Sound Help/Tech Help	8
Fitness Schedules	8
Services	9

**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.)**

Did you know that many Town Offices, such as the Town Clerk, and Finance Department are open until 7:00 PM on Tuesdays? You can use the accessible van service to get to their offices. 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.

**Special Elections/Town Meetings:** We may be able to schedule special wheelchair accessible transportation for these events. Please call at least one week in advance to request a ride. This will give us time to schedule a driver. ~ See also Page 9 ~

***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!

**Nutrition Counseling with Traci Robidoux**  
 Thursday, December 1—1:00, 2:00 and 3:00 PM Appointments

Traci Robidoux, RD, from BayPath Elder Services returns to offer free nutrition counseling! Please sign up in advance for a 1 hour appointment. Let us know what nutrition topic(s) you are interested in, so she can be prepared. Call the Senior Center at 978-443-3055.

**Sudbury Garden Club**  
**Mini-Boxwood Tree**  
**Workshop**  
**Wednesday, December 7**  
**9:30-11:00 AM**

Join Sudbury Garden Club members in this delightful workshop and build a mini-boxwood tree and/or help to build a tree for residents at our local nursing homes. A great opportunity to build your own mini-boxwood decoration and to give back to others in our community.

Sudbury Garden Club will supply all the materials! Please sign up at 978-443-3055.

**Learning with Sudbury’s Fourth and Fifth Graders - Intergenerational Program**

The first round of the Learning Intergenerational Community (LINC) program will wrap up on December 1, when the students and the adult volunteers gather at the Senior Center. Students will have a chance to tour the Senior Center and Fairbank Community Center, participate in a sample Tap Dance class and enjoy a final meeting with the volunteers who they’ve come to know over the last 6 weeks. Adults and students alike have really enjoyed their time together so far!

This program is a collaboration of the Sudbury Public Schools and the Sudbury Senior Center. If you’d like to find out more about this intergenerational program, which owes much to its predecessor the *Bridges Together* program, please call Judy Battat, Intergenerational Coordinator at (978) 443-3055 or via email at [bat-tatj@sudbury.ma.us](mailto:bat-tatj@sudbury.ma.us).

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 Webpage: [www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org)

## Know the 10 Signs—Early Detection Matters

Monday, December 12, 1:00-2:30 PM

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. Denise Thomas, Program Coordinator of the Alzheimer's Association of Mass. and New Hampshire, will be offering this workshop at the Senior Center. Please call the Alzheimer's Association to register at 800-272-3900, or call the Senior Center with questions at 978-443-3055.

## Coffee and Conversation with Town Social Worker Bethany Hadvab Thursday, December 15 10:30 AM-12:00 PM

Have a question? Need information? Just want to chat? Stop by to meet her! If you would like to contact her directly, please call 978-440-5476.

## Bereavement Support Group

6 Mondays, January 9-June 12, 2017  
10-11:30 AM (second Monday of the month)

When a life ends, those living are left to grieve their loss. This is often a painful process; it is hard to bear. Your grief is as individual as your life. Evidence shows coming to be with a group can facilitate the process of healing and help one to move forward.

This group will be co-facilitated by Nancy Duffy, of Hospice Bereavement Coordinator of Beacon Hospice, Inc./An Amedisys Company and Anne Manning, LMHC, Senior Center Coordinator, 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.

## Your Thoughts and Needs are Valued! Help to Plan Future Senior Services in Sudbury

Are you 60 or older, or a caregiver? Do you have all the services you need to stay in your home? Could you, or someone you know, benefit from having new or more services or programs? BayPath Elder Services, our local Area Agency on Aging, is eager to learn more about the needs of older adults and caregivers in Sudbury. Please complete the **BayPath Area Agency on Aging Survey** available at the Senior Center Front Desk. Your results will be tabulated and entered into a report that will provide guidance for future planning. Thank you!

## 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*

## Caring Café

Friday, December 2 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.

## Soup's On! Flu and You!

Thursday, December 8

12:00 Soup

12:45 Talk



Do you know how the flu is different from a cold? And from a stomach virus? Sudbury's Board of Health Nurse Phyllis Schilp, R.N., will be here to explain the differences! She can give you clues on how to prevent the flu and what to do if you are unfortunate enough to come down with the flu anyway. Hopefully not!

Please **sign up for soup before Tuesday, December 6 at 4:00 PM**, so that we can purchase enough ingredients before Thursday! Call 978-443-3055 to sign up and for more information.

*Coming in January*

**American Genius—National Geographic DVD Set**  
**January 4 - February 22**  
**8 Wednesdays, 9:30-10:30 AM**

“Behind every great genius was a great rival—an unstoppable adversary whose incredible vision, determination and ambition is their match. Out of their struggles came the world’s most brilliant inventions.”

**How to Stay Fit as You Age—DVD Series**  
**from The Great Courses**  
**January 4 - March 1**  
**9 Wednesdays, 2:30-3:30 PM**

“Age brings with it many rewarding benefits: wisdom, patience, experience, understanding. But as we get older, we also discover changes in how our bodies move and behave—changes that contradict how young we feel on the inside.” Discover the tricks to getting fit and motivated to stay fit!

Please sign up for these classes by calling 978-443-3055.

**Coming Soon! Spanish Classes**  
**Are you interested in Conversational Spanish or a more in-depth Spanish Class?**

Let us know—email us at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or leave a message at 978-443-3055.

Look for more details in the January newsletter...

**Tufts University Research Study—Participate!**  
**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](mailto:lisa.gualtieri@tufts.edu).



**Short Story Discussion Group**  
**2 Thursdays, December 8, 22**  
**1:00-2:00 PM**

Join Lois Leav at the Senior Center for a discussion of a short story. The short stories for December are “The Minister’s Black Veil” and “Wakefield”. Lois, who is a book and story lover, will facilitate the discussion about these short stories. Call us at the Senior Center to let us know that you will attend at 978-443-3055.

**Legal Clinic**  
**Tuesday, December 13**  
**10:00AM-12:00 PM**



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

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

**Stamp Club**

**Monday, December 12, 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.

**Monday Holiday Van Trips**

**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. 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.



**Crafty Jewelry Group**  
 3rd Thursday, December 15  
 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. This is a workshop where we bring our own projects and supplies to work on. ***This is not a teacher led class***, nor is there a specific project with supplies provided. We come together to share ideas and work together and have fun and perhaps share in some laughter as well. Bring your last minute Christmas gifts to work on.

Please sign up in advance to join this group-that way we can call with schedule changes. Sign up by calling (978) 443-3055.

**Other Crafts?**

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



**Teen Tech Help**  
 December 14  
 2:00-4:00 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 closing at 12:30 PM on December 23 for a staff party and closed on December 26 and January 2 in observance of the Christmas and New Year's Day holidays.



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

Please pay the \$25 fee when you register at the Senior Center.

**Drawing Workshop**  
**Perspectives**  
 6 Tuesdays, 12:30-2:30 PM  
 November 29-January 10

No class  
 December 27

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

Please feel free to join the group for a respectful discussion of world events where each person has an opportunity to contribute. Call for information and to sign up at 978-443-3055.

**Medicare Information**

With Medicare Plans, does it matter which pharmacy you use? For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) **have network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price. For 2017, there are 21 Medicare drug plans and 18 of them have **preferred pharmacies**. By using a preferred pharmacy, you can save money! You should check that the pharmacy you currently use is the best one to use with your plan.



Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies may cost less than mail order.

REMINDER: Many plans have made changes to their premiums, deductibles, co-pays, and the drugs that are covered. Now is the time to review your options and make a change for 2017.

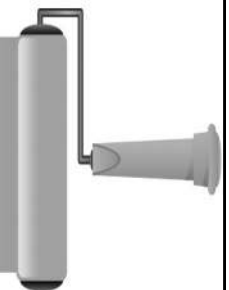
MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

If you want to change your Medicare Drug Plan, don't wait! CALL 1-800-MEDICARE NOW!

## DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
*The Senior Center has a waiting list for this luncheon. Leave your name and number and we will call if an opening becomes available.	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		9-4 SHINE 9:30 Tap Dance (2) 10:00-11:15 Current Events (SP) 1-4 Nutrition Counseling 2:30 Connection Circle (VH) 3:30 Intergenerational Meeting (LINC)	9:00-3:00 I&R Hours 9:00 Caring Café (VH) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Blue Angel</i> 11:30/1:45 Watercolors (3)
Shopper's World 5	6	7	8	Holiday Pops Trip 9
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 12:30-1 Ageless Grace Demo (VH) 1:00 Better Bones (4) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40-11 Yoga (4) 10:45-1:15 SHINE 12:30-3:30 Bridge Workshop (2) 1:30 Tai Chi for Healthy Living (6)	9:30-11 Mini-Boxwood Workshop 9:30-11 <i>Skeptics Guide to American History (11, last)</i> 11:00 Fit for the Future 12 Wayside Inn Luncheon* 1:30 Dutch Art (7, last) 1-3:30 Quilting (10, last) 1-3 Matter of Balance at Orchard Hill (6)	9-12 SHINE 9:30 Tap Dance (3) 10:00-11:15 Current Events 12:00 Soup's On! 12:45 Flu and You! 1:00 Short Story Group (VH) 2:30 Connection Circle (VH) 3:00 Council on Aging (SP)	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30-10 Ageless Grace Demo (G) 11:00 Fit for the Future 12:30 Friday Movie: <i>All the Way</i> 11:30/1:45 - Watercolors (4)
Xmas Tree Shop 12	13	14	15	16
9:00-3:00 I&R Hours 10:00 Stamp Club 11 Fit for the Future (G) 1-2:30 <i>Know the 10 Signs—Alzheimer's Assoc. Program</i> 1:00 Better Bones (5) 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (5) 10-12 Legal Clinic 12:30-3:30 Bridge 12:30-2:30 Drawing (3) 1:30 Tai Chi for Healthy Living (7)	11:00 Fit for the Future (G) 12:00 <i>Holiday Luncheon at Senior Center *</i> 1:00-3:00 <i>Matter of Balance at Orchard Hill (7)</i> No Quilting 2-4 Teen Tech Workshop	9-12 SHINE 9:30 Tap Dance (4) 10:00 Current Events (SP) 10:00 Crafty Jewelry Group (VH) 10:30-12 Town Social Worker Coffee Hour 1:00 Singalong with the Senior Notes Group! (SP) 2:30 Connection Circle (VH)	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (G) 12:30 Friday Movie: <i>Christmas with the Kranks</i> 11:30/1:45 - Watercolors (5)
19	20	21	22	23
9:00-3:00 I&R Hours 11:00 Fit for the Future (VH) <i>11:00-1:00 Year End Wrap up/Chili Fest</i> <i>1 Holiday Sing Sherborn Music Makers</i> 1:00 Better Bones (6) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (6) 12:30-3:30 Bridge 12:30-2:30 Drawing (4) 1:30 Tai Chi for Healthy Living (8)	10:30 <i>Make a Snowflake Ornament with the Preschoolers!</i> 11:00 Fit for the Future (VH) 1:00 Canasta (VH) No Quilting 1:00-3:00 <i>Matter of Balance at Orchard Hill (8)</i>	9-12 SHINE 9:30 Tap Dance (5) 10:00-11:15 Current Events 12:00 Pizza and a Movie: <i>Big Eyes</i> 1:00 Short Story Group 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future  There are no afternoon programs today. Senior Center Closes at 12:30 PM for ~Senior Center Staff Holiday Celebration~
26	27	28	29	30
Observance of Christmas Holiday  Senior Center Closed	No BP Clinic No Yoga or SHINE 9:00 Cribbage 12:30 Movie: <i>Love and Friendship</i> 12:30-3:30 Bridge No Drawing today No Tai Chi	11:00 Fit for the Future 1:00-2:30 <i>Leftover Cookies Swap—bring your leftover cookies or desserts to share/swap over tea</i>  No Quilting today	No SHINE today 10:00 Current Events (tent.) No Tap Dance No Connection Circle today	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Miracles from Heaven</i> 11:30/1:45 - Watercolors (6)

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THAT SUPPORT OUR COMMUNITY



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

Dec. 2 – *Blue Angel* – 1930 - NR - 1hr 30m

This finely crafted drama of despair from legendary filmmaker Josef von Sternberg follows brusque professor Rath (Emil Jannings), who's determined to stop his pupils' visits to hear speakeasy singer Lola (Marlene Dietrich). An obsession for the siren blossoms, and Rath's life spirals out of control. It's a classic story of the power of lust, love turned sour and the humiliation of one man forced to confront his deepest weakness.

Dec. 9 - *All the Way* – 2016 – NR – 2 hr 12 mins

Lyndon B. Johnson's political life was forever changed on the day he succeeded the slain John F. Kennedy as president. As this incisive drama reveals, Johnson would spend much of his first year focused on passing the historic Civil Rights Act.

Dec. 16 - *Christmas with the Kranks* – 2004 – PG – 1hr 40 mins

A break from the frenetic activity of Christmas is what Luther Krank and his wife have in mind when they decide to skip the holiday, nixing the tree and the rooftop Frosty. But can they handle the fallout from their crestfallen family and neighbors?

Dec. 30 – *Miracles from Heaven* – 2016 – PG -1 h 50 m

Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified.

**TUESDAY MOVIE**

Dec. 27 - *Love and Friendship* – 2016 – PG – 1 h 32 m

In this adaptation of a Jane Austen novella, scheming widow Lady Susan Vernon retreats to her in-laws' rural estate while waiting for scandalous rumors about her to subside. Soon, she's on the hunt for a husband and one for her teenage daughter.

***Pizza and a Movie***  
**Thursday, December 22**

***Big Eyes***

2014  
 PG-13  
 1hr 45 mins

**Pizza: 12 noon**  
**Movie: 12:30 PM**



Directed and produced by Tim Burton, BIG EYES is based on the true story of Walter Keane (Christoph Waltz), who was one of the most successful painters of the 1950s and early 1960s. The artist earned staggering notoriety by revolutionizing the commercialization and accessibility of popular art with his enigmatic paintings of waifs with big eyes. The truth would eventually be discovered though: Keane's art was actually not created by him at all, but by his wife, Margaret (Amy Adams). *If you would like a slice of pizza, please call 978-443-3055 to order it by 10:00 AM on Dec. 22. \$1.25/slice.*

**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.

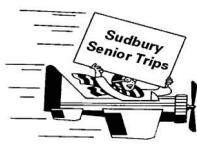
If the schools have a delayed opening, we will cancel morning classes (and will reevaluate at 10:00 AM whether to cancel afternoon classes). We may also cancel classes if the instructor is unable to make it to the class. Please call the Senior Center main telephone number (987) 443-3055 to find out about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

**Leftover Cookie/Dessert Share/Swap**

Wednesday, December 28, 1:00-2:30 PM

Join Senior Center staff who will be bringing in leftover holiday goodies to swap or share along with some holiday tea!

**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!

**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.

The **new 2017 Trip Brochure** will be available in early January! Trip Coordinators Joe Bausk and Joanne Bennett will hold a meeting to discuss the new trips for 2017 at the Senior Center on **Monday, January 23** at 1:00 PM. They will be discussing a few options for trips in 2017 and would like to get your opinions! Please sign up for the meeting at (978) 443-3055 so that we can plan for the audience.

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

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

**Foxwoods Trips  
with Deanna and Ron  
Monday, February 6 - \$25**

Don't miss out on the fun! Your \$25 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**.

### **Volunteering is good for your health!!**

Do you have experience and knowledge about using sound equipment? An experienced volunteer is needed to help with occasional sound needs for special events during the year. Leave a message for Volunteer Coordinator Ed Gottmann at 978-443-3055.

### **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. We seek both volunteer and paid instructors. Please contact Debra Galloway, Director, at (978) 443-3055 for more information.

## 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 December 26, January 2.

### **Better Bones, Senior Strength\***

Mondays at 1PM;  
November 14-January 23, no  
class December 26, Jan. 2, 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 Dec. 26, Jan. 2, 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**  
January 3 - February 21

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 (can prorate)  
November 17-January 19, no class Dec. 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

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.

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Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Monday through Friday, 8:30 AM to 4:00 PM



## Sudbury Garden Club Mini-Boxwood Workshop

Wednesday, December 7  
9:30-11:00 AM

Please sign up by calling  
the Senior Center at  
978-443-3055.

## End of the Year Wrap up and Chili Fest!



Monday, December 19  
11:00 AM—1:00 PM

Followed by the  
**Sherborn Music Makers'**  
**Holiday Sing!**  
1:00 PM



**Leftover Cookie/Dessert Share/Swap**  
Wednesday, December 28, 1:00-2:30 PM

## *Ageless Grace*

Try a Demo Session  
On Monday, December 5—12:30 PM  
or Friday, December 9—9:30 AM

