

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



Hollywood Quiz Show!
Thursday, January 26
1:00 PM



Take a stroll down memory lane and name that tune! Answer questions about U.S. history, music, geography, Hollywood movies and actors and more! Tad Travis brings his engaging Quiz Show here for a little light-hearted entertainment during the short days of January. We had a blast with this Quiz Show the last time Mr. Travis was here about 4 years ago. Great fun during the cold and dark month of January! Please sign up in advance so that we know the audience to plan for. Call the Senior Center at (978) 443-3055 for more information and to sign up.

Lunch before the Quiz Show!!
Thursday, January 26, 12 noon



Sign up for a hot lunch before the show. The menu includes Roast Pork with rosemary gravy, au gratin potatoes, brussels sprouts and dinner roll. This lunch is supplied by BayPath Elder Services and there is a \$3 suggested donation. Please sign up by Tuesday, January 24 at 10:00 AM. Call (978) 443-3055.



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.”

“National Geographic Channel's *American Genius* series chronicles the competitions in innovation that pitted history’s brightest minds against each other in the race to lay claim to the future. From Steve Jobs vs. Bill Gates to the Wright Brothers vs. Glen Curtiss, each episode of the show focuses on a specific rivalry, delving into the fierce power struggles, deceit, fluke timing, and raw ambition out of which innovation was born. Iconic masterminds pushed themselves to the limits of human genius, overcoming equally brilliant and ruthless competitors to turn history’s greatest ideas into reality. “

This class would benefit from a few volunteer facilitators to offer a short discussion at the end of each week’s class. If you would like to volunteer, please leave your name and number for Sharon Wilkes, Program Coordinator. We hope to have a group of volunteers who can work together!

Please register for this DVD series by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Weather Emergency Information—Pages 4 and 7.



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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 to give us time to schedule a driver.

**Coffee and Conversation with Town Social Worker Bethany Hadvab
Wednesday, January 11
10:30 -11:30 AM**

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.

Nutrition Counseling with Traci Robidoux
Thursday, January 19—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.

Do you need help with Medicare?

Trained, unbiased volunteer SHINE Counselors may be able to help you... We are fortunate to have two excellent counselors at the Senior Center.

Call the Senior Center to make an appointment at 978-443-3055.

Coming in February...

Wednesday Garden Club -Winter Valentines Craft Project

Thursday, February 2, 10:00 AM—Free

Teddy Roosevelt!

Thursday, February 9

1:00 PM—\$5 You must reserve a spot!

Valentine Women's Breakfast

Tuesday, February 14, 9:00 AM

\$3 at the door

Coming in April!

Conversational Spanish more details in the March newsletter...

**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.



Sudbury Senior Tax Exemption Info

Tuesday, January 24
10:00 AM

Cynthia Gerry, Town Assessor, will be here to describe all of the current Senior Property Tax Exemptions, as well as, how Tax deferral works. Please bring your questions! You must call to register for this talk at (978) 443-3055.

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Phone: (978) 443-3055

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Get your MWRTA Charlie Card!
Monday, January 23
10:00, 10:30 AM



The MetroWest Regional Transit Authority staff will be here to create new Charlie Cards for those who do not have them. Please bring a photo ID that can verify your age. People aged 65 and over receive discount fees on the buses and subway with their Charlie Card. These cards work on the MBTA subway and buses, as well as the MWRTA buses. Learn more about the MWRTA, and their regional service, as well as the Boston Hospital Shuttle service. For more information about MWRTA bus routes, please visit www.mwrta.com. Please sign up for this event so that they can bring enough cards! There will be two time slots: either 10:00 AM or 10:30 AM. Call 978-443-3055 to sign up.



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./Amedisys Company and Anne Manning, LMHC, and will meet on the 2nd Monday of the month from January-June. Please call Anne Manning for more information and to sign up at 978-443-3055.

Comfort Food Caring Café

Monday, January 23 at 12:00 –2:00 PM

Caregivers and their loved ones with memory loss are invited to gather for some social time, an activity or just to have some hot soup and crackers! Please rsvp if practical at 978-443-3055. Questions? Leave a message for Anne Manning, LMHC.



AARP Tax Assistance
Coming in February

Need some help with your income tax return? Once again this year our specially trained volunteers from the AARP Tax Assistance program will help you with your forms, for **free**. Returns will be filed electronically.



One and a half hour appointments are available on Mondays (9:00, 10:30, 1:00, and 2:30). To schedule one, call 978-443-3055.

For people who don't have brokerage accounts, help starts **Friday, February 17**. For those with brokerage accounts, (including people with stocks) appointments will begin **Friday, March 3** because the account paperwork is not mailed until after February 15. *Be sure to bring* with you the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*. This year's Tax aide volunteers are Emil Ragonas, and Fred Taylor. Please make an appointment by calling the Senior Center at 978-443-3055.

New Session -Please note slight fee increase

Watercolors Workshop
 Friday, 8 weeks, \$60
January 20 -
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.

Soup's On!
Keep Your Brain Safe

Thursday, January 19
 12:00 Soup
 12:45 Talk

Come and learn about the importance of keeping your brain safe and preventing head injuries by reducing the risk of falls. In this presentation, learn about avoiding traumatic brain injury and where to access services for different types of injuries. Strategies for preventing falls will also be discussed and there will be time for questions and answers.



Please **sign up for soup before Tuesday, January 17 at 4:00 PM**, so that we can purchase enough ingredients before Thursday! Call 978-443-3055 to sign up and for more information.

**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 to attend at 978-443-3055.



Mexican Fiesta Day!

Monday, January 30
12:00-2:00 PM



Why Mexican Fiesta Day? Because we felt a need to celebrate because winter is long! We needed some warm food and music! Join us to celebrate with White Bean Chicken Chili and Mexicali Corn for lunch (\$3 suggested donation), and some fun with Mexican games! **Please sign up by Friday, January 27** at 978-443-3055.

Senior Notes: Singing Group

Thursday, January 19
12:45PM

Did you know that studies have linked singing with lower blood pressure and reduced stress? Join our singing group on the second Thursday of the month at 12:45 PM. Call to sign up and for more information at (978) 443-3055. Thank you to Sam Gorfinkle for suggesting this idea and offering to facilitate the group!

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/changes.



Short Story Discussion Group

2 Thursdays, January 12, 26
1:00-2:00 PM

Join Lois Leav at the Senior Center for a discussion of a short story. The short stories are *The Overcoat* by Gogol and *The Necklace* by Maupassant. Lois, who is a book and story lover, will facilitate the discussion. Call us at the Senior Center to let us know that you will attend at 978-443-3055.

Legal Clinic

Tuesday, January 10
1:00—3:00 PM

*New
Time!*

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Arthur Bergeron of Mirick O'Connell.

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, January 9, 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 Van Trips

January 9 - WalMart/Hudson

January 23 - 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. 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, January 19

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



Teen Tech Help

January 11, 25

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.

CONQUERING COLORED PENCILS

Drawing Workshop

6 Tuesdays, 12:30-2:30 PM

January 10-February 14

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

In this class, we will explore the beauty of color through colored pencils. With a brief review of Color Theory, we will then discuss Composition (how to make a pleasing drawing) and a bit of shading (creates an illusion of depth). After creating pencil line drawings then the magic begins as we start to experiment with colored pencils. What happens to the color when we press down hard with a pencil? What happens when we “color in”, lightly? Blending colors, contrasting colors - we will do it all!

Supplies: #2 Pencils, erasers, sturdy paper (I recommend Bristol pads or any kind of Hot Press -smooth- paper), colored pencils (I prefer Prismacolor brand, but, they can be quite costly). If you purchase them at Michael’s please be aware of a weekly coupon available online that is 40%-50% off of one item. You DO NOT have to purchase this brand. This is only a suggestion! Please register at the Senior Center.

HOLIDAY SCHEDULES

The Senior Center will be closed on January 2 and 16 in observance of the New Year’s and Martin Luther King, Jr. 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.

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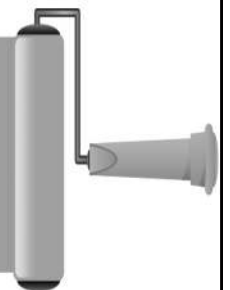
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JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>New Year's Day</i> <i>Senior Center Closed</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:40 & 11:00 Yoga (7) 10:45-1:15 SHINE 12:30-3:30 Bridge No Drawing 1:30 <i>Tai Chi for Healthy Living (1)</i>	9:30 <i>American Genius DVD (1)</i> 11:00 Fit for the Future 2:30 <i>How to Stay Fit as You Age DVD (1)</i> No Quilting	9-12 SHINE 9:30 Tap Dance (5) (adjusted due to cancelled Dec 22) 10:00 Current Events 2:30 Connection Circle	9:30 <i>Ageless Grace (1) New!</i> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>The Russians are Coming</i> 11:30 and 1:45 - Watercolors (7)
Wal-Mart Trip 9	10	11	12	13
10-11:30 <i>Bereavement Group (SP)</i> 10:00 Stamp Club <i>No Fit for the Future</i> 1:00 Better Bones (7) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 10:45-1:15 SHINE 12:30-3:30 Bridge 12:30-2:30 <i>Drawing (1)</i> 1-3 <i>Legal Clinic</i> 1:30 <i>Tai Chi for Healthy Living (2)</i>	9:30 <i>American Genius DVD (2)</i> 10:30 <i>Coffee Hour with Town Social Worker</i> 11:00 Fit for the Future 2:00 Teen Tech Hours 2:30 <i>How to Stay Fit as You Age DVD (2)</i>	9:00-12:00 SHINE 9:30 Tap Dance (6) 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>A Hologram for a King</i> 1:00 Short Story Group (VH) 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:30 <i>Ageless Grace (2)</i> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Of Mice and Men</i> 11:30 and 1:45 Watercolors (8)
16	17	18	19	20
<i>Martin Luther King, Jr. Holiday</i> <i>Senior Center Closed</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) 10:45-1:15 SHINE 11:00-12:30 <i>Meet our new Outreach Specialist!</i> 12:30-3:30 Bridge 12:30-2:30 <i>Drawing (2)</i> 1:30 <i>Tai Chi for Healthy Living (3)</i>	9:30 <i>American Genius DVD (3)</i> 11:00 Fit for the Future 2:30 <i>How to Stay Fit as You Age DVD (3)</i> No Quilting	9-12 SHINE 9:30 Tap Dance (7) 10:00 Current Events 10:00 Crafty Jewelry Group 12:00 <i>Soup's On! - 1-4 Nutrition Counseling</i> 12:45-2:30 <i>Singing Group</i> 2:30 Connection Circle	9:30 <i>Ageless Grace (3)</i> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>45 Years</i> 11:30/1:45 Watercolors (1)
Market Basket Trip 23	24	25	26	27
10-12 <i>Charlie Cards! (SP)</i> 11:00 Fit for the Future 12:00-2:00 <i>Caring Café (VH)</i> 1:00 <i>Trips 2017! (SP)</i> 1:00 Better Bones (8) 2:15 Tai Chi (8)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 10:00 <i>Property Tax Exemption Talk</i> 10:45-1:15 SHINE 12:30-3:30 Bridge 12:30-2:30 <i>Drawing (3)</i> 1:30 <i>Tai Chi for Healthy Living (4)</i>	9:30 <i>American Genius DVD (4)</i> 11:00 Fit for the Future No Quilting 2:00 Teen Tech Hours 2:30 <i>How to Stay Fit as You Age DVD (4)</i>	9-12 SHINE 9:30 Tap Dance (8) 10:00 Current Events 12:00 <i>Lunch!</i> 1:00 <i>Hollywood Quiz Show!</i> 1:00 Short Story Group (VH) 2:30 Connection Circle 3:00 Friends Meeting	9:30 <i>Ageless Grace (4)</i> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>The Man Who Knew Infinity</i> 11:30/1:45 Watercolors (2)
30	31			
11:00 Fit for the Future 12:00-2:00 <i>Mexican Fiesta Day!</i> 1:00 Better Bones (1) 2:15 Tai Chi (1)	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 12:30-2:30 <i>Drawing (4)</i> 1:30 <i>Tai Chi for Healthy Living (5)</i>	VH—Van Houten Room SP—Sudbury Pines Room R1—Room 1 R2—Room 2 R3—Room 3	Please Note: There is no Fit for the Future on Monday, January 9. Tax aide schedule	Please note New hours for Legal Clinic—now 1:00-3:00 PM

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

Jan 6 – **The Russians are Coming** - 1966 - NR - 2 h
A Russian submarine runs aground near a small New England town, and it's up to Lt. Rozanov (Alan Arkin) as the Russians' second-in-command to covertly secure a towboat to avoid an international confrontation. When he hooks up with residents such as Walt Whitaker (Carl Reiner) and the police chief (Brian Keith), all hell breaks loose. This classic comedy earned three Oscar nominations, including one for Best Picture.

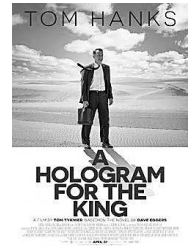
Jan 13 - **Of Mice and Men** – 1939 – NR – 1 h 46 m
All that George (Burgess Meredith) and Lennie (Lon Chaney Jr.) want is a home of their own, where they can work for themselves and keep a pen of rabbits. But for the unlikely roommates, reality is to live a vagabond life, swinging from job to job and boss to boss. Just when it seems their dreams could come true, Lennie's simpleminded strength works against him -- and smashes George's hopes. Based on John Steinbeck's classic novel.

Jan 20 - **45 Years** – 2015 – R – 1 h 40 m
Geoff and Kate Mercer's plans for a 45th anniversary party are upset by some unexpected news: A body found in the Swiss Alps has been identified as Geoff's long-ago love Katya, who perished in an accident 50 years earlier.

Jan 27-**The Man Who Knew Infinity**-2016-NR-1 h 48 m
This absorbing biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who made his way to Trinity College at Cambridge in 1913 and rose to prominence under the tutelage of renowned math professor G.H. Hardy.

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. Please call (978) 443-3055 to sign up.

Pizza and a Movie**Thursday, January 12*****A Hologram for the King*****2015 – PG-13 – 2 hrs.**

Pizza: 12 noon
Movie: 12:30 PM

Teetering on the edge of bankruptcy, U.S. businessman Alan Clay tries to reverse his fortunes by landing a lucrative contract in Saudi Arabia. As Alan attempts to navigate his way through an unfamiliar culture, he unexpectedly finds romance.

Please call (978) 443-3055 to sign up and to order your slice of pizza (\$1.25/slice) by 10:00 AM that morning!

Severe Weather/Power Outages

As winter arrives, it is important to understand what could happen in our community. Know what to do to be safe and mitigate damage. Take action to increase your preparedness by having a plan in place. If you know a storm is coming notify a relative, neighbor, or friend so you can have somewhere to go in the event of power outages. Have an emergency kit ready for your home and car. For an Emergency Plan or Emergency list please stop by the Board of Health Office or The Senior Center for your copy. Also find information at www.ready.gov.

If you find yourself without power, call your utility company as soon as possible. If your power remains out and you are worried about extended cold temperatures in your home, please call the Public Safety Dispatch Center at 978-443-1042. An Emergency Shelter may be opened at the Fairbanks Center if Sudbury residents are unable to remain in their homes.

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!

2017 Trips Revue!! Monday, January 23, 1:00 PM

The Willoughby Brother's March 15, 2017, cost of day trip is \$91.00 pp all inclusive

Adam Trent—a magician reinvented, April 10, 2017, cost is 97 pp all inclusive,

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** is included with this newsletter! 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. Please read the Trip guidelines available on the back of the Trip Brochure, or by request. Thank you!

Foxwoods Trips

Please arrive with Deanna and Ron by 7:15 AM! 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.**

Town Census in January

Don't forget to complete your Town Census form! This helps the Town Clerk keep accurate statistics on the town and 60+ population (which is helpful to the Senior Center). You can mail or drop off your form at the Town Clerk's office, or drop it off at the Senior Center.



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.

New! Ageless Grace (mind and body)

Fridays at 9:30 AM
January 6-February 24
\$40 for 8 weeks—<http://agelessgrace.com/about/>

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 January 2, 16.

Better Bones, Senior Strength*

Mondays at 1PM; January 30,
February 27, March 6, 13, 20, 27,
no class Feb.6, 13, 20
\$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;
January 30-March 27, no class
February 20
\$36 for 8 weeks

Bring comfortable clothes to move in and water.

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

T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30 PM; 8 weeks for **\$36**
January 3 - February 21

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
February 2-March 30*, no class February 23 (*dates adjusted as 12/22 class was cancelled)

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

New! Beginner Tap Dance

Thursdays, 9-9:30 AM; 8 weeks for \$25
February 2– March 30, no class Feb. 23

Yoga for Living Well**

Tuesdays, Yoga 1: 9:40 AM or Yoga 2: 11:00 AM
\$56 for 8 week session
January 17—March 21
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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