

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

**Teddy Roosevelt!**

**Thursday, February 9**

**1:00 PM**

**\$5—you must pay to reserve a spot!**



One man. One hour. One unforgettable show. In *Teddy Roosevelt: Mind, Body and Spirit*, actor/author/educator Ted Zalewski brings to life one of America's greatest presidents. Combining history, drama and fun, TR gives voice to many of Roosevelt's own words, writings and beliefs. Cowboy, soldier, naturalist, historian, father, statesman and winner of the Nobel Prize for Peace, Theodore Roosevelt lived a life that inspires us still. Get ready for a 'bully' time with *Teddy Roosevelt: Mind, Body and Spirit!* *Sudbury residents only* may sign up until January 26, all others thereafter.

Thank you to the *Friends of Sudbury Seniors* for helping to sponsor this special event!

*The Men's Breakfast team brings you...*

**1st Annual - Women's Breakfast**

**Valentine's Day - Tuesday, February 14**

**9:00 AM—\$3 at the door**

**With Special Guest Phyllis Schilp, R.N., Sudbury Board of Health**

*Wear  
RED!*



The Men's Breakfast team is ready to serve! Hot pancakes, sausage, fruit, juice, coffee and tea! Enjoy a delicious breakfast and then learn more about women and heart health from Board of Health Nurse Phyllis Schilp, R.N. Please sign up so that we make enough pancakes for you! Call 978-443-3055. Maximum of 35 participants.

**AARP Tax Help!**

**Mondays and Fridays**

**February 17, 24, 27, March 3, 10, 13, 17, 20, 24, 31, April 3, 10**



AARP trained Tax assistants will provide free tax return preparation for low to moderate income taxpayers (generally with incomes below \$86,000/year), at the Senior Center. Returns will be filed electronically.

One and a half hour appointments are available on Mondays and Fridays (9:00, 10:30, 12:30, and 2:00). To schedule one, please 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 trained Tax aide volunteers are Emil Ragonas, and Fred Taylor. Please make an appointment by calling the Senior Center at 978-443-3055.

**Weather Emergency Information—Pages 5 and 7.**

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New—Starting in March!

**Book Group**  
**2<sup>nd</sup> Wednesday, March 8**  
**1:00-2:00 PM**



Join our new Book Group! Founding members Patricia Howard and Carolyn Markuson invite you to join them in a monthly book group. Look for more information in the March newsletter!



**Coffee and Conversation**  
**with Town Social Worker Bethany Hadvab**  
**Wednesday, February 8**  
**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.

**Senior Center Staff News-Healthy Aging/ Support Group Specialist**

Anne Manning, LMHC, who has been our Information Specialist since April 2011, is transitioning to a new role as our Healthy Aging/Support Group Specialist. Anne's work providing support, counseling and resource information to Sudbury residents, has been exceptional. In addition, she has been instrumental in bringing new support groups and workshops to the Senior Center, including: Bereavement support groups, Buried in Treasures group, Powerful Tools for Caregivers, and the Comfort Food Caring Café. She will now focus on researching, initiating and facilitating support groups and workshops. Her hours will be variable but will generally fall on Mondays and Fridays. Many thanks to Anne for her hard work providing information and counseling support, as well as identifying needed new programming! We hope to schedule a coffee hour with Anne in March. To contact Anne, please leave a message for her 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. Available by appointment only.

**Senior Center Welcomes  
 New Outreach Specialist,  
 Ana Cristina Oliveira!**

We welcome Ana Cristina Oliveira, our new Outreach Information Specialist with a coffee hour on Thursday, February 2 at 11:00 AM. Stop by to chat, say hello and ask questions!



**MEET YOUR NEIGHBOR**

We'd love to share your information and photo for the Sudbury Town Crier senior page! Contact Sharon Wilkes for more information at 978-443-3055.

**Coming in April!**  
**Conversational Spanish** more details in the March newsletter...

**Current Events Group**  
**Every Thursday 10:00-11:15 AM**  
**February 2, 9, 16, 23**

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.

COUNCIL ON AGING

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**SUDBURY SENIOR CENTER**  
 Phone: (978) 443-3055  
 Address: 40 Fairbank Road, Sudbury  
 Email: senior@sudbury.ma.us  
 Webpage: www.sudburyseniorcenter.org

### **Our Preschooler Friends Celebrate Valentines Day Wednesday, February 8, 10:30 AM**

Stop by to visit with Sudbury Preschoolers who will be delivering their hand-made Valentines to you! They'll stay for a short Valentine story, too. Remember what 3 year olds are like? Very cute and fun to be with. It would help if we know you are coming as space is limited, call us at 978-443-3055.

### **Wednesday Garden Club -Winter Valentines Give Back Project**

Thursday, February 2, 10:00 AM—Free

The Sudbury, Wayland, Lincoln Domestic Roundtable collects items for Valentine's Day and fills gift bags for children temporarily living in local shelters. These bags are then given to three local shelters - Reach, The Second Step and Voices against Violence. Join the Wednesday Garden Club crew to work together on bookmarks with a floral theme. These will be added to the bags along with a children's book and some other items such as crayons and small toys and pencils. Please register by calling 978-443-3055!

### **Coming in March!**

#### **New—Beginner Bridge Lessons**

5 Wednesdays, March 8—April 5  
1:00-3:30 PM, \$12



The teacher, William Nicholson of Sudbury, has been a bridge player and duplicate bridge advocate for nearly 50 years. As a member of ACBL (American Contract Bridge League) with tournament wins and private bridge instruction experience, he is eager to introduce this life-long game of intrigue, fun, and frustration to willing victims.

Mr. Nick, as his students called him, has recently retired from a career in teaching Music and Drama at Dedham High School. He currently serves as Managing Director of the Lincoln-Sudbury Civic Orchestra. In the past, he has work as Software Engineer and Engineering Manager for a number of area high tech firms.

The class will include: general concepts, play of the hand, bidding, and responses to 1 NoTrump, and more. Instruction and directed play from 1:00-2:15, Open play from 2:30-3:30. We have room for 16 students, no experience necessary, come prepared to count!!!

Please stop by the Senior Center or mail a check to register, a \$12 fee will be charged for supplies and must be paid to hold your space. We will keep a waiting list. Checks are payable to "Town of Sudbury".

#### **Comfort Food Caring Café**

Monday, February 27  
12:00 –2:00 PM



Caregivers and their loved ones with memory challenge are invited to gather for some social time, an activity or just to have some hot soup and crackers! This is a chance for you to get out of the house and come to a relaxed environment and let go of your worries. Please RSVP if practical at 978-443-3055. Questions? Leave a message for Anne Manning, LMHC.

### **Soup's On! African-American Stamps and our History**

Thursday, February 23  
12:00 Soup  
12:45 Talk

Henry Lukas, the Education Director at the Spellman Museum of Stamps and History, will be here to share some African-American stamps and discuss how the stamps are related to our history. Mr. Lukas is a retired educator: history teacher and high school principal. He will bring stamps for you to take home.

Please **sign up for soup before Tuesday, February 21 at 4:00 PM**, so that we can purchase enough ingredients before Thursday! Call 978-443-3055 to sign up and for more information.



### **Bereavement Support Group**

5 Second Mondays  
February 13-June 12  
10-11:30 AM

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, the Hospice Bereavement Coordinator of Beacon Hospice, Inc./Amedisys Company and Anne Manning, LMHC, Support Group Specialist and will meet on the 2nd Monday of the month from January-June. Please call Nancy Duffy at 617-242-8370 for more information.

## Create your own Silk Scarf!

Thursday, February 23, 10:00 AM



Learn how easy it can be to paint your own silk scarf! Karen Halloran, Community Liaison for CareOne of Concord, will offer this free instructional class on silk scarf painting. No experience is necessary and you will go home with your own new silk scarf! Sign up so that we can make sure to have enough supplies. Call 978-443-3055. *Sudbury residents only* may sign up until February 10. Class limited to 10.

## Protect Yourself from Medicare Fraud!

Thursday, March 2, 1:00 PM

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

Come meet Pat McMillen, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. For more information and to reserve your seat please contact the Senior Center staff at 978-443-3055.

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

This event is jointly sponsored by the Sudbury Senior Center and the Massachusetts Senior Medicare Patrol Program. The Mass. Senior Medicare Patrol Program is funded in part by grant number 90-MP0226-01-00 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC.

## Senior Notes: Singing Group

Thursday, February 16, 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.

*Continuing Classes... feel free to drop in...*

**American Genius DVD Series** (National Geographic)  
Wednesdays at 9:30 AM  
February 1–22

**How to Stay Fit as You Age** (The Great Courses)  
Wednesdays at 2:30 PM  
February 1-March 1



## Short Story Discussion Group

2 Thursdays, February 9, 23  
1:00-2:00 PM

Join Lois Leav at the Senior Center for a discussion of short stories. The February short stories are *The Killers* by Ernest Hemingway and *The Boarding House* by James Joyce. Lois, who is a book and story lover, will facilitate the discussion. Call us at the Senior Center to sign up at 978-443-3055.

## Legal Clinic

Tuesday, February 14  
1:00—3:00 PM

*New  
Time!*

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

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, February 13, 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

February 6 - WalMart/Hudson  
February 13 - 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, February 16  
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.

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

### “Addressing Dunes”

#### Drawing Workshop

4 Tuesdays, 12:30-2:30 PM  
March 14, 21, 28, April 11

Learn how to draw/paint dunes, so they look like dunes! Whether with pen and ink, graphite or paint (combined, or media of your choice), we will create dunes in early morning light, hot sunny days with no shadow or a lot of shadow, or in rain or snow. Creating art is good for you! Clear your head, create a calm focus, use your left and right brain, and have fun!

Join our delightful instructor Susan Funk in this relaxing art class for the beginner or the experienced artist. Please pay and register at the Senior Center. Call 978-443-3055 for more information.

Coming in March

### 9/11: Fifteen Years Later, Are We Any Safer?

4 Wednesdays, March 1, 8, 15, 22, 10:00 AM  
\$35

In the aftermath of the terrorist attacks of 9/11, the United States embarked on a massive program at home and abroad to meet this new threat to our national security. From the involvement in the two longest running wars in American history in Afghanistan and Iraq, to the creation of a new security apparatus named the Office of Homeland Security, we have invested billions of dollars and cost the lives of thousands of American service personnel to make us safer. Has it been a successful effort?

Your instructor will be John Ambacher, PhD., JD., Professor Emeritus at Framingham State University.

Registration for this class will be **online only** beginning on February 14. If you need assistance with online registration, please call 978-443-3055 and leave a message. A staff member will contact you to assist you in the process.



### Teen Tech Help

February 8, 22  
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 SCHEDULE

The Senior Center will be closed on February 20 in observance of the Presidents Day holiday.

**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.



### Severe Weather Policy

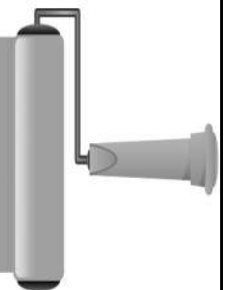
The Sudbury Senior Center weather policy is as follows: When the Sudbury Public Schools close due to severe weather, the Senior Center will cancel all programs, but the office will remain open, *unless* the Town Manager has decided to either delay or not open the Town offices due to the severe weather/poor 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). Please call the Senior Center main phone number (987) 443-3055 to find out about cancellations/changes.

## FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<b>Fitness notes:</b> Better Bones and Yoga are cancelled for Feb. 6, 7, 13, 14. There may be some room changes during Feb. 21-24.	<b>SHINE—Serving the Health Insurance Needs of Everyone on Medicare – Medicare Counseling and Assistance</b>	9:00-4:00 I&R Hours 9:30 <i>American Genius DVD</i> (5) 11:00 Fit for the Future 2:30 <i>How to Stay Fit as You Age DVD</i> (5) 1-3:30 Quilting (1)	9:00-12:00 SHINE 9:30 Tap Dance (1) 10:00 <i>Wed. Garden Club Winter Valentine Project</i> 10:00 Current Events (SP) 11:00 <i>Coffee Hour with Outreach Specialist!</i> 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:00-4:00 I&R Hours 9:30 <i>Ageless Grace</i> (5) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie 11:30/1:45 - Watercolors (3)
WalMart Van Trip 6	7	8	9	10
9-4 Information and Referral Hours 11:00 Fit for the Future No Better Bones 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage No Yoga 10:45-1:15 SHINE 12:30-3:30 Bridge No Drawing 10:45-1:15 SHINE 1:30 <i>Tai Chi for Healthy Living</i> (6)	9:00-4:00 I&R Hours 9:30 <i>American Genius DVD</i> (6) 10:30 <i>Preschoolers Valentine Gift</i> 10:30 <i>Coffee Hour with Town Social Worker</i> 11:00 Fit for the Future 2-4 Teen Tech Help 2:30 <i>How to Stay Fit as You Age DVD</i> (6) 1-3:30 Quilting (2)	9-12 SHINE 9:30 Tap Dance (2) 10:00 Current Events (SP) 1:00 <i>Short Story Disc Group</i> 1:00 <i>Teddy Roosevelt!</i> (SP) 2:30 Connection Circle (VH)	9:00-4:00 I&R Hours 9:30 <i>Ageless Grace</i> (6) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie 11:30/1:45 Watercolors (4)
Market Basket Trip 13	No Blood Pressure Clinic 14	15	16	AARP Tax Help Begins 17
9:00-4:00 I&R Hours 10:00 <i>Bereavement Group</i> 10:00 Stamp Club 11:00 Fit for the Future No Better Bones 2:15 Tai Chi (3)	BP Clinic is Cancelled! 9:00 <i>Women's Valentine Breakfast</i> 9:00 Cribbage No Yoga 10:45-1:15 SHINE 12:30-3:30 Bridge 12:30-2:30 <i>Drawing</i> (4) 1-3 Legal Clinic 1:30 <i>Tai Chi for Healthy Living</i> (7)	9:00-4:00 I&R Hours 9:30 <i>American Genius DVD</i> (7) 11:00 Fit for the Future (VH or G) 2:30 <i>How to Stay Fit as You Age DVD</i> (7) 1-3:30 Quilting (3)	9-12 SHINE 9:30 Tap Dance (3) 10:00 <i>Crafty Jewelry Group</i> 10:00 Current Events (SP) 12:00 Pizza and a 12:30 Movie: <i>For the Love of Spock</i> 12:45 <i>Singing Group</i> 2:30 Connection Circle	9:00-4:00 <i>Tax Return Help</i> 9:00-4:00 I&R Hours 9:30 <i>Ageless Grace</i> (7) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH or G) 12:30 Friday Movie 11:30/1:45 Watercolors (5)
20	21	22	23	24
Presidents' Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (4) (R2 or G) 10:00 <i>Trip Info Meeting!</i> No SHINE today No Drawing 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (8) (R2 or G)	9:00-4:00 I&R Hours 9:30 <i>American Genius DVD</i> (8, last) 11:00 Fit for the Future (R2 or G) 2:30 <i>How to Stay Fit as You Age DVD</i> (8) 1-3:30 Quilting (4) 2-4 Teen Tech Help	9-12 SHINE No Tap Dance 10:00 <i>Design a Silk Scarf!!</i> 10:00 Current Events 12:00 <i>Soup's On! - African American Stamps -Spellman Stamp Museum</i> 1:00 <i>Short Story Disc. Group</i> (VH) 2:30 Connection Circle	9:00-4:00 <i>Tax Return Help</i> 9:00-4:00 I&R Hours 9:30 <i>Ageless Grace</i> (8) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (R2 or G) 12:30 Friday Movie: 11:30/1:45- Watercolors (6)
27	28			
9-4 <i>Tax Return Help</i> 9:00-4:00 I&R Hours 11 Fit for the Future 12:00-2:00 <i>Caring Café</i> (SP) 1:00 Better Bones (2) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (5) 10:45-1:15 SHINE 12:30-2:30 <i>Drawing</i> (5) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (1)	Ageless Grace—a fitness class for everyone!; incorporates movements for physical and cognitive wellbeing.	VH—Van Houten room; SP—Sudbury Pines rm; R1-Room 1	R2-Room 2 (billiards) R3-Room 3 (Game rm.) G-Gym SHINE—Medicare Counseling

SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY



**Special Transportation Information  
Extended Van Service Hours**

In addition to our regular Monday-Friday, 8:30-4:00 wheelchair accessible van service, we have been running a pilot program of service during extended hours: early mornings from 7:00-8:30AM and early evenings from 4:00-7:00PM on Tuesdays and Thursdays. This service is provided by Kiessling Transportation through the MetroWest Regional Transit Authority (MWRTA). The destinations are expanded during these hours to include popular shopping and medical destinations.

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. If you are a registered van rider, you may call the MWRTA Call Center at 508-820-4650 to register for a ride (at least 2 business days in advance). To learn about how to register, please call the Senior Center at (978) 443-3055.

**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.

**February  
Fridays at the Movies  
12:30 PM**



Every Friday afternoon in February, join us for movies, new, classic, documentary or opera. A movie list will be available at the Senior Center and on the Senior Center website at [www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org).

**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, February 16**

**For the Love of Spock  
2016 – NR – 1 hr. 52 min.**

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



Mr.

Actor Leonard Nimoy played Spock in the original "Star Trek" TV series, creating a character that would become an icon of American pop culture. In this affectionate documentary, Nimoy looks back on nearly 50 years of playing the wise Vulcan.

**Cast: Leonard Nimoy, William Shatner, George Takei**

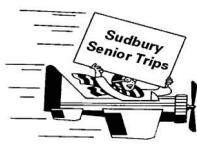
**Please call (978) 443-3055 to sign up and to order your slice of pizza (\$1.25/slice) by 10:00 AM that morning!**

**Be Prepared!  
Severe Weather/Power Outages**

Remembering the Boy Scout motto is a good idea during winter! It is important to understand what could happen at your home or 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](http://www.ready.gov). Make sure your cell phone is charged!

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 Fairbank 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!

#### Special Trip Information Meeting!

Tuesday, February 21, 10:00 AM

Collette Tours Representative Vinny Brown will be here to delight you with a slide show presentation highlighting two amazing trips that are coming up: America's Music Cities and Northern National Parks.

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

**Adam Trent**—a magician reinvented, April 10, 2017, cost is \$97 pp all inclusive, payable to *Best of Times*.

**America's Music Cities—New Orleans, Memphis and Nashville!** May 21-28, 2017, Double \$2,999 Payable to *Collette Tours*. 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 and more! Payable to *Collette Tours*.

**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!

### Arrive by 7:15 ! Foxwoods Trip! 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*.

### Be an Advocate!

BayPath Elder Services' Long Term Care Ombudsman Program volunteers visit Long Term Care facilities to make sure residents are getting the care and service they need. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a three day certification training, then up to two hours a week in the nursing home. There is a monthly volunteer meeting to discuss issues and best practices. There will be certification training at BayPath Elder Services in March 2017. Call Mary Brooks, Ombudsman Program Director at 508-573-7200 X235 to learn more.

## 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

February 3, 10, 17, 24

\$20 for 4 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 February 20. \*NOTE: We will try a new ticket program starting in March!

### 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

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

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

### T'ai Chi for Healthy Living

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

February 28-April 18

A slower pace and want to work on improved balance and mobility.

### Tap Dance! Intermediate

Thursdays, 9:30-10:30 AM

\$40 for 8 weeks

February 2-March 30\*, no

class February 23 (\*dates adjusted;12/22 class 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; minimum number needed

### 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

\*\*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

**Outreach and Information:** Our Outreach Information Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide information 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 **Monday through Friday from 9:00 to 4:00**.

**Legal Clinic:** An elder law attorney is available once a month for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

**S.H.I.N.E./Medicare Help (Serving the Health Information Needs of Elders):** Free consultations with trained volunteers about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare. Please call to make a **free** appointment.

### IN-HOME SERVICES

**In-Home Fix-It Program:** Seniors who can no longer (or should not) do small repair tasks at home can get **free** volunteer assistance with these small jobs. Seniors will only be expected to pay for necessary parts and materials.

### **Friendly Visitor Program:**

Seniors who can't get out to socialize can be matched with a volunteer for weekly informal visits.

**Grocery Shopping:** Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

**Sand Buckets:** Volunteers will deliver a bucket of sand for you to use on your walks and driveway, free. Call the Senior Center, at (978) 443-3055. Let us know where you'd like the bucket to be placed.

**Lock Boxes:** The 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](mailto: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

## VALENTINES EVENTS

### Garden Club Valentine Craft Project

-February 2, 10:00 AM

### Preschoolers Visit with their Valentine Cards!

-February 8, 10:30 AM



### Women's Breakfast!

-February 14, 9:00 AM, \$3

You must reserve a spot!



### *Soup's On!*

Spellman Museum of Stamps  
African-American Stamps and History  
Thursday, February 23  
12:00 Soup; 12:45 Talk

## Teddy!

Thursday, February 9

1:00 PM

\$5



Please pay to reserve your spot!  
Sudbury residents only until January 26.  
Space is limited.



## *Ageless Grace*

New Fitness Class  
for Everyone  
4 Fridays at 9:30 AM  
\$20

<http://agelessgrace.com/about/>