

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



Uber Demonstration Project

The MetroWest Health Foundation will be funding a demonstration grant to the Town of Sudbury/Sudbury Senior Center beginning in May and June. The goal is to see if Uber, which is an on-demand transportation company, will help older residents with transportation needs. Although the Senior Center and MetroWest Regional Transit Authority (MWRTA) offer van service in town, the service requires setting up an account, and reserving rides 2 business days in advance. Participants using Uber will be able to use it for spontaneous travel encompassing a wider geographic area. The Uber project involves two phases and is designed to run for a limited time due to funding constraints.

In the first phase, residents 60 and over who have smartphones and know how to use Uber will be offered the option to sign up to use Uber and get a discount on their rides. This phase of the project will help us to learn what participants are using rides for, and when, and to gauge whether the ride service is successful in meeting needs. All participants will attend an orientation to the Uber demonstration project before initiation of the grant and will be asked for feedback after use of the service.

In the second phase, we will assist residents who have smartphones in need of assistance in learning to use Uber. Again, there will be discounts offered on the rides and the Senior Center will gain additional information regarding how Uber is used and how satisfied riders are with the service from these riders' feedback.

This project fits into a goal of the Sudbury Senior Center and Council on Aging to offer more transportation options for older adults living in town. The overall goal is to ensure that Sudbury is and will remain, an age-friendly community allowing older and disabled persons more transportation options so that they can age in place. We recognize that with the changing demographics in town, and increasing numbers of people 60 and over currently making up 21% of the population and growing, some older people will not be able to continue to drive their car as their primary means of transportation. Additionally, circumstances such as nighttime darkness, stormy weather, health problems and recuperation from surgery, and other factors may necessitate the need for short-term on-demand transportation. The Uber option will satisfy both of these concerns for older Sudbury residents.

Registration will begin on April 14 -To register for the Uber project, please ask for a Registration form, you may also download the form at www.sudburyseniorcenter.org. Should you have questions, please email Director Debra Galloway at senior@sudbury.ma.us.

Volunteers are key to this initiative! Would you like to help?

For this project to be successful, we will need volunteers who are familiar with Uber on a smartphone and are willing to teach others how to request transportation. Potential volunteers should contact the Senior Center via phone at (978) 443-3055 or email at senior@sudbury.ma.us, and leave their name and contact information. We look forward to working with you on this exciting new project!

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Brown Bag Lunch with Fire Chief Bill Miles! Wednesday, April 5, 12 noon

Bring your own lunch, we'll provide the drinks and dessert! Chief Miles will be here to share information about Sudbury's Fire Department. Get the inside scoop and learn more about what the Fire Department does, and what the needs of the Fire Department and our town are. Please call 978-443-3055 to save your space!



Friends of Sudbury Seniors

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

The Friends provide monetary support for the mailing of this newsletter, the St. Patrick's Day Luncheon and Entertainment, the annual Volunteer Appreciation Luncheon, other events and programs and for future needs of the Senior Center.

Interested in a meeting? Drop in on the 4th Thursday of most months at 3:00 PM at the Senior Center. Please call 978-443-3055 to confirm the time of the meeting or if you have a question about our Friends group.

A Note about Donations!

Any donations to the Sudbury Senior Center should be directed to the Friends of Sudbury Seniors, a 501 © 3 non-profit organization whose mission is to support the Senior Center. **Please make your checks payable to the "Friends of Sudbury Seniors, Inc."** Thank you!

Vote for the next DVD Series!

We are contemplating showing a new DVD series from The Great Courses in May. There are three series in the running: World's Greatest Geological Wonders (Part 1, 9 weeks), Experiencing America: A Smithsonian Tour through American History (12 weeks), Great Masters: Mozart-His Life and Music (8 weeks). Let us know which one you would like to attend in May on Wednesday mornings at 9:30 AM. We may schedule the longer series in two parts. Suggestions for future series are welcome. Please vote by April 10th!

Turn the Page new monthly Book Group 2nd Wednesday, April 12 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 on the 2nd Wednesday of the month from 1:00 – 2:00 PM. The book to be discussed is "" by Alexander McCall Smith. The next meeting is on Wednesday, April 12. Please call the Sudbury Senior Center at (978) 443-3055 to sign up.

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.

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.

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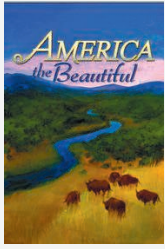
SUDBURY SENIOR CENTER

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: senior@sudbury.ma.us

Webpage: www.sudburyseniorcenter.org



Eric Weld sings...
Songs Celebrating America!
 Thursday, April 13, 1:00 PM

A lineup of new and old songs that celebrate our glorious country, with a dose of narrated history and brief stories of the songs. Including timeless classics like *America the Beautiful*, *God Bless America* and a rousing medley of military branch themes, but also unconventional fare like *Boogie Woogie Bugle Boy*, *I'll be Seeing You* and a medley of George M. Cohen songs. This show will get you standing and proudly singing along!

Please reserve your spot as space is limited! This program is supported by a grant from the Sudbury Cultural Council a local agency, which is supported by the Massachusetts Cultural Council, a State agency.



Massachusetts Cultural Council

LINC - Intergenerational
Engage with our wonderful 4th and 5th Graders!

Join the Learning Intergenerational Community (LINC) program! Adults 55+ are invited to partake in a structured series of classes/meetings with students to learn about each other, times now and then, understand similarities and differences, share art and science activities, and more. Leave a message at 978-443-3055 for Intergenerational Coordinator Judy Battat to learn more. A new session begins the week of April 24. Open your mind!



BOOK BUDDIES!

Kindergartners and first graders need some extra practice with reading... you can help this spring! The program has flexible time slots beginning in April. An orientation will be provided. If you would like more information, please call 978-443-3055 and leave a message for Senior Center Intergenerational Program Coordinator Judy Battat.

Comfort Food Caring Café

Monday, April 24
 12:00 -2:00 PM

Caregivers and their loved ones with memory challenges are invited to gather for a delicious lunch, entertainment, conversation, arts, music and laughter! This is a chance for you to get out of the house and come to a relaxed environment and let go of your worries. Please sign up if you are able at 978-443-3055 but drop-ins are also welcome.



Soup's On!

The MIND Diet!
 Thursday, April 27
 12:00 Soup; 12:45 Talk

Have you heard of the MIND diet? Research points to this diet - a combination of both the DASH and the Mediterranean diet as one of the most healthful for our bodies and brains. Learn more about this healthful eating style with Traci Robidoux, RD, Nutritionist from BayPath Elder Services.

Please **sign up for soup before Tuesday, April 25, 4:00 PM**, so that we can purchase enough ingredients! Call 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.

Let us know you were here!

Please use your keycard to sign in when you attend a program.

This helps us get an accurate count of participation. Thanks!

Beginner Conversational Spanish!

4 Wednesdays 10:00 AM
 April 12, 19, 26, May 3
 \$20

Join retired teacher and Sudbury resident Karen Regan for a fun, engaging, relaxed beginning Spanish class on Wednesday mornings. To start we are offering a 4 week class. If there is interest, we will offer another series of classes.

Topics will include greetings and introductions, likes and dislikes, some grammar, and other topics depending on student interest. Please pay the \$20 fee to register and save your space. Space will be limited to 16 students.



Buried in Treasures Changing Hoarding Behaviors - Support Group

Fridays, 1:00-3:00 PM
April 7-July 21

- Do you avoid having people over because of the cluttered state of your home?
- Do you have trouble getting rid of your stuff?
- Do you buy more than you actually need?

Research shows that working through the book *Buried in Treasures* in a structured group is one of the most effective ways of addressing hoarding behaviors. This is a FREE support group for adults of all ages, from any town.

Join us! For more information, call Debra Galloway, Senior Center Director @ 978-443-3055 or email at gallowayd@sudbury.ma.us, or call or email ClearPath at 508-658-0880; ClearPath@strongcommunity.org.

Additional groups take place in other Metro West locations. Keep up to date by visiting MCDC on Facebook or at www.strongcommunity.org

Learn to take control of your health!

Are you living with chronic back pain, neck pain, fibromyalgia, headaches, arthritis, neuropathy or other long term conditions?

Living with Chronic Conditions Workshop Mondays, May 1, 8, 15, 22, June 5, 12 9:30 AM - 12:00 PM

The course meet for 2 1/2 hours per week for six weeks. During these six weeks you will learn:

- Disease related problem-solving
- Practical ways to deal with pain, fatigue, and stress
- Better nutrition and exercise choices
- How to improve your patient/physician relationship
- Medications & Management
- Skills to manage symptoms

Please sign up by calling 978-443-3055. This program is sponsored by the Senior Center and BayPath Elder Services.

These programs are made possible through a grant provided by The MetroWest Health Foundation, and with funding from the Older Americans Act as granted by BayPath Elder Services, Inc. If you would like to make a donation please mail check to: The Healthy Living Department at BayPath Elder Services – 33 Boston Post Rd West, Marlborough, MA 01752.

PLEASE NOTE:

Although we make every effort to ensure that the information in our newsletter is accurate, sometimes we inadvertently leave something out, make an error, or information has changed since the publishing date. Please feel free to call us at (978) 443-3055 to verify programming information.

Legal Check-up and Updates

April 5 @ 10:00 AM and May 1 @ 1:30 PM

Come to a legal check-up on April 5, with Elder Law Attorney Denise Yurkofsky, CELA. Denise will provide an overview of the probate process, how to avoid probate, the importance of how accounts are titled and beneficiary designations on retirement accounts, insurance and bank accounts which are TOD (transfer on death), planning for incapacity and health care decision-making. She will also review the different documents in an estate plan, the options people have and why these documents are important. An opportunity to make sure you have your legal affairs in order.

Then come back on May 1, when Elder Law Attorney Arthur Bergeron will be here to talk about the **MassHealth Regulation Changes and How to Deal with Them**. MassHealth is adopting the most sweeping regulatory changes in a decade. Elder Law Attorney Arthur Bergeron will provide an overview of these changes and discuss how you should adapt to the changes.

Please sign up for these informative talks! Both Ms. Yurkofsky and Mr. Bergeron also volunteer for our Legal Clinic.

Legal Clinic

Tuesday, April 11 - 1:00-3:00 PM

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Denise Yurkofsky, CELA. Our Volunteer Elder Law Attorneys provide free 20 minute appointments generally focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. For issues that are not in their domain, they will provide referrals to other attorneys. Please understand that they are not able to prepare documents during these appointments. Call 978 443-3055.

Monday Van Trips

April 3 - WalMart/Hudson

April 10 - 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.

Brown Bag Lunch with SPS Superintendent Anne Wilson

Wednesday, April 12
12:00-12:30 PM



Bring your lunch, we will supply the drinks and dessert! Sudbury Public Schools Superintendent Anne Wilson, PhD., will be here to provide a brief summary of current SPS initiatives and information regarding the SPS budget for next school year. Please call 978-443-3055 to sign up so that we know how many to prepare for. Thank you.

Drawing Workshop

5 Tuesdays, 12:30-2:30 PM
May 2, 9 23, 30 and June 6 - \$25

Creating art is good for you! Clear your head, create a calm focus, use your left and right brain, and have fun!

PEN & INK—> THE NEXT LEVEL

After learning some basic techniques (hatching, cross hatching, patch hatching, etc.) work on more complicated combinations of line & shading. Take into consideration composition (placement of objects on a page) and shading (determine light source) and then incorporate line techniques in new combinations for more dramatic results. Always welcome: New & returning students with all levels of experience.

Supplies —> #2 Pencils, erasers, paper (Optional - Bristol or Hot Press paper surfaces), pen & ink supplies (Optional - Multiple Micron markers with varying nib (tips) sizes).

Join our delightful instructor Susan Funk in this relaxing art class for the beginner or the experienced artist. Please pay the \$25 fee and register at the Senior Center. Call 978-443-3055



Tips for Decluttering!

Tuesday, April 25
10:00 AM

Are you tired of looking at piles of accumulated possessions you no longer access or use? Looking to reclaim space in your home and enjoy living in a de-cluttered space?

Stressed at the prospect of a future down-sized move? Come to the “Tips for De-Cluttering” presentation to learn useful suggestions that have been proven to reduce the stress of the decision making and actions required to de-clutter your space and your life.

Our speaker, Marie LeBlanc, Owner and President of Transitions Liquidation Services, has been in the transitions and move management business for over fifteen years. TLS is a member of the National Association of Senior Move Managers, the National Aging Life Care Association (formerly the Professional Geriatric Managers) and the Women’s Council of Realtors.

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



Crafty Jewelry Group

3rd Thursday, April 20 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. We come together to share ideas and work together and have fun and perhaps share in some laughter as well. ***This is not a teacher led class***, nor is there a specific project with supplies provided. Please sign up in advance to join this group—that way we can call with schedule changes.

Sign up by calling (978) 443-3055.

Senior Conference!

Thursday, April 20, 2017, 8:00 AM-2:00 PM


This annual event, sponsored by State Sen. Jamie Eldridge, features free coffee and donuts for breakfast, a hot catered lunch, health screenings, entertainment and door prizes; along with a variety of interactive workshops on topics such as health care, financial planning, fitness activities, nutrition tips, independent living and more. Assabet Valley Regional Technical High School is located at 215 Fitchburg St, Marlborough.

Interested in a Van ride to the conference? Call 978-443-3055 and leave your name on our list! Max. of 8.

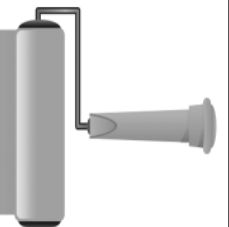
Severe Weather Policy

When the Sudbury Public Schools close or are delayed due to severe weather, the Senior Center will cancel all or morning programs, morning van service and possibly meals, 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. Please call the Senior Center main phone number (987) 443-3055 or check the website at www.sudburyseniorcenter.org, or the Town of Sudbury website, to find out about cancellations/changes.

APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wal-Mart Trip 3	4	5	6	7
9-4 AARP Tax Help 11 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (8)	No BP Clinic today 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> 9:40/11:00 Yoga (1) 12:30-3:30 Bridge (SP) No <i>Drawing Workshop</i> 1:30 <i>Tai Chi for Healthy Living</i> (5)	10:00 <i>Legal Update with Atty. Denise Yurkofsky</i> 11:00 Fit for the Future 12:00 <i>Brown Bag Lunch with Fire Chief Bill Miles</i> 1:00-3:30 <i>Beginner Bridge Lessons-New!</i> (5, last) 1:00-3:30 Quilting (1)	9-12 SHINE 9:30 Tap Dance! (7) 10:00-11:15 Current Events Group 12:00 Pizza and a 12:30 Movie: <i>Legend of Tarzan</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 Watercolors (4)? 1:45 Watercolors (4) 1:00-3:00 <i>Buried in Treasures</i> (1)
Market Basket Trip 10	11	12	13	14
10-11:30 <i>Bereavement Group</i> 10:00 Stamp Club 11Fit for the Future 1:00 <i>Rescheduled - Teddy Roosevelt!!</i> 1:00 Better Bones (2) 2:15 Tai Chi (1) Passover begins in evening	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> 9:40/11:00 Yoga (2) 10:45-1:15 SHINE 11:00 <i>Take Control of Your Health</i> 12:30-3:30 Bridge (SP) 12:30-2:30 <i>Drawing Workshop</i> (3) 1-3 Legal Clinic (R1) 1:30 <i>Tai Chi for Healthy Living</i> (6)	10:00 <i>Beginning Conversational Spanish</i> (1) 11:00 Fit for the Future 12:00-12:30 <i>Brown Bag Lunch with Superintendent Anne Wilson</i> 1:00-2:00 <i>Turn the Page - Book Group!</i> (SP) 1:00-3:30 Quilting (2) 2-4 Teen Tech Help	9-4 AARP Tax Prep Help 9-12 SHINE 9:30 Tap Dance! (8) 10:00-11:15 Current Events (R1) 1:00 <i>Songs Celebrating America!</i> 1-2 Short Story Group 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 and 1:45 - Watercolors (5) 1:00-3:00 <i>Buried in Treasures</i> (2)
17	18	Adam Trent Trip 19	Senior Conf. @ Assabet 20	21
Patriot's Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage (VH) 9:30 <i>Happy Seniors Club</i> 9:40/11:00 Yoga (3) (R2??) 10:45-1:15 SHINE 12:30-3:30 Bridge (SP) No <i>Drawing this week</i> 1:30 <i>Tai Chi for Healthy Living</i> (7) <i>Passover ends</i>	10:00 <i>Beginning Conversational Spanish</i> (2) 11:00 Fit for the Future 1:00-3:30 Quilting (3)	9-12 SHINE No Tap Dance today 10-11:15 Current Events 10:00 <i>Crafty Jewelry Group</i> 12:00 <i>Hotdogs and Red Sox!</i> 12:45 <i>Senior Notes: Singing Group</i> No Connection Circle this week	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (6) 12:30 Friday Movie: 1:00-3:00 <i>Buried in Treasures</i> (3)
24	FitWalk Starts! 25	26	27	28
11:00 Fit for the Future 12-2 Caring Café 1:00 Better Bones (3) 2:15 Tai Chi (2) <i>LINC- Intergenerational Program Starts this week</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> 9:40/11:00 Yoga (4) 10 <i>Tips for Decluttering</i> 10:45-1:15 SHINE 11-12 <i>FitWalk</i> (1) 12:30-3:30 Bridge (SP) 12:30-2:30 <i>Drawing Workshop</i> (4, last) (VH) 1:30 <i>Tai Chi for Healthy Living</i> (8)	10:00 <i>Beginning Conversational Spanish</i> (3) 11 Fit for the Future 2-4 Teen Tech Help 1:00 Quilting (4)	9:00-10:00 <i>Mens' Breakfast</i> (SP) 9-12 SHINE 9:30 Tap Dance! (1) 10:00 Current Events (VH) 12:00 <i>Soup's On!</i> 12:45 <i>Nutritionist - The MIND Diet!</i> 1-2 Short Story Group 2:30 Connection Circle 3:00 <i>Friends meeting</i>	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (7) 12:30 Friday Movie 1:00 <i>Buried in Treasures</i> (4)

SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY



TRIPS NEWS**Hello Fellow Travelers-**

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



Adam Trent—a magician reinvented, **April 19, 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*. *Waiting list!*

Kennebunkport City Tour and Lobsterbake

Wednesday, July 26, 2017 - \$100—A bountiful lobsterbake in Scarborough, followed by a guided tour of Kennebunkport, exploring history and architecture.

Newport Playhouse and Cabaret

Wednesday, August 2, \$90

Enjoy an outstanding lunch, show and aftershow cabaret. "Baggage" is a comedy about two difficult, single people, both trying to heal from respective disappointing relationships. Their luggage gets mixed up at the airport...after a disagreeable encounter, the fun begins!

Northern National Parks—NEW DATES!

August 4-11, 2017 Double \$2,999. Yellowstone, Grand Teton Parks and more! Payable to *Collette Tours*. *Waiting list!*

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!

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 note** that there will be no meeting on April 20.

Teddy Roosevelt Event—Rescheduled to April 10th! All who were signed up were notified of new date. May be sold out.

Pizza and a Movie

Thursday, April 6

The Legend of Tarzan

2016 Rated PG-13

1hr 50m



Pizza: 12 noon
Movie: 12:30 PM

Fully readapted to London society after his long sojourn in the jungle, Lord Greystoke returns to Africa as a trade emissary. But little does he know that he's being used to advance the schemes of villainous Capt. Leon Rom.

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

Friday Moviegoers

Please note: Friday Movies will be off the calendar for a few weeks and will most likely be moving to Monday afternoons as of mid-May.

A Note to Participants in the Healthcare Fraud Talk

Patricia McMillen, volunteer with Senior Medicare Patrol would like to extend a warm Thank you to all who participated in the information session on "Prevention of Healthcare Errors, Fraud and Abuse" offered by the Massachusetts Senior Medicare Patrol Program. Call the 800-892-0890 if you have any concerns about healthcare errors, fraud or abuse. Remember: You are the first line of defense and we are here to help you.

League of Women Voters
Forum on Criminal Justice Reform

Sunday, April 30

2:00-4:00 PM

First Parish Church, 327 Concord Road, Sudbury

Speakers will include Sen. Jamie Eldridge and Colleen Kirby, State League of Women Voters - Criminal Justice Specialist. There will be ample opportunity for all to share in the conversation.

LET US PLACE
YOUR AD HERE.

CONTACT

Steve Twomey to place an ad today!
stwomey@4LPi.com or (800) 950-9952 x5854



Take Control of Your Health!

Tuesday, April 11
11:00 AM

Join Linda Smith, BSN, RN, CSC from MetroWest Eldercare Management to learn how to advocate for quality health care for you or a loved one; how to make evidence based decisions that are based on your values; what community resources can help you monitor your conditions; how to ask good questions of medical providers. Please sign up in advance, so that we can prepare for the audience.

FitWalk!

8 Tuesdays at 11:00 AM

April 25, May 2, 9, 16, 23, 30, June 6, 13



Join Phyllis Schilp, RN, BSN, Sudbury's Board of Health Nurse, on a walking program across from the Senior Center at Haskell Field. Please wear comfortable clothing and shoes for walking and bring water and sunscreen! Please sign up by calling 978-443-3055.



Bereavement Support Group
2nd Monday of each Month through June
Monday, April 10 - 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. Please call Nancy Duffy at 617-242-8370 for more information.

Stamp Club - Monday, April 10, 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.

Short Story Group

2 Thursdays, April 13, 27 - 1:00-2:00 PM

Join Lois Leav at the Senior Center for a discussion of short stories. Upcoming stories in April include: "Flowering Judas" by Katherine Ann Porter and "A Hunger Artist" by Franz Kafka. Call us at the Senior Center to sign up at 978-443-3055. Space is limited.

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. Checks payable to "Town of Sudbury"

Ageless Grace—Temporarily on hiatus

Fit for the Future with Lois (aerobics/strength)

Ongoing classes on M, W, F 11:00 AM-12:00 PM
\$2 drop-in. **Please bring exact change!**

Better Bones, Senior Strength

Mondays at 1PM; April 3-May 8 No class April 17
5 weeks for \$35 Build strength and balance!

T'ai Chi

Mondays, 2:15-3:15 PM;

April 10-June 19

No class April 17, May 1, 29

\$36 for 8 weeks

An ancient system of movements

designed to maintain strength, balance and focus.

*Bring your mat, 2 sets of weights, resistance band, and water!

T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30 PM;

8 weeks for \$36 (Feb. 28-Apr. 25)

May 9 - June 27##

No class May 2

For those who want a slower pace; work on improved balance and mobility. ## Date adjusted, as class cancelled March 14.

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

Tap Dance! Intermediate

Thursdays, 9:30-10:30 AM

\$40 for 8 weeks

April 27 - June 15

Also, Beginner 30 min. class at 9-9:30 AM for \$25

Yoga for Living Well**

Tuesdays

Yoga 1: 9:40 AM or

Yoga 2: 11:00 AM

April 4 - May 9#

\$42 for 6 week session

Add strength and calm to your life!

Date adjusted due to March 14 cancelled class.

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

**Bring your mat, block and water!

NOTE: Please call (978) 443-3055 for information.
Bring water to all classes!

Foxwoods Trip!

Monday, May 1 - \$25

Arrive by 7:15 !

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*.

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. (Extended hours are available on Tuesdays and Thursdays from 4-7pm.)

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.



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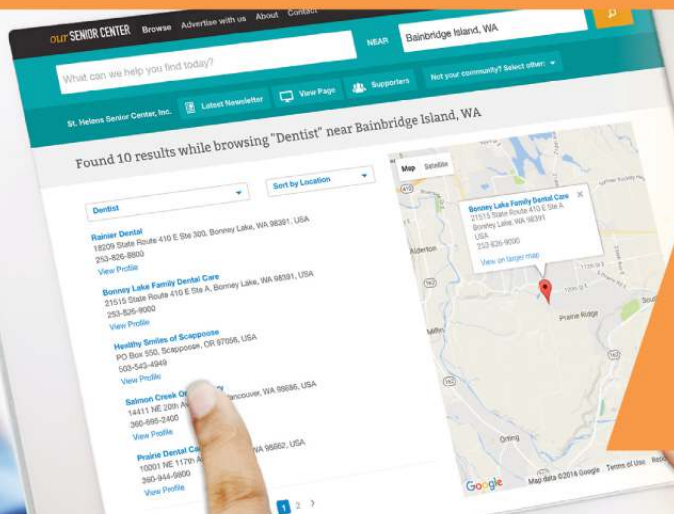
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Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Monday through Friday, 8:30 AM to 4:00 PM

Connect with the next generation!
Learning Intergenerational Community

**LINC Afterschool Program
at Sudbury Elementary Schools
Starting week of April 25
3:30-5:00 PM**

Call Judy Battat
Intergenerational
Coordinator at
(978) 443-3055.



Beginning Conversational Spanish!

4 Wednesdays 10:00 AM
April 12, 19, 26, May 3
\$20



See page 3

The Uber Project

Help us learn how on-demand transportation
can benefit you!

Become a participant or volunteer!

See Front Page

Better Living with Chronic Conditions Workshop

Mondays, May 1-June 12
9:30-12:00 at the Senior Center

Sponsored by BayPath Elder Services