

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

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**. When you register online you will need to set up an account on EventBrite and use your credit card to pay the fee. If you need assistance with online registration, please call 978-443-3055 and leave a message. A staff member will contact you to set up an appointment.

Please note: We realize that online registration may be a challenge for some—we are hoping this gives you an opportunity to try something new! And perhaps to engage with a family member for help. If not, then please make an appointment with our Teen Tech student volunteers or ask to talk with a staff person. Thank you!

New—Beginner Bridge Lessons
5 Wednesdays, March 8—April 5
1:00-3:30 PM, \$12—**by March 1**

Sign up for lunch on March 29—
Chicken Piccata! See page 4.

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 worked 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”. PLEASE REGISTER BY MARCH 1!!

INSIDE
THIS ISSUE

Book Group/ Town Social Worker	2
New Outreach/ Medicare Help	2
Current Events Meet Your Neighbor	2
AARP Tax Help	3
Songs of America!	3
Soup's On! Caring Cafe	3
Bereavement Support	3
Medicare Fraud	4
Watercolors	4
Nutrition Counseling	4
Short Story Group/ Legal Clinic/Lunch	4
Stamp Club/Coffee Monday Van Trips	4
Crafts/Drawing Teen Tech	5
Connection Circle	5
Intergenerational/ Senior Conference	5
Calendar	6
Trip News	7
Movies	7
Foxwoods Trips/ Matter of Balance	8
Trudy Faust/ Lincoln-Sud. Show!	8
Fitness Schedules	8
Services	9

Turn the Page ~ new monthly Book Group
2nd 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 on the 2nd Wednesday of the month from 1:00 – 2:00 PM. The first book to be discussed is “The No.1 Ladies Detective Story (series)” 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.



Coffee and Conversation
with Town Social Worker Bethany Hadvab
Wednesday, March 29
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.

Welcome to New Outreach Specialist Ana Cristina Oliveira

Ana Cristina has over fifteen years of experience providing social services to older adults, including case management, home visits, fuel assistance, the SNAP application, Salvation Army financial assistance, home services referrals, Medicare counseling, housing information and family support. She enjoys meeting new people and finding ways to help them through the myriad of services available. She is looking forward to working and sharing her experience with participants and staff. She can be reached at: 978-443-3055 or by email: oliveiraa@sudbury.ma.us.

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.

Thank you! Thank you!

Thank you to the Wednesday Garden Club for bringing materials and crafters to the Senior Center to help participants create mini boxwood trees and Valentine gifts for local area nursing home residents!

Thank you to the artists of the Watercolor Class, along with instructor Sandy Wilensky for creating beautiful art cards and donating the funds to the *Friends of Sudbury Seniors* group!



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 April newsletter...

Current Events Group
Every Thursday 10:00-11:15 AM
March 2, 9, 16, 23, 30

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 SCENE

COUNCIL ON AGING

CHAIRPERSON:

John (Jack) Ryan

BOARD OF DIRECTORS:

John Beeler
 Barry David
 Robert Diefenbacher
 Carmine Gentile
 Melissa Immonen
 Robert May
 Dr. Alice Sapienza
 Dr. Patricia Tabloski

SENIOR CENTER STAFF

DIRECTOR

Debra Galloway

ADMINISTRATIVE COORDINATOR

Claire Wigandt

OUTREACH INFORMATION SPECIALIST

Ana Cristina Oliveira

INTERGENERATIONAL COORDINATOR

Judy Battat

MEALSITE MANAGER

Debbie Peters

PROGRAM COORDINATOR

Sharon Wilkes

TAX WORK-OFF COORDINATOR

Josephine King

RECEPTIONIST

Jean Taylor

S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald

Elizabeth Ganz

SUDBURY BOARD OF HEALTH NURSE

Phyllis Schilp 978-440-5477

SUPPORT GROUP FACILITATOR

Anne Manning

TOWN SOCIAL WORKER

Bethany Hadvab 978-440-5476

TRIP COORDINATORS

Joe Bausk

Joanne Bennett

VAN DRIVERS

Linda Curran

Amy Snow

Steve Garanin

Ed Royce-Tolland

VOLUNTEER COORDINATOR

Ed Gottmann

FRIENDS OF SUDBURY SENIORS

OFFICERS:

President Jean Semple
 Vice President Judith Honens
 Secretary Carolyn Markuson
 Treasurer Joseph Bausk

SUDBURY SENIOR CENTER

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: senior@sudbury.ma.us

Webpage: www.sudburyseniorcenter.org

AARP Tax Help!

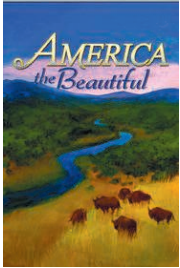
Mondays and Fridays

March 3, 10, 13, 17, 20, 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 are 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.

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.



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! Sudbury residents may begin signing up as of March 1, all others as of March 31.

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.



Comfort Food Caring Café

Monday, March 27
12:00 –2:00 PM



Caregivers and their loved ones with memory challenges 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 sign up if you are able at 978-443-3055 but drop-ins are also welcome.

Soup's On!
Be an Educated Consumer!

Thursday, March 23
12:00 Soup; 12:45 Talk

Join us for an informational discussion with Director of the Consumer Assistance Office MetroWest (CAOMW) Anne Roman. The Consumer Assistance Office works in cooperation with the Office of the Attorney General. Get an overview of the agency's services, a presentation about current issues facing consumers today and answers to your questions and concerns. CAOMW provides free consumer advice and free voluntary mediation to help consumers resolve issues concerning consumer transactions. Consumers file complaints about a multiplicity of large and small companies, on a range of issues including retail, utilities, fraud, and automobile companies. You will gain valuable information on how to effectively advocate for yourself when a consumer problem arises and what resources are available to help you in the resolution of your problem. Please **sign up for soup before Tuesday, March 21, 4:00 PM**, so that we can purchase enough ingredients! Call 978-443-3055.

Bereavement Support Group

Second Monday of each
Month through June
March 13
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.

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.



Watercolors Workshop! March 17-May 5 Fridays from 11:40-1:30 or 1:45-3:45 \$60 for 8 weeks

Join our delightful Watercolors Workshop on Friday afternoons! Class is open to those with a lot of experience as well as newer artists. Our instructor, Sandy Wilensky, is a skilled teacher and artist in her own right. Sandy offers the opportunity to work on a teacher led project or skill, or individual projects.

Please pay the \$60 fee when you register for class. Questions? Please leave a message at 978-443-3055.

Nutrition Counseling with Traci Robidoux

Thursday, March 30

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 978-443-3055 to sign up.

Come for Lunch! Wednesday, March 29 12 Noon



On the menu: Chicken piccata, rice pilaf, minestrone soup, spinach, and Italian bread, with a special dessert. \$3 suggested donation—please reserve by Monday, March 27 at 10:00 AM.

Coffee Hour with New Outreach Specialist Ana Cristina Oliveira Thursday, March 9 9:00-10:00 AM

Stop by coffee and special homemade goodies from Ana Cristina's kitchen!



Short Story Discussion Group 2 Thursdays, March 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, March 14 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, March 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

March 6 - WalMart/Hudson
March 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, March 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.

“Addressing Dunes”

Drawing Workshop

4 Tuesdays, 12:30-2:30 PM

March 14, 21, 28, April 11 - \$25



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 the \$25 fee and register at the Senior Center. Call 978-443-3055 for more information.

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, 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.

BOOK BUDDIES - A new LINC opportunity...

Are you interested in reading one-on-one with a kindergartner this spring? The program has flexible time slots beginning in late March. 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.



Teen Tech Help

March 8 and 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 sign up for an online Senior Center program. Please sign up in advance, and indicate what type of help you need, call 978-443-3055.

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.

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

Spring

Save the Date!

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

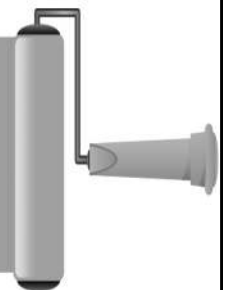
The Sudbury Senior Center weather policy is as follows: When the Sudbury Public Schools close due to severe weather, the Senior Center will cancel all programs, van service and meals, but the office will remain open, *unless* the Town Manager has decided to either delay or not open the Town offices due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

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 (978) 443-3055 to find out about cancellations/changes.

MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
*T'ai Chi was cancelled Feb. 13, so session dates have changed to 1/30-4/3 **Ageless Grace was cancelled Feb. 3, 10, new session dates are 1/6-3/10 ***Tap cancelled Feb. 9, new dates 2/2-4/13	VH—Van Houten room; SP—Sudbury Pines rm; R1-Room 1 (near stage) R2-Room 2 (billiards) R3-Room 3 (Game rm.) G-Gym SHINE—Medicare Counseling	9:00-4:00 I&R Hours 10-11:30 9/11: <i>Fifteen Years Later, Are We Any Safer?</i> (1) 11:00 Fit for the Future 2:30 <i>How to Stay Fit as You Age DVD (9, last)</i> 1:00 Quilting (5)	9:30 Tap Dance (3)** 10:00 Current Events (SP) 1:00 <i>Protect Yourself against Medicare Fraud? (SP)</i> 2:30 Connection Circle	9:00-4:00 AARP Tax Return Help 9:30 Ageless Grace (7)** 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>The Secret of Roan Inish</i> 11:30/1:45 Watercolors (7)
WalMart Van Trip 6	7	8	9	10
11:00 Fit for the Future 12:00 <i>Happy Seniors Potluck (VH)</i> 1:00 Better Bones (3) 2:15 Tai Chi (4)*	8:30-10:30 BP Clinic 9:30 <i>Happy Seniors Club</i> 9:00 Cribbage 9:40/11 Yoga (6) 12:30-3:30 Bridge 12:30 <i>Drawing Workshop (6)</i> 1:30 <i>Tai Chi for Healthy Living (2)</i>	10-11:30 9/11: <i>Fifteen Years Later, Are We Any Safer?</i> (2) 11:00 Fit for the Future 1:00-3:30 <i>Beginner Bridge Lessons—New! (1) (SP)</i> 1:00-2:00 <i>Turn the Page - Book Group!</i> 1:00 Quilting (6, last) 2-4 Teen Tech Help	9:00 <i>Coffee and Goodies with Ana Cristina</i> 9-12 SHINE 9:30 Tap Dance (4) 10:00 Current Events (SP) 12 Pizza and a 12:30 Movie: <i>Once</i> 1:00 Short Story Discussion Group (VH) 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:00-4:00 AARP Tax Return Help 9:30 Ageless Grace (8)** 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Waking Ned Devine</i> 11:30/1:45 Watercolors (8)
Market Basket Trip 13	14	Willoughby Bros Trip 15	16	17
9:00-4:00 AARP Tax Return Help 10-11:30 <i>Bereavement Group</i> 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Bones (4) 2:15 Tai Chi (5)*	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> 9:40/11 Yoga (7) 12:30-3:30 Bridge 12:30 <i>Drawing Wkshp (1)</i> 1-3 Legal Clinic 1:30 <i>Tai Chi for Healthy Living (3)</i>	9:00-4:00 I&R Hours 10-11:30 9/11: <i>Fifteen Years Later, Are We Any Safer?</i> (3) 11:00 Fit for the Future 1:00-3:30 <i>Beginner Bridge Lessons (2)</i> No Quilting	No SHINE today No Tap Dance 10:00 Crafty Jewelry Group (VH) 10:00 Current Events (R1) 12:00 <i>St. Patrick's Day Luncheon</i> 2:30 Connection Circle	9:00-4:00 AARP Tax Return Help 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (1) 12:30 Friday Movie: <i>Quiet Man</i>
20	21	22	23	Election Setup 24
9:00-4:00 AARP Tax Return Help 11:00 Fit for the Future 1:00 Better Bones (5) 2:15 Tai Chi (6)*	8:30-10:30 BP Clinic 9:00 Cribbage 9 <i>File of Life @Longfellow Glen</i> 9:30 <i>Happy Seniors Club</i> 9:40/11 Yoga (8) 12:30-3:30 Bridge 12:30 <i>Drawing Wkshp (2)</i> 1:15 <i>Tai Chi for Healthy Living (4)</i>	9:00-4:00 I&R Hours 10-11:30 9/11: <i>Fifteen Years Later, Are We Any Safer?</i> (4) 11:00 Fit for the Future 1:00-3:30 <i>Beginner Bridge Lessons (3)</i> No Quilting today 2-4 Teen Tech Help	9-12 SHINE 9:30 Tap Dance (5) 10:00 Current Events (SP) 12:00 <i>Soup's On! Be an Educated Consumer!</i> 1:00 Short Story Group (VH) 2:30 Connection Circle 3:00 <i>Friends meeting</i>	9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH or R3) 12:30 Friday Movie: <i>My Left Foot</i> 11:30/1:45 - Watercolors (2)
Ann'l Town Election 27	28	29	30	31
11:00 Fit for the Future (R2 or R3) 12:00-2:00 <i>Caring Café (SP)</i> 1 Better Bones (6, last) 2:15 Tai Chi (7)*	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> 9:40/11 Yoga (1) 12:30-3:30 Bridge 12:30 <i>Drawing Wkshp (3)</i> 1:15 <i>Tai Chi for Healthy Living (5)</i>	9:00-4:00 I&R Hours 10:30 <i>Town Social Worker Coffee Hour</i> 11:00 Fit for the Future 12:00 Lunch! 1:00-3:30 <i>Beginner Bridge Lessons (4)</i> No Quilting	9-12 SHINE 9:30 Tap Dance (6) 10:00 Current Events (SP) 1:00-4:00 Nutrition Counseling 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>In the Name of the Father</i> 11:30/1:45 - Watercolors (3)

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!



The Willoughby Brother's March 15, 2017, cost of day trip is \$91.00 pp all inclusive, to *Best of Times*. Celebrate St. Patty's Day-Irish music, Step Dancers!

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.

Northern National Parks—NEW DATES!

August 4-11, 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!

March 2017
Fridays at the Movies
12:30 PM



Every Friday afternoon in March, join us for Irish themed movies! A movie list with descriptions will be available at the Senior Center and on the Senior Center website at www.sudburyseniorcenter.org.

3/3 - *The Secret of Roan Inish*

3/10 - *Waking Ned Devine*

3/17 - *Quiet Man*

3/24 - *My Left Foot*

3/31 - *In the Name of the Father*

Pizza and a Movie
Thursday, March 9

Once

2006—Rated R 1hr 25 m



Pizza: 12 noon
Movie: 12:30 PM

In this charming contemporary musical, a street musician in Dublin strikes up a friendship with a migrant street hawker, and the duo ends up composing and recording a series of songs over the course of a week that mirrors their burgeoning 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!

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. 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

800-477-4574

Foxwoods Trip!
Arrive by 7:15 !
Monday, May 1 - \$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*.

A Matter of Balance Workshop

The Coolidge at Sudbury is hosting *A Matter of Balance: Managing Concerns About Falls* on Tuesdays, March 7, 14 21, 28 and April 4, 11, 18 and 25 – from 1:00 to 3:00 pm. The Coolidge at Sudbury is at 189 Boston Post Rd, Sudbury, MA. The Program is FREE. A workbook is provided and refreshments are served. To register, please call **Julie Benoit at The Coolidge at Sudbury 978-443-3388**.

TRUDY FAUST

A friend of the Senior Center, Trudy Faust, passed away on January 3, 2017, at age 95. Trudy, an energetic and vibrant person, very much enjoyed Lois Leav's Fit for the Future classes. When she moved to the Coolidge at Sudbury, she continued her fitness activities right in her own building. Trudy was a talented artist, creating many amazing charcoals, pastels and oils and leaves behind her loving family and many devoted friends. She will be missed!



Lincoln-Sudbury Theatre - "Disney's High School Musical On Stage"!

Tuesday, March 14, 3:00 PM



This musical centers on the blossoming relationship between Troy, a high school jock, and Gabriella, the new smart girl at school. They meet on a family vacation and then rediscover each other at school. Will Gabriella and Troy find a way to be themselves? No tickets needed, you must call 978-443-3055 to reserve a ticket by 12 noon, Monday, Mar. 13.

Disabled Parking Placard Changes

As of Feb. 2017, Disabled Parking Placards issued by the RMV have a new appearance. Small blue wheelchair symbols appear behind the Placard Number and Expiration Date. This security feature has been added to help identify instances of altered placard numbers or expiration dates. All old style placards with plain white background in the Placard Number and Expiration Date sections will remain until the date of expiration shown on the placard. It will take up to 5 years for all old placards to be phased out. The law also increased the fines for misuse of placards, and updated the application forms. (Source: Elder Affairs)

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"

New! Ageless Grace (mind and body)

Fridays at 9:30 AM
 January 6-March 10** (**new end date, class was cancelled Feb. 3, 10)

Fit for the Future with Lois (aerobics/strength)

Ongoing classes on M, W, F 11:00 AM-12:00 PM
 \$2 drop-in.

Better Bones, Senior Strength

Mondays at 1PM; Jan. 30, Feb. 27, March 6, 13, 20, 27—\$42
 Next session tentatively: April 3-May 8, 5 weeks for \$35
 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-April 3 *new end date
 No class February 20
 *class was cancelled Feb. 13
 \$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
 For those who want a slower pace and to work on improved balance and mobility.

Tap Dance! Intermediate
 (Next Beginner class April 27)

Thursdays, 9:30-10:30 AM
 \$40 for 8 weeks
 Feb. 2– Apr. 13 (new end date, due to cancellation on Feb. 9)

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

Yoga for Living Well**

Tuesdays
Yoga 1: 9:40 AM or
Yoga 2: 11:00 AM
 January 17—March 21
 \$56 for 8 week session
 Next session: March 28-May 9—7 weeks for \$49

**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. (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.



We'll take care of your family like you're a part of ours.

Hospice | Palliative Care | Support Services

At Care Dimensions, we've been helping families deal with advanced illness for more than 35 years. We'll be there when you need us most, providing strength and support, plus a range of specialized clinical programs and expert medical care that help patients make the most of every day.



CareDimensions.org

888-283-1722

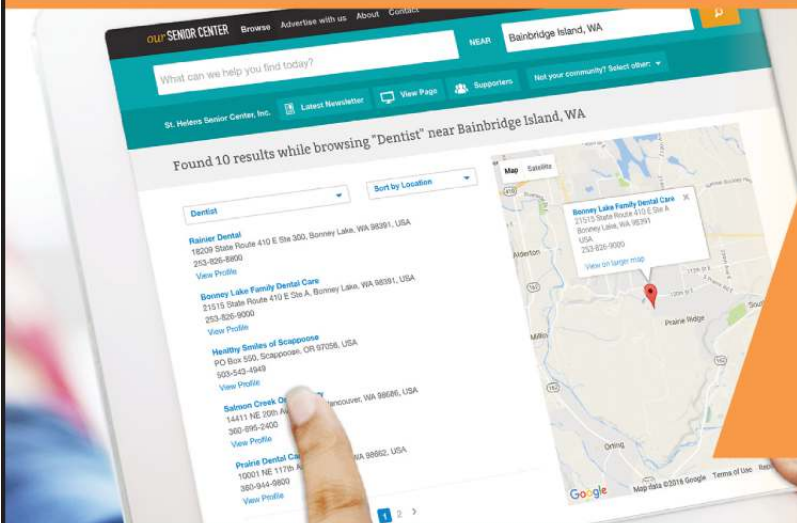
THIS SPACE IS AVAILABLE

LET US *carry* YOUR MESSAGE TO *Senior* THE *Community* For advertising info call: 1-800-477-4574



our SENIOR CENTER

A convenient source for local services



FIND AN ADVERTISER NEAR YOU

SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

Sign up to have our newsletter emailed to you! ourseniorcenter.com



For ad info. call 1-800-477-4574 • www.4lpi.com

Sudbury Council on Aging, Sudbury, MA 06-5177

MARY ANN MORSE

HEALTHCARE CENTER

Short-Term Rehabilitation,
Memory & Long-Term Care

Natick ■ 508-433-4400
www.maryannmorse.org/cp

HERITAGE

AT FRAMINGHAM

Independent Living, Assisted Living, & Memory Care

Framingham ■ 508-665-5300
www.heritageassistedliving.org/cp



FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.
- 800-477-4574 -

FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED.

SUDBURY PINES EXTENDED CARE FACILITY
Short Term Rehabilitation • Long Term Care
Secure Behavioral Care Unit • Hospice Care
Short Term Respite Care
Family owned and operated since 1970
Come by and visit today
642 Boston Post Road • Sudbury, MA 01776
Phone# 978-443-9000 • www.sudburypines.com
admissions@sudburypines.com

HELP PROTECT YOUR FAMILY
CALL NOW! 1-888-862-6429

ADT AUTHORIZED DEALER HOME SECURITY TEAM



WINGATE
AT SUDBURY
136 Boston Post Road, Sudbury, MA 01776
(978) 443-2722 • www.wingatehealthcare.com



BARTLETT'S
Family Garden & Market
Senior Discount 10% off Wed
578 Boston Post Rd, Sudbury

One Call
For Funeral and Cremation Services.
Dignity Memorial® Providers

DUCKETT - JS WATERMAN & SONS
656 Boston Post Road, Sudbury • PO BOX 660
781-235-4110 978-443-5777

METROWEST FUNERAL & CREMATION SERVICES
WADSWORTH CHIAPPINI
318 Union Ave. • Framingham 508-875-8541
A SERVICE FAMILY AFFILIATE OF AFFS AND SERVICE CORPORATION INTERNATIONAL
206 Winter St., Fall River, Massachusetts 02720 • Phone 508-676-2454

Protecting Seniors Nationwide Medical Alert System



\$29.95/Mo. billed quarterly
One Free Month • Price Guarantee
No Long-Term Contract • Easy Self Installation
Call Today! Toll Free 1.877.801.7772

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

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

Rated #1 in Senior Care 508-545-0164

Contact Us Today!



Local, Experienced Home Care You Can Trust



Locally Owned | Personalized Care | Fully Insured Caregivers

ORCHARD HILL



Sudbury's Affordable Assisted Living Community
www.orchard-hill.com
978-218-3010

LIVE HERE, LIVE WELL

America's Choice in Homecare!

Visiting Angels
LIVING ASSISTANCE SERVICES

- Up to 24 hour Care • Meal Preparation
- Errands/Shopping • Hygiene Assistance
- Light Housekeeping • Respite Care for Families
- Rewarding Companionship

978-287-2002

THE OPTICAL PLACE

Senior Discount

215 Boston Post Road
Sudbury, MA
978-443-2020
443-3300

Independent Living, Assisted Living & Avita Memory Care



Call to schedule a visit today:
508.358.2800

134 Boston Post Road | Wayland, MA
carriagehousewayland.com

SENIOR TRANSITION SPECIALIST

Louis Stephan Broker Owner 46 yr. Resident 978-857-9147

FREE!

- Downsizing Consulting
- Professional Staging
- Possession Management
- Clean Out Services

BERKSHIRE HATHAWAY HomeServices
Stephan Real Estate

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

<http://senior.sudbury.ma.us>

Return Service Requested



U.S. POSTAGE

PAID

Sudbury, MA

PERMIT NO. 141

PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

Volunteer!

It's not only good for the soul but also your mood and your health and wellbeing!

Opportunities are available to help your neighbors with...

online registration for Senior Center programs, using Uber during our grant funded Uber program (coming soon), with driving people to medical appointments (when you are available), and many others tasks big and small!

Leave a message for our Volunteer Coordinator Ed Gottmann at 978-443-3055.

Soup's On!

Be an Educated Consumer!

Thursday, March 23

12:00 Soup;

12:45 Talk

Call by Tuesday, March 21st!

St. Patrick's Day Luncheon

Thursday, March 16

12 Noon

Catering by BuffetWay of Marlborough

Entertainment by

Paul Harty and Larry Young

Sudbury residents only may sign up until March 9. Your \$5 reserves your spot!

Protect Yourself from

Medicare Fraud

Thursday, March 2, 1:00 PM

Please sign up by calling 978-443-3055.