

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

Take Control of Your Health!
Living with Chronic Pain Workshop
 Mondays, May 1, 8, 15, 22, June 5, 12
 9:30 AM-12:00 PM

Are you living with chronic pain? Would you like to take more control of your health? The Take Control of Your Health! course meets 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

This course is grant funded and offered for free. You will receive the book “Living a Healthy Life with Chronic Pain”. You can bring a friend along with you, course is open to all participants age 18+ with chronic pain. A \$25 gift card will be raffled off during the workshop session. In order to be considered a full participant, you must attend at least 4 out of the 6 sessions.

These programs are made possible through a grant provided by The Metro West 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.

The Vote is In!
The World’s Greatest Geological Wonders - DVD Series
 Wednesdays, 9:30-10:30 AM
 May 10 - September 6

Voters chose the Greatest Geological Wonders as the next series! You may have heard and maybe even have seen Yellowstone, the Grand Canyon, Mount Fuji, the Galapagos Islands. These natural wonders are on everyone’s list of must-see attractions that are both spectacular and geologically fascinating. But what of Ha Long Bay, the Columbia Glacier, Erta Ale lava lake, and the Great Blue Hole? They also belong on the list, along with more than 200 other sites, both famous and obscure, that are well worth a visit to see breathtaking vistas combined with the grandeur of geological forces in action.

Join us at the Senior Center on Wednesdays over the next 18 weeks, and learn about these special places on our Earth! Sign up by calling 978-443-3055.

Special Veterans Event and New Veterans Programs!

A **Veterans Coffee** and a **World War II talk** by Mike Walling, Author and Historian - see pg 5. The **Armed Forces Day** celebration with Rep. Gentile, see pg. 4.

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New Sign up Procedures for most Fitness Classes*!

For all 8 week fitness classes, students are asked to sign up during the last two weeks before the new session of classes. You can sign in before the fitness class, and you will be called to the Front Desk after class to complete your registration. * Fit for the Future will remain a drop-in class.

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.

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! Please make your checks payable to the "Friends of Sudbury Senior Citizens, Inc.". Thank you!

The Friends recently sponsored a local Youth Baseball team to give back to the community and to help with publicizing the group. They are proud sponsors of the Red Sox whose shirts will say "Sudbury Seniors" on the back!


Anticipated Room/Time Changes

- Current Events—will move to Van Houten room on Thursday, May 11 and will end at 11:00 AM on Thursday, May 18.

Election related changes:

- Fit for the Future— will be held in Room 2 on Monday, May 8 and will begin at 11:30 AM, instead of the usual 11:00 AM. May 17 schedule TBD.
- Better Bones on May 8 will be held in Room 2.
- Yoga on May 9 will be held in the Sudbury Pines room.

BOOK BUDDIES!

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

Turn the Page Monthly Book Group 2nd Wednesday, May 10 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 "A Man Called Ove" by Fredrik Backman. Please call the Sudbury Senior Center at (978) 443-3055 to sign up.

MEET YOUR NEIGHBOR!

We'd love to share your profile 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 978-443-3055.

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How to Grow Anything: Food Gardening for Everyone

DVD Series from *The Great Courses*
6 Tuesdays, May 2, 16, 23, 30, June 13, 20
2:00-3:00 PM
No class May 9 and June 6

Growing your own food is one of the most rewarding things you can do. While starting a garden may sound intimidating to some, nearly everyone can grow a few herbs, fruits, or vegetables. And as gardening pros know, nothing beats the freshness of a crisp vegetable right off the vine, a sweet fruit plucked from the tree, or a savory herb from your window box. When you grow your own food, not only do you get the freshest food and most delicious flavor, you also get a lower grocery bill and the satisfaction of a job well done.

The DVD series is a practical guide for cultivating fresh produce from seed to harvest. Taught by renowned horticulturalist Melinda Myers, these 12 hands-on lessons are chock full of tips and tricks for novice gardeners and green thumbs alike. Please sign up at the Senior Center! For more information, call (978) 443-3055.



P.S. You may want to bring a notepad to take notes!

Continuing Beginner Bridge

Wed., May 3, *Tues., May 9,*
Wed., May 17, 24, 31, June 7
1:00 – 3:30 PM
6 Lessons; \$35



Continue with popular Bridge Instructor William “Nick” Nicholson for 6 more weeks of beginning Bridge lessons. Note that all lessons are on Wednesday afternoons, except one lesson, which is on Tuesday, May 9. Maximum of 20 students. *Payment is expected at time of registration.*

Our instructor Nick Nicholson recently retired from teaching Music and Drama at Dedham High School. He has been a bridge player and duplicate bridge advocate for nearly 50 years. He is a member of the ACBL with tournament wins, private bridge instruction experience, and he is eager to introduce new players to Bridge!

Comfort Food Caring Café

Monday, May 22
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!

New Dietary Guidelines with Recipes!
Thursday, May 11
12:00 Soup; 12:45 Talk

Join us for a fun and informative talk about the brand new dietary guidelines released by the US Government which BUST the low-cholesterol and low-fat diet myth. The new Federal dietary recommendations say healthy eating DOES include EGGS and FAT! We will share shopping tips and easy recipes for yummy, FAT-filled and HEALTHY meals.

Our speaker is Denise Roskamp, the owner and president of Home Helpers, a home care agency. Denise holds a Doctor of Medicine (MD) degree from the University of Massachusetts Medical School, and is a licensed Dementia Trainer and Practitioner.

Please **sign up for soup before Tuesday, May 9, 4:00 PM**, so that we can purchase enough ingredients! Call 978-443-3055.

Blacklegged Tick (*Ixodes scapularis*)



Lunch and Learn: Tick Talk!

Thursday, May 18
12:00 PM

Board of Health Nurse Phyllis Schilp has planned a talk by Amy Hansen MPH, Epidemiologist, a Sudbury MRC Volunteer. Amy will be discussing the life cycle of the tick, what is Lyme disease, prevention tips and protecting yourself and your environment.

Please call 978-443-3055 to sign up for this informative and popular talk!

Please sign up for lunch by Tuesday, May 16 at 10 AM. Lunch menu will be available as of May 1. Max. of 20 people for lunch.

Need Help With Prescription Drug Costs? Prescription Advantage May Be Your Answer!

Prescription Advantage is a state-run program which helps members pay for their prescription drugs. It may lower your drug co-pays and also allows you to join or change your Medicare drug plan or Medicare Advantage plan. Eligibility is based on *income only* and there is *no asset limit!*

Who can join?

If you are a **Massachusetts resident, eligible for Medicare,** and are:

65 years or older with an annual income at or less than \$60,300 for a single person or \$81,200 for a married couple

OR

Under 65 years and disabled, with an annual income at or less than \$22,673 for a single person or \$30,531 for a married couple.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$36,180 for a single person and \$48,720 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemma.org. **If you need help with Prescription Advantage, feel free to call Outreach Specialist Ana Cristina Oliveira at 978-443-3055.**

A Celebration of Armed Forces Day

Saturday, May 20
Fairbank Community Gym
11:30 AM—1:00 PM

State Representative Carmine Gentile hosts a celebration of **Armed Forces Day** at the Fairbank Community Center on Saturday, May 20th thanking our active and retired men and women for their tremendous sacrifice to serve and protect our country. Doors will open at 11:30am, a light lunch is available to all. Senators Mike Barrett, Richard Ross and Representatives Kate Hogan and Danielle Gregoire will also take part in the program which will conclude at 1:00pm.

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 MassHealth Regulation Changes and How to Deal with Them

May 1 @ 1:30 PM

Come to a legal check-up on on May 1, when Elder Law Attorney Arthur Bergeron will be here to talk about the **MassHealth Regulation Changes**. 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 this informative talk!

Legal Clinic

Tuesday, May 9 - 1:00-3:00 PM

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Arthur Bergeron.

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 to schedule your appointment.

LINC Update

The Learning Intergenerational Community program started with a pilot in fall 2016. Older adults volunteer to work with students after school following a curriculum that offers opportunities for learning and fun. The Sudbury Public Schools and the Sudbury Senior Center Intergenerational Coordinator are revising and updating the curriculum and planning for the next official LINC session in October 2017. Please contact the Senior Center at senior@sudbury.ma.us if you would like to learn more about the program.



Monday Van Trips

May 1 - WalMart/Hudson
May 8 - 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. Schedule is subject to change.

Falls Prevention!

Many people in our Senior Center circles have had falls recently. Please take Falls Prevention seriously! We have lots of information at the Senior Center that can help you to make your home safer, and also tips for going out of the house! Please feel free to consult with our Outreach Information Specialist Ana Cristina Oliveira, she has plenty of information on falls prevention and would be happy to talk with 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 for more information.



Crafty Jewelry Group

3rd Thursday, May 18 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.

“VETS TALK”

A Program for Veterans Friday, May 19 at 9:30

Please join other vets at the Senior Center for talk, coffee and pastry.

All Vets are invited to the Sudbury Senior Center’s first “Vets Talk”, a chance for only veterans to get together. There is no agenda or structure, just the opportunity to talk with other vets about anything you would like.

Talk and Discussion on World War II June 6 - 1:30 PM

The 73rd Anniversary of the Normandy Landings in France

by Mike Walling, Author and Historian

Please join us for a talk and discussion on World War II by Mike Walling, an internationally known historian and author of six books including *Bloodstained Seas: The U.S. Coast Guard in the Battle of the Atlantic 1941-1944* and *Bloodstained Sands: U.S. Amphibious Operations in World War II*.

Mike is a Coast Guard Vet who has spent over five decades collecting stories of veterans from World War II, Korea, Vietnam, the Gulf War, Iraq, and Afghanistan, as well as those of merchant seamen and civilian personnel with NATO and EUFOR. His research has taken him to Bosnia–Herzegovina, Croatia, Great Britain, Newfoundland, Nova Scotia, Russia, Afghanistan, and across the U.S.

He is a Hudson, Mass. resident and may be contacted through his website:

www.mikewalling.com.



Please sign up by calling 978-443-3055.

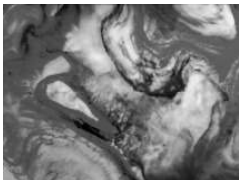
Wonderful Watercolors Workshop!

Fridays, May 12 - June 30, 11:30 AM - 1:30 PM or 1:45 - 3:45 PM - \$60


Join our delightfully relaxing Watercolors workshop on Friday afternoons with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. Learn a new technique, or work on your own projects with instructor available for feedback.

Please register and pay by May 5. Minimum # of participants needed.

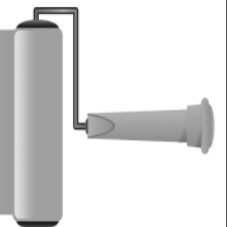
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MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Foxwoods Trip 1	2	3	4	5
<i>Market Basket Trip</i> 9:30-12 <i>Living with Chronic Pain Workshop (1) (SP)</i> 11 <i>Fit for the Future</i> 1:00 <i>Better Bones (4)</i> 1:30 <i>Legal Update - MassHealth with Atty. Bergeron (SP) (makeup date)</i> 2:15 <i>Tai Chi (3)</i>	8:30-10:30 <i>BP Clinic</i> 9:00 <i>Cribbage (VH)</i> 9:30 <i>Happy Seniors Club (R1)</i> 9:40/11:00 <i>Yoga (6) (G)</i> 10:45-1:15 <i>SHINE</i> 11-12 <i>FitWalk (2) (L)</i> 12:30-2:30 <i>Drawing Workshop (1) (VH)</i> 1:30 <i>Tai Chi Healthy (1)</i> 2-3 <i>How to Grow Anything (1)</i>	10:00 <i>Beginning Conversational Spanish (4, last) (SP)</i> 11 <i>Fit for the Future</i> 1:00-3:30 <i>Beginner Bridge (1)</i> 1:00 -3:30 <i>Quilting (5)</i>	No <i>SHINE</i> today 9:30 <i>Tap Dance (2)</i> 10:00 <i>Current Events (SP)</i> 12:00 <i>Pizza and a</i> 12:30 <i>Movie: Wild Oats</i> 2:30 <i>Connection Circle</i>	9:30-11:30 <i>Bingo (VH)</i> 11 <i>Fit for the Future</i> 11:30 <i>Watercolors (8)</i> 1:45 <i>Watercolors (8)</i> 1-3 <i>Buried in Treasures Workshop (SP)</i>
Election setup 8	Special Election 9	10	11	12
<i>WalMart Van Trip</i> 9:30-12 <i>Chronic Pain Workshop (2) (SP)</i> 10:00 <i>Stamp Club (R3)</i> 10 <i>Bereavement Group (VH)</i> <i>Time Change! 11:30 Fit for the Future (R2)</i> 1:00 <i>Monday Movie-Race</i> 1 <i>Better Bones (5, last) (R2)</i> NO <i>Tai Chi</i> this week	8:30-10:30 <i>BP Clinic</i> 9:00 <i>Cribbage (VH)</i> <i>Happy Seniors Club cancelled</i> 9:40/11 <i>Yoga (7, last) (SP)</i> 11-12 <i>FitWalk (3) (L)</i> 12:30 <i>Drawing (2) (VH)</i> 1:00 <i>Beginner Bridge (2)</i> 1:00-3:00 <i>Legal Clinic</i> NO <i>Tai Chi</i> this week No <i>How to Grow Anything</i>	9:30 <i>World's Greatest Geological Wonders DVD Series (1)</i> 11:00 <i>Fit for the Future</i> 1:00 <i>Quilting (6) (VH)</i> 1:00 <i>Turn the Page Book Group (SP)</i> 2:00 <i>Teen Tech Help</i> <i>Note: Beginner Bridge is on Tuesday this week</i>	No <i>SHINE</i> today 9:30 <i>Tap Dance (3)</i> 10:00 <i>Current Events (VH)</i> 12:00 <i>Soup's On!</i> 12:45 <i>New Dietary Guidelines</i> 1:00 <i>Short Story Group</i> 2:30 <i>Connection Circle</i>	9:30-11:30 <i>Bingo (SP)</i> 11 <i>Fit for the Future</i> 11:30 <i>Watercolors (1)</i> 1:45 <i>Watercolors (1)</i> 1-3 <i>Buried in Treasures Workshop (SP)</i>
15	16	17	18	19
9:30-12 <i>Chronic Pain Workshop (3)</i> 11 <i>Fit for the Future (VH)</i> 1:00 <i>Monday Movie-Me Before You</i> No <i>Better Bones</i> today 2:15 <i>Tai Chi (4)</i>	8:30-10:30 <i>BP Clinic</i> 9:00 <i>Cribbage</i> 9:30 <i>Happy Seniors Club</i> No <i>Yoga</i> today 11-12 <i>FitWalk (4)</i> No <i>Drawing</i> this week 1:30 <i>Tai Chi for Healthy (2)</i> 2:00-3:00 <i>How to Grow Anything (2) (SP)</i>	9:30 <i>World's Greatest Geological Wonders (2)</i> 11:00 <i>Fit for the Future*</i> <i>*-may be cancelled or R3—unsure at press time</i> 12:00 <i>Volunteer Appreciation Luncheon</i> 1:00-3:30 <i>Beginner Bridge (3)</i> 1:00 <i>Quilting (7) (VH)</i>	9-12 <i>SHINE</i> 9:30 <i>Tap Dance (4)</i> 10 <i>Crafty Jewelry (VH)</i> 10-11 <i>Current Events</i> 12:00 <i>Lunch and Learn: Tick Talk! (SP)</i> 12:45 <i>Senior Notes: Singing Group</i> 2:30 <i>Connection Circle</i>	9:30 <i>Vets Talk-New! (VH)</i> 9:30-11:30 <i>Bingo (SP)</i> 11 <i>Fit for the Future</i> 11:30 <i>Watercolors (2)</i> 1:45 <i>Watercolors (2) (VH)</i> 1-3 <i>Buried in Treasures (SP)</i>
22	23	24	25	26
9:30-12 <i>Chronic Pain Workshop (4)</i> 11 <i>Fit for the Future</i> 12-2 <i>Caring Café</i> No <i>Better Bones</i> 1:00 <i>Monday Movie - The Light Between Oceans</i> 2:15 <i>Tai Chi (5) (VH)</i>	8:30-10:30 <i>BP Clinic</i> 9:00 <i>Cribbage</i> 9:30 <i>Happy Seniors Club</i> No <i>Yoga</i> today 11-12 <i>FitWalk (5)</i> 12:30-2:30 <i>Drawing (3) (VH)</i> 1:30 <i>Tai Chi Healthy (3)</i> 2 <i>How to Grow Anything (3)</i>	9:30 <i>World's Greatest Geological Wonders DVD Series (3)</i> 11 <i>Fit for the Future (VH or G)</i> 1:00 <i>Quilting (8)</i> 1:00-3:30 <i>Beginner Bridge (4)</i>	9-12 <i>SHINE</i> 9:30 <i>Tap Dance (5)</i> 10:00 <i>Current Events (SP)</i> 1:00 <i>Short Story Group</i> 2:30 <i>Connection Circle</i> 3:00 <i>Friends Meeting</i>	9:30-11:30 <i>Bingo (SP)</i> 11 <i>Fit for the Future</i> 12:30 <i>Friday Movie: 11:30 Watercolors (3)</i> 1:45 <i>Watercolors (3)</i> 1-3 <i>Buried in Treasures Workshop (SP)</i>
29	30	31		
Memorial Day Holiday  Senior Center Closed	8:30-10:30 <i>BP Clinic</i> 9:00 <i>Cribbage</i> 9:30 <i>Happy Seniors Club</i> No <i>Yoga</i> today 11-12 <i>FitWalk (6)</i> 12:30-2:30 <i>Drawing (4) (VH)</i> 12:30-3:30 <i>Bridge</i> 1:30 <i>Tai Chi-Healthy (4)</i> 2:00 <i>How to Grow Anything (4)</i>	9:30 <i>World's Greatest Geological Wonders DVD Series (4)</i> 10-1 <i>L-S Senior Students Service Day</i> 11:00 <i>Fit for the Future</i> 1:00 <i>Quilting (9)</i> 1:00-3:30 <i>Beginner Bridge (5)</i>	SP-Sudbury Pines Room VH-Van Houten Room G- Fairbank Gym R1-Room 1 R2-Room 2 (billiards) R3-Room 3 (arcade)	<i>Americas Music Cities Trip - May 21-28</i>

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!

**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!*

Rocky Mountain High and the Turkey Train

Wednesday, October 11, 2017—\$111

Experience New Hampshire's glorious Fall Foliage as you travel to the white Mountains during the peak season. Back by popular demand! Enjoy a turkey dinner luncheon on the train, later see one of the most realistic tribute show as Ted Vigil becomes the legendary John Denver. Make checks payable to *Best of Times*. Payment due by August 31.

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

A special Thank You to Joanne Bennett and Joe Bausk for all of their hard work organizing and planning the Senior Trips!

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.

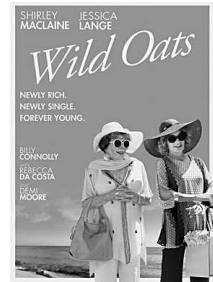
Pizza and a Movie

Thursday, May 4

Wild Oats

2016- Rated PG-13
1hr 31mins

Pizza: 12 noon
Movie: 12:30 PM



Eva (Shirley MacLaine), a widow and retired history teacher, enjoys a quiet life. Everything changes when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. At the not-so-gentle urging her best friend Maddie (Jessica Lange), Eva deposits the money and the two friends head to the Canary Islands with every intention of living it up. But their fantasy is short-lived when they discover that they have become media sensations overnight. Fugitives from justice, the two are forced to outwit a trio of con men, led by the local Wine "warlord", Carlos (Santiago Segura), outmaneuver a dogged life insurance agent Vespucci (Howard Hesse).

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

Monday Movies

Please note: Monday Movies begin on May 8.

May 8 - **Race** - the story of Jesse Owens at the Olympics in 1936 - 2016

May 15 - **Me Before You** - taking care of a rich, depressed quadriplegic, meaning of life - 2016

May 22 - **The Light Between Oceans** - WW1 veteran and wife manage lighthouse and find baby - 2016

Thank you to the Men's Breakfast Team for serving up hot flapjacks, sausage, fruit, juice and coffee for our semi-annual Men's Breakfast on April 27!

LET US PLACE
YOUR AD HERE.

CONTACT

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



FitWalk!

7 Tuesdays at 11:00 AM
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, May 8- 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, May 8, 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.

Please note: Stamp Club will meet in Room 3 this month.

Short Story Group

2 Thursdays, May 11, 25
1:00-2:00 PM



If you are new to the group, please sign up by calling 978-443-3055.

Volunteer Appreciation Luncheon

Wednesday, May 17, 12 Noon

Invitations were mailed to all of our amazing volunteers to invite them to our annual Volunteer Appreciation Luncheon. This is a small gesture of the Senior Center's and the community's gratitude for all our volunteers do! We try to include all 200+ of our volunteers, but if you escaped our mailing list, please call us to let us know! *Due to space limitations, invitees only.*

Please RSVP whether attending or not!

Senior Center Fitness Classes - Schedule

Sign-Up Information- See Page 2 with changes!

Checks payable to "Town of Sudbury"

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!**

*****Note: Fit for the Future will start at 11:30 AM on Monday, May 8!!! May 17 may be cancelled.*****

Better Bones, Senior Strength*

Mondays at 1PM; June 12-July 31*

No class July 3

6 weeks for \$42 Build strength and balance!

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

T'ai Chi

Mondays, 2:15-3:15 PM;

April 10-Jun 19

No class May 8

\$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

May 2-June 27, no class May 9

For those who want a slower pace; work on improved balance and mobility.

Tap Dance! Intermediate

Thursdays, 9:30-10:30 AM

Note: Tap Dance will return in September!

Yoga for Living Well*

Tuesdays - June 13-July 25*

Yoga 1: 9:40 AM or

Yoga 2: 11:00 AM

No class July 4

\$42 for 6 week session

Add strength and calm to your life!

***Better Bones and Yoga Schedules may change.**

Sign up starts on May 1, 2. See procedures, p. 2, 12.

NOTE: Please call (978) 443-3055 for information.

Bring water to all classes!

Foxwoods Trip - August 7 - \$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.

Arrive by 7:15!

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**.

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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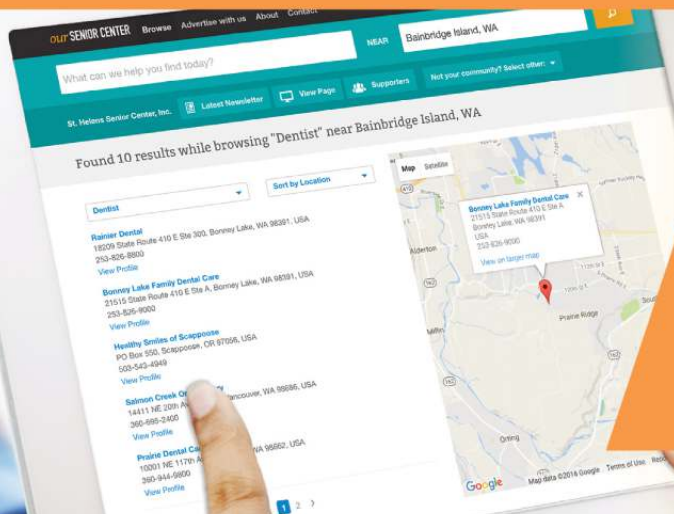
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Sudbury Council on Aging, Sudbury, MA

06-5177

Soup's On!

Are you concerned that a friend, family member or neighbor is being taken advantage of?

Panel Discussion

Thursday, June 1

Soup at 11:00 AM; Talk from 11:30 AM-12:30 PM

Save the date for a panel discussion of what to do if you are concerned about possible financial, emotional, sexual or physical abuse of a friend, loved one or neighbor.

Jacquelin Apsler, M. Ed., MBA, Executive Director of the Domestic Violence Services Network, Town Social Worker Bethany Hadvab, Elder Law Attorney Arthur Bergeron, and other speakers will be here to provide information and education. Sign up is encouraged. Please call 978-443-3055. However, if you cannot sign up in advance please feel free to attend anyway.

* Please note *time change* for this Soup's On - **11AM!**

Fitness Registration Changes

To improve registration for Yoga, Better Bones, Tai Chi and Tap Dance, current students should sign in at the Desk during the time span before the last two classes in a session. Sign in at the Front Desk before class, and we will call you to the Desk after class to register. Make sure to have a check with you. Thank you for your cooperation as we try this new method!

Lincoln-Sudbury High School

Senior Service Day

Wednesday, May 31

10:00 AM –1:00 PM



Two high school seniors will be at the Senior Center to provide technical assistance with your devices: cell phones, laptops, various tablets (ipad, etc.). Please make an appointment to meet these fantastic young people! Find out what their plans are for next year... Do sign up in advance!

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



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