



St. Patrick's Luncheon!
Tuesday, March 13, 12 PM
\$5 at the door

Sign up by March 5!

Corned beef and cabbage dinner from Buffetway of Marlborough! Entertainment by "The Irish Music Guy" Kevin Farley! Pg. 12

Lunch and the Animal World!
Friday, March 23, 12 Noon

Enjoy a hot lunch from Bay-Path, and then sit back and enjoy the "Understanding the Animal World" DVD series! \$3 suggested donation. P. 12

Lunch and Live Music!
Thursday, March 29

***12:00 Noon - Lunch;**
\$3 suggested donation.

***1:00 PM - Flashback Band!**

Sign up for lunch by Wednesday, March 27. \$3 suggested donation. Contact us at 978-443-3055 or senior@sudbury.ma.us. Pg. 12



We are offering a number of special programs most at no or low cost. Here are some of the highlights, including two special programs on memory, one during the day, one in the evening.

Special Evening Program at 7:00 PM -

Thursday, March 22 - Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do about It - with Dr. Andrew Budson, pg. 2.

Archery! Free Trial Classes - 3 Fridays, March 2, 9, 16, 9:30-10:30 AM, you must sign up! Rescheduled from Feb. 9.



Hearing Clinic - Friday, March 9, 9:30-11:00 AM; please call to make an appointment.

Veterans Talk and Coffee - Wednesday, March 14, 9:30 AM

Soup's On: Dynamics of Memory and Aging Thursday, March 15; Soup at 12 noon, Talk at 12:45; order soup/salad by Mar. 13, pg. 4.

Lunch at the Senior Center! - Friday, March 23, 12:00 PM, \$3 suggested donation. Plan to stay for the Animal World DVD... pg. 12. or on Thursday, March 29, 12:00 PM, and stay for the Flashback band!



Brains and Balance Workshop - Free Trial Class - Friday, March 23, 1:00 PM; you must reserve your spot! Pg. 3.

The U.S.S. Constitution with Robert Allison - Monday, March 26, 11:00 AM, pg. 2.

Bridge Basics Reinforced - Wed., 1:00-3:30 PM, March 28-May 16

Intergenerational Programs! - Pg. 8.

Learn to Take Control of Your Diabetes - at Coolidge at Sudbury, 189 Boston Post Rd., Tuesdays, 1-3:30 PM; April 3-May 8, sponsored by BayPath Elder Services, call Julie at 978-443-3388.

NOTE: Please let us know if you'd like to receive this newsletter via email; and/or if you'd like to be removed from our paper mailing list, at senior@sudbury.ma.us.



Caring for our communities with pride.



~ Special Programs ~

**Seven Steps to Managing Your Memory:
What's Normal, What's Not, and What to Do
about It**

Thursday, March 22, 7:00 PM

Dr. Budson is on a crusade to educate the aging population about memory and thinking and help them understand the difference between normal aging and Alzheimer's Disease. Learn more about managing your memory, what's normal and the latest recommendations.

Dr. Andrew Budson, is Chief of Cognitive & Behavioral Neurology, Associate Chief of Staff for Education, and Director of the Center for Translational Cognitive Neuroscience at the Veterans Affairs (VA) Boston Healthcare System, Associate Director for Research at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University School of Medicine, Lecturer in Neurology at Harvard Medical School, and Consultant Neurologist at the Division of Cognitive and Behavioral Neurology, Department of Neurology, at Brigham and Women's Hospital. He is also the Medical Director of the Boston Center for Memory, located in Newton, Massachusetts.

Please register at 978-443-3055 or senior@sudbury.ma.us. Space is limited.

**"Old Ironsides"
U.S.S. Constitution Talk
With Professor Robert Allison
Monday, March 26, 11:00 AM**



Don't miss this fantastic discussion about the history of "Old Ironsides", the U.S.S. Constitution frigate, which sits in our backyard at the Charlestown Navy Yard. Launched in 1797, this frigate ship was involved in a "quasi-war" with France, The War of 1812., and took a cruise around the world from 1844-1846.

Robert Allison is a Professor of History at Suffolk University in Boston, and also teaches in the Harvard Extension School. He writes about American history. He lives in Boston with his wife and sons.

Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to register for this fascinating discussion. Space may be limited.

A new pilot Route 20 Shuttle will begin in April!

A new van shuttle will start at the Wayside Country Store, and ride along Route 20, stopping along the way, and stopping at Wayland Town Center Stop and Shop, turning around and coming back. The shuttle will run 2 days each week. More information to come!

This pilot project is funded by Older American's Act funds, through Title III, and awarded as a grant by BayPath Elder Services. Suggested donation per ride will be \$1 one way, though donations will not influence your ability to get a ride.

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~ Classes ~

Long 19th Century Part 2: European History from 1789 to 1917

April 4 - May 30

Wednesdays, 9:30-11:00 AM



The remaining 18 lectures of the "Long 19th Century: European History from 1789 to 1917" will be presented on 9 Wednesdays beginning April 4. This is the second half of the lecture series first shown at the 2017 Fall History class. The Wednesday sessions are scheduled to begin at 9:30 am and end at 11:00 am although some may run a little longer. The basis for the class is a Teaching Company DVD series with thirty-six 30 minute lectures presented by Robert Weiner, Professor of History at Lafayette College.

Why did an era that began with the idealism of the French Revolution and the power of the Industrial Revolution culminate in the chaos of World War I, considered by most historians to be the greatest tragedy of modern European history? Did nationalism and imperialism inevitably lead in such a direction, or were there other factors involved?

Sign up will begin on March 7 for residents, March 14 for all others. A more complete class description and list of weekly topics is available at the Senior Center Front Desk. Space may be limited.



America: 1968

With Prof. Gary Hylander
April 3, 10, 17, 24, May 1, 8
6 Tuesdays, 10:30 AM - \$35

Sudbury residents may sign up as of March 7, all others as of March 14. Thank you for your patience! Please make your check out to "Town of Sudbury", and sign up by March 29. Space will be limited.

These excellent series continue...

Experiencing America:

A Smithsonian Tour through American History

DVD Series - Wed., March 7 - March 28* - 9:30 AM

*was cancelled on Jan. 17, extended by 1 week

Zoology: Understanding the Animal World

Fridays, March 2-Apr. 27, 1:00 PM

Please feel free to bring your own lunch before the DVD; also we have a special lunch on March 23!

Great Courses DVD Series

~ Fitness ~

The Senior Center offers some great classes to get you moving. All instructors offer options for moderating exercises. Take a look at our yoga, aerobics and strength (Fit for the Future), T'ai chi, Tap dance, and strength and balance (Better Bones) classes in the Fitness section on our website, or ask for a Fitness flyer at the Front Desk. All classes are held in 8 week sessions, except for Fit for the Future, which is a \$3 drop-in class. Please call/stop by for more information! And try our new classes: Archery and Brains and Balance!

Brains and Balance Workshop

Free Trial Class

Friday, March 23, 1:00 PM



Come and try out this new Brains & Balance program! Discover how much fun balance training can be while you exercise your brain with specially designed "Train the Brain" drills. These drills are designed to improve your memory, reasoning, conceptualization, language and problem solving skills. Holly Kouvo is a certified personal trainer with decades of experience helping clients, groups, and families to learn to be healthier. Holly's approach is simple: find a unique balance between nutrition and fitness that fits your lifestyle. This free class will help you stay mentally sharp and will improve your balance to prevent falls. Please sign up now, class size will be limited to the first 15 people that reserve their spot.

Note: Did you know falls are the leading cause of hospitalization and long term care in the US? Researchers no longer believe that falling or losing mental capacity are inevitable. The Brains & Balance program can help. **Please sign up** in advance at 978-443-3055 or at senior@sudbury.ma.us as space is limited.



NEW!! Archery Workshop

Free Trial Classes!

3 Fridays, March 2, 9, 16 - 9:30-10:30 AM

Discover archery in a fun and engaging environment. Creative lesson plans modernize this traditional sport and keep things exciting with different techniques embedded into skill building mini-games and friendly competitions. All equipment is provided!

You must reserve your spot in advance - contact us at senior@sudbury.ma.us or 978-443-3055.

~Special Programs~

Soup's On!**Dynamics of Memory and Aging**

Thursday, March 15

12:00 Soup; 12:45 Talk



Please join us for an informative discussion of memory and ways to increase cognitive stimulation and vitality. This lively and informative presentation will discuss many areas related to cognitive health including: strategies for optimizing memory function, types of memory systems, ways to maintain brain vitality and lifestyle choices. Presented by, Sharon Johnson Vice-President, Hearthstone Assisted Living.

Please reserve a spot by Tuesday, March 13 at 4:00 PM so that our master Soup makers, Claire and Judy, can make enough for everyone! We do limit the soup reservations to 35 people, so sign up early and don't forget to come! Contact us at 978-443-3055 or at senior@sudbury.ma.us. Space is limited.

AARP Tax Preparation Assistance

Tuesdays and Thursdays

Mar. 1, 6, 13, 20, Apr. 3, 5, 10

9:00, 10:15, 12:15, 1:30, 2:45



AARP trained Tax assistants will provide free tax return preparation for low to moderate income taxpayers (generally with incomes below \$86,000/year). One and a quarter hour appointments are available at 9:00, 10:15, 12:15, 1:30 and 2:45. Space is limited. *Be sure to bring* 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*. Make an appointment at 978-443-3055.

~ Caregivers ~

Comfort Food Caring Café

Monday, March 26 - 12:00 –2:00 PM

Caregivers and their loved ones with memory challenges are invited for a delicious lunch, entertainment, conversation, arts, music and laughter! Please sign up if you are able at 978-443-3055; drop-ins are okay.

Thank you to our Sponsors: **Pleasantries Adult Day Care** in Marlborough, **Right at Home Senior Care** of Westborough, **Orchard Hill Assisted Living** of Sudbury and **Sudbury Farms**.

~ Cards ~

Bridge Basics Reinforced

with Instructor William "Nick" Nicholson

8 Wednesdays, 1:00-3:30 PM

March 28, April 4, 11, 18, 25, May 2, 9, 16

\$50

This class will focus on reinforcing Standard American bidding sequences with successful partner communication and good card play. The following topics will be covered: standard openings and responses; strong and preemptive openings; overcalls, no-trump bidding and responses, know when to stop bidding, counting winners & losers, developing winners, defensive card play. The first 2 classes will be dedicated to basics review. Each class will begin with 1 hour of instruction followed by 90 minutes of play.

William Nicholson of Sudbury, has been a bridge player and duplicate bridge advocate for nearly 50 years. He is a member of ACBL (American Contract Bridge League) with tournament wins and private bridge instruction experience. Please register and pay the fee by Wednesday, March 21. (20 student maximum; 12 student minimum)

Bridge Practice Group!**Wednesdays, March 7, 14, 21 - 1:00-3:30 PM**

Our Bridge group will be practicing their Bridge skills on Wednesday afternoons. If you are interested in joining a table, leave a message for our Bridge Coordinator Barbara Clifton at 978-443-3055.

Canasta Group

Mondays, 1:00-3:30 PM

Space available for additional foursomes! Contact the Senior Center at 978-443-3055 and leave your name and contact information.

Legal Clinic

Tuesday, March 13 - 1:00-3:00 PM



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

Our Volunteer Elder Law Attorneys provide free 20 minute appointments focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. Call 978 443-3055 to make your appointment.



~ Clubs and Groups ~

Turn the Page - Monthly Book Group **2nd Wednesday, March 14, 1:00-2:00 PM**

All are welcome to join the "Turn the Page" Book Group on the 2nd Wednesday of the month! Even if you have not read the book. Please call 978-443-3055 with questions, or just drop in!

Stamp Club - Monday, March 12, 10:00 AM

Connection Circle - Thursdays, 2:30PM

Short Story Discussion Group **2nd and 4th Thursdays, March 8, 22 - 1-2 PM**

Come Sing with Friends at Senior Notes! **1st and 3rd Thursdays, March 1, 15, 12:45 PM**

Current Events Group **Every Thursday 10:00-11:15 AM**

Happy Seniors Club - Tuesdays, 9:30 - 11:30 AM

The Chinese American Association meets at the Senior Center weekly for socialization, T'ai Chi, ping pong and tea/coffee.

English Learner Classes - Tuesdays, 9:30 - 11:30 AM
English Learner Classes have started! Funded through BayPath Elder Services Area Agency on Aging Title III grant, this program has a suggested donation of \$3. Call Ana Cristina Oliveira for information at 978-443-3055.

L-S Teen Tech Help **Wednesday, March 28, 2-4 PM**

Lincoln-Sudbury High School students assist with tech questions about cell phones and computers. Please call to schedule your appointment at 978-443-3055.

Veterans Talk and Coffee **Wednesday, March 14, 9:30 AM**

Join other veterans for conversation, coffee and a treat! Call 978-443-3055 to sign up and we will notify you of any changes, or just drop in!

Hearing Clinic **Friday, March 9, 9:30-11:00 AM**

Michael Drennan of Rogers Hearing Solutions will offer complimentary wax and hearing screenings. Please call 978-443-3055 to schedule your appt.

SHINE (Medicare) **Volunteer Counselors Needed!!**

Are you looking for a challenging volunteer opportunity? Do you enjoy learning about complex topics? Are you good at analyzing and solving problems? Do you like to work with people? ***The SHINE program may be just what you are looking for!***

Through an intensive training program, SHINE (Serving Health Insurance Needs of Everyone) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income programs that help with healthcare costs.

The next SHINE training is planned to begin in late April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call the MetroWest regional office at 781-453-8076. Bilingual, bicultural and minority individuals are encouraged to apply. Thank you!

~ Arts and Crafts ~

Wonderful Watercolors Workshop! **Fridays, March 16 - May 4** **\$64** **11:30 AM - 1:30 PM or 1:45 - 3:45 PM**



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. Register/pay at the Ctr.

NOTE: The next **Drawing Workshop** will be available as of mid to late March. Please contact us at 978-443-3055 or senior@sudbury.ma.us for information.

~ Transportation ~

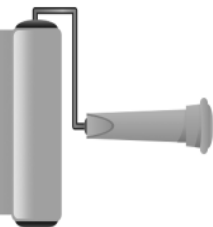
Monday Van SHOPPING TRIP **Monday, March 12 - Market Basket in Hudson**

Join us as we make our special shopping trip. 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. WalMart trip is on hold due to low enrollment.

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
"Experiencing America" extended to March 28 due to snow cancellation on Jan. 17. Note: Tuesday Drawing Workshop on Hiatus	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	New this Month: Archery Free Trials on Friday, Mar. 2, 9, 16, 9:30a Brains and Balance Free Trial Class, Friday, Mar. 23, 1pm Two Talks on Memory: Thu., Mar. 15, Soups On Thu., Mar. 22, Sr Ctr 7pm	9:00-4:00 AARP Tax Return Help (R1/VH) 9/9:30 Tap Dance (4) 9-12 SHINE* 10:00 Current Events (SP) 12:45 Senior Notes Singing Group 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:30 Archery (G) 11:00 Fit for the Future 11:30/1:45 Watercolors (7) 1:00 <i>Understanding the Animal World</i> (4)
5	6	7	8	9
11:00 Fit for the Future 12:30 Monday at the Movies: <i>Maudie</i> 1:00 Better Bones (3) 1:00-3:30 Canasta 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9-4 AARP Tax Return Help 9:30 <i>Happy Seniors Club</i> (VH) 9:30 <i>English Learner Class</i> (R1) 9:40/11 Yoga (6) No Drawing workshop 1:30 <i>Tai Chi for Healthy Living</i> (2)	9:30 <i>Experiencing America: Smithsonian Tour</i> (9) 11:00 Fit for the Future 1:00-3:30 <i>Bridge Group</i> 1:00 Quilting (5, last)	No AARP Tax Help today 9-12 SHINE* 9/9:30 Tap Dance (5) 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>The Big Sick</i> (VH) 1:00 Short Story Group (VH) 2:30 Connection Circle	9:30-11 Hearing Clinic 9:30-11:30 Bingo 9:30 Archery (G) 11 Fit for the Future 11:30/1:45 Watercolors (8, last) 1:00 <i>Understanding the Animal World</i> (5)
Market Basket Trip 12	13	14	15	16
10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Bones (4) 1:00-3:30 Canasta 2:15 Tai Chi (6)	9-4 AARP Tax Return Help R1 8:30-10:30 BP Clinic 9:30 <i>Happy Seniors Club</i> (VH) 9:30 <i>English Learner</i> (R1) 9:40/11 Yoga (7) (R3/VH) 12:00 <i>St. Patrick's Luncheon</i> 1-3 Legal Clinic (TBD) 1:30 <i>Tai Chi Healthy</i> (3) (VH) 1:30 <i>Ask Goodnow Librarian</i> 3:00 <i>Council on Aging</i>	9:30 Veterans Coffee 9:30 <i>Experiencing America: Smithsonian Tour</i> (10) 11:00 Fit for the Future 1-3:30 <i>Bridge Group</i> (SP) 1:00 Turn the Page - Book Group (VH) No Teen Tech Help today No Quilting today	No AARP Tax Help today 9-12 SHINE* 9:00/9:30 Tap Dance (6) 10:00 Current Events (R1) 12:00 Soup's On! 12:45 <i>Dynamics of Memory and Aging</i> 12:45 Senior Notes 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:30 Archery (G) 11:00 Fit for the Future 11:30/1:45 Watercolors (1) 1:00 <i>Understanding the Animal World</i> (6)
19	20	21	22	Election Setup 23
11:00 Fit for the Future 12:30 Monday at the Movies: <i>Queen of the Desert</i> 1:00 Better Bones (5) 1:00-3:30 Canasta 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9-4 AARP Tax Return Help 9:30 <i>Happy Seniors Club</i> VH 9:30 <i>English Learner Class</i> R1 9:40/11 Yoga (8) No Drawing workshop 1:30 <i>Tai Chi for Healthy Living</i> (4)	9:30 <i>Experiencing America: Smithsonian Tour</i> (11) 11:00 Fit for the Future (G) 1-3:30 <i>Bridge Group</i> No Quilting today	No AARP Tax Help today 9-12 SHINE* 9/9:30 Tap Dance (7) 10:00 Current Events (SP) 1:00 Short Story Group (VH) 2:30 Connection Circle 3:00 <i>Friends meeting</i> *7:00 PM <i>Seven Steps to Managing Your Memory</i>	9:30-11:30 Bingo (SP) 11 Fit for the Future (R3) 11:30//1:45 Watercolors (2) (VH) 12:00 LUNCH! (SP) 1:00 <i>Animal World</i> (7) 1:00 <i>Brains and Balance Free Trial!</i> *5:30 PM-Inter-generational Game Nt.
Town Election 26	27	28	29	30
11:00 <i>USS Constitution Talk!</i> (SP) 11 Fit for the Future (VH) 12-2:00 <i>Caring Café</i> (SP) 1 Better Bones (6) (VH) 1:00-3:30 Canasta (SP/L) 2:15 Tai Chi (8, last) (VH)	8:30-10:30 BP Clinic No AARP Tax Help today 9:30 <i>Happy Seniors Club</i> VH 9:30 <i>English Learner Class</i> R1 9:40/11 Yoga (1) No Drawing workshop 1:30 <i>Tai Chi Healthy Living</i> (5) 1:30 <i>Ask Goodnow Librarian</i>	9:30 <i>Experiencing America: Smithsonian Tour</i> (12, last)* 11 Fit for the Future 1-3:30 <i>Bridge Basics Reinforced</i> (1) 2-4 Teen Tech Help No Quilting, new session next wk, L-S Adult Ed	No AARP Tax Help today 9-12 SHINE* 9:00 Beginner Tap (8, last) 9:30 Tap Dance (1) 10:00 Current Events (SP) 12:00 LUNCH! 1:00 <i>Flashback Band</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 - Watercolors (3) 1:00 <i>Understanding the Animal World</i> (8)

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! **Stay tuned** as Joe and Joanne are working on some exciting new one day trips for 2018.

**Venice, Florence & Rome**

April 14 – 21, 2018 – cost is \$3,699 double occ. Join us for a fabulous tour of Italy, exploring the magic of Venice, Florence & Rome. These cities are filled with history, culture, art and romance. Collette Tours

Newport Playhouse and Cabaret Restaurant

Wed., May 2, \$90, due March 15

Enjoy an outstanding lunch, a show and the after show cabaret. "Exit Laughing" is a comedy about a longstanding bridge foursome who borrow the ashes of their deceased partner for one last card game. Police raid, a stripper, and a whole new way of having fun! Checks to Fox Tours.

Everly Brothers and Simon and Garfunkel Tribute

Thurs. May 24, \$93, due by April 23

Join us as we roll through the decades, celebrating two American music icons. Lunch at Lantana's in Randolph. Checks to Best of Times.

Southern Charm

June 2–8, 2018 – cost is \$2,899 pp double occ. Experience the warm and southern hospitality in America's southeast. Come to know its rich history and deep traditions on this tour highlighted by stays in Jekyll Island, Savannah and Charleston. Checks to Collette Tours. Full payment due April 3.

Please note: All trips require purple registration form and payment to the Tour Company when registering. Please read the Trip guidelines on the Trip Brochure.

Foxwoods Trip - May 7 - \$26

Don't miss out on the fun! Your fee includes: \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Please note: checks should be made payable to the **Friends of Sudbury Seniors**.

Pizza and a Movie

Thursday, March 8

The Big Sick

2017, Rated R, 2 hrs



After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble.

Sign up for pizza by Mar. 8, 10:00 AM; \$1.25 per slice.

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

Monday, March 5, 2018 - Maudie

2017 Rated PG-13 1hr 55 mins

This affecting biopic charts the story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast and finds a passion for painting, becoming a beloved Canadian folk artist in the process. **Cast:** Sally Hawkins, Ethan Hawke

Monday, March 19, 2018 - Queen of the Desert

2017 Rated PG-13 2hr 10 mins

Helmed by Werner Herzog, this historical drama charts the life of the remarkable Gertrude Bell (Nicole Kidman), a British adventurer, archaeologist, spy and political attaché who played a key role in reshaping the Middle East after World War I.

Cast: Nicole Kidman, James Franco, Damian Lewis

Ask a Goodnow Librarian - Tech Help

Tuesdays, March 13, 27 from 1:30-2:30PM

A Goodnow Library Librarian is available to answer your tech questions regarding the library or in general. Call for an appointment by March 12 at 978-443-3055.

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.

LET US PLACE
YOUR AD HERE.

CONTACT

Contact Lisa Templeton to place an ad today!
ltempleton@4LPi.com or (800) 477-4574 x6377

~ From our Outreach Information Specialist ~

Chinese American Association Family Night

On Friday March 23th from 5:30pm -7:30pm, the Senior Center and the Chinese American Association will be holding an Intergeneration game night. Come play board games, Ping Pong and more.... Pizza will be served at \$3.00 per person. Please reserve your seat by calling the senior center at 978-443-3055. Space is limited.



There's no place like home!

The Massachusetts Rehabilitation Commission's (MRC) **Home Modification Loan Program (HMLP)** recently announced some changes which increase the benefits available to eligible households. HMLP now offers income-eligible households loans up to **\$50,000**. Additionally, the program has simplified the loan products offered and now offers 0% interest, deferred payment loans to all income eligible households. Repayment is required only when the home is sold or transferred. Loans can help finance projects such as: Ramps, Stair lifts and wheelchair lifts, Kitchen and bathroom adaptations, Accessory dwelling units, Home security features including hard-wired alarm systems, safety windows, and fences. For more information, visit: cedac.org/hmlp or call Susan Gillam at 1-866-500-5599.

Respect for All Participants



The Senior Center is committed to providing respect for all LGBTQ Older Adults and we hope to increase opportunities for engagement in activities and educational programs at our center. Call us when you need guidance, and let us know how we can help. We are here to help if you are looking for a SHINE counselor, an elder attorney, or the name of home services that are committed to honoring and respecting LGBTQ adults. If you have any questions at all about getting the support you need in order to live independently and engaged in our community, contact Outreach Specialist Ana Cristina Oliveira at oliveiraa@sudbury.ma.us or at 978-443-3055.

NEED HELP PAYING HEATING COSTS???

Help is available!!! **The Fuel Assistance Program** helps income eligible households pay a portion of their heating costs. **Deadline to Apply is April 30, 2018**. For more information contact the Senior Center and ask to speak with Outreach/Information Specialist, Ana Cristina Oliveira.



~ From our Volunteer Program Coordinator ~

Please consider becoming a volunteer for the Senior Center. There are many different volunteer opportunities; one is sure to fit your interests!

A particular need we have is for F.I.S.H. drivers. F.I.S.H. is a volunteer service that provides rides to medical, dental and therapy appointments for any Sudbury resident when their family and friends are not available. F.I.S.H. drivers enjoy flexible hours, no required time commitment, choosing destinations that are comfortable for them, meeting interesting people, and feeling great about making a difference in the lives of others. To apply to become a volunteer for the Senior Center, please contact Janet Lipkin, Volunteer Coordinator, at 978-639-3223 or via email at LipkinJ@sudbury.ma.us.



Medical Equipment Loan Closet News

We currently have a shortage in our Loan Closet inventory of wheelchairs, transport chairs, rollators, shower chairs, reachers/grabbers (to aid picking up an object off the floor), and sock aids. We kindly ask that loaned equipment no longer needed be returned to the Senior Center promptly so that we may lend it out to others. Also, if you own any of the aforementioned pieces of equipment (in very good condition) but no longer need/want it, consider donating it to our Loan Closet. It will be put to excellent use! For more information, please call Janet Lipkin, 978-639-3223.

Engage with amazing 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 April 12!**

Book Buddies



Are you interested in reading one-on-one with elementary age students this spring? The program has flexible time slots. 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.

Services offered by the Sudbury Senior Center

*The Senior Center offers a variety of services to provide assistance to older adults in their homes. For information about any of the services described below, contact the Sudbury Senior Center at **978-443-3055** or senior@sudbury.ma.us (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. Riders register and set up a debit account with the MetroWest Regional Transit Authority (MWRTA). Call the MWRTA at 508-820-4650 (or the Senior Center) for an application. Please 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. ***Note:** Pilot transportation programs are in the works, call for information.*

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 and the Sudbury Board of Health offer 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 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 Fire Department can install lock boxes for Sudbury residents. 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. Meals are delivered by Sudbury volunteers!



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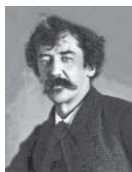


Enjoy the delicious traditional corned beef and cabbage dinner from BuffetWay of Marlborough, then relax and enjoy the beautiful Irish music and good humor of Kevin Farley, "The Irish Music Guy".

Due to the generous sponsorship of the Friends of Sudbury Seniors, cost is only \$5 per person.

Coming in April....

" **Butterfly** " by Carl A. Rossi is a one man show about the life and times of James McNeil Whistler - featuring Stephen Collins. More information available soon!



A Big Thank you to the Breakfast Team who created a delicious pancake and sausage breakfast for our Sudbury women on Thursday, February 15!

Other opportunities for Lunch!

Lunch and the Animal World (DVD)

Friday, March 23, 12 noon, \$3 suggested donation

Order lunch by Wednesday, March 21 at 10:00 AM. Followed by Understanding Animals DVD series at 1:00 PM.



Lunch and Live Music: Flashback!

Thursday, March 29, 12 noon, \$3 suggested donation

Order lunch by Tuesday, March 27 at 10:00 AM. Followed by Flashback Band at 1:00 PM.

Schoolhouse Rock Live!

Complimentary Showing on Tuesday, March 13th at 3:00 PM. ECMS Theatre Troupe, at Ephraim Curtis Middle School, invites you to this dynamic musical! No tickets are needed but please RSVP to the Senior Center by noon on Monday, March 12th.

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us



Caring for our communities with pride.

Senior Center hours: Monday through Friday, 9 AM to 4 PM

Van Service Hours: Monday through Friday, 8:30 AM to 4:00 PM sudburyseniorcenter.org



A monthly publication from the
Sudbury Senior Center and Sudbury Council on Aging
40 Fairbank Road
Sudbury, Massachusetts 01776-1681
<http://sudburyseniorcenter.org>

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