

**Lunch and Live Music!
Shades of Gray Band!
Thursday, May 3**

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

***1:00 PM - Performance**
Sign up for lunch by Tues.,
May 1 at 10AM. \$3 suggest-
ed donation. Contact us at
978-443-3055 or sen-
ior@sudbury.ma.us. Pg. 12

**Dolly Madison
Performance and Tea
Tuesday, May 15, 1:30 PM**

After we meet Dolly Madison,
we will have tea and treats -
bring your teacup and saucer,
if possible. Please sign up by
contacting the Senior Center
at 978-443-3055 or sen-
ior@sudbury.ma.us. Pg. 3.

**Sudbury Town Meeting
Monday, May 7, 7:30 PM**

Town Meeting starts Monday,
May 7 at Lincoln-Sudbury
High School, 7:30 PM—Be
there or be square! Van
transportation is available,
however, you must reserve at
978-443-3055 or sen-
ior@sudbury.ma.us by Thurs-
day, May 3 at 4:00 PM.



We are offering a number of special programs most at no or low cost.

Livable Sudbury Initiative and New Sudbury Shuttle - see page 2.

Lunch and Live Music at the Senior Center! - Shades of Gray Band!
Thursday, May 3, 12:00 PM. Rescheduled from February 7, page 1.

Archery! 4 Fridays, May 4, 11, 18, 25, 9:30-10:30 AM, for
\$88, please register and pay at Senior Center. Page 3.



Lunch and Learn: Thursday, May 10 - **Hospitalization and
Beyond**; Soup at 12, Talk at 12:45; sign up by Tuesday, May 8, pg 5.

Scams and Spoofs: Sudbury Police Discussion - Monday, May 14,
10:30 AM, see page 5.

All about Trips! - Monday, May 14, 1:00 PM. Page 7.

Dolley Madison - Tuesday, May 15, 1:30 PM, see page 3.

Soup's On! Parkinson's Update - Thursday, May 17, 12:00 -
Soup; 12:45 PM; sign up for soup by Tuesday, May 15! Pg. 4.



Coping with Grief - Bereavement Group - Third Monday of
the month - May 21, June 25 - Lunch provided - see page 8.

Sea Songs and Stories - with amazing Storyteller Davis Bates,
Tuesday, May 22, 11:00 AM, see page 3.

Lincoln-Sudbury Give Back Day Tech Help - Wed., May 30, 9:00-
12:00; see page 12.

Lifelong Learning Series Continue:

-Long 19th Century Pt II, Wednesdays, May 2, 9, 16, 23, 30-9:30 AM.

-America: 1968, Tuesdays, May 1, 8 - 10:30 AM, fee.

FITNESS CLASS SCHEDULE INFORMATION—Please see our most
recent Fitness Flyer online or at the Front Desk!

Save the Date! Volunteer Appreciation Luncheon (by invitation) -
Wednesday, June 6, 12:00 PM.

*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.

Livable Sudbury

The Town of Sudbury is now a member of the WHO/AARP global network of All Age-Friendly or Livable communities! As part of this initiative, Sudbury is working with researchers from UMass Boston's Gerontology Institute/Center for Social and Demographic Change, to conduct a Livable Sudbury assessment. Demographic changes in age and income highlight both the necessity and timeliness of conducting a study of residents' needs, with an emphasis on the livability aspects of our community. An online survey focusing on the livability aspects of Sudbury will be available on the Town website in late April through mid-May. All town residents ages 18 and older are invited to participate. Your feedback on the survey is key! Everyone should have a chance to be represented. If you are unable to participate in an online survey or require assistance, please contact (617) 287-7413 to receive instructions on alternative options. You may also contact the Senior Center with questions at senior@sudbury.ma.us or 978-443-3055.

More info on WHO/AARP Livable Communities at <https://www.aarp.org/livable-communities/>. The town website is at www.sudbury.ma.us.

Thank You are in Order!

Thank you to the **Friends of Sudbury Seniors** and their fundraising supporters in our community! The Friends have been helping to sponsor many programs and luncheons in the past year, keeping the costs low for Senior Center participants. This has allowed us to invite in some amazing performers, instructors and bands, and to offer some delicious luncheons!

*In addition, the Senior Center wishes to offer a **Special thank you to Pleasant-ries Adult Day Care** for coordinating and co-facilitating our monthly Comfort Food Caring Café for 3 years now! And to thank **Right at Home Home Care** and **Orchard Hill Assisted Living** who also provide support to this important program. Many thanks to **Hearthstone Alzheimer Care** for the excellent Care-giver Workshop on Monday, April 30! And a big thank you to **ProActive Elder Care** for presenting this month's Lunch and Learn on Hospitalization, and to **Orchard Hill Assisted Living** for providing the lunch! Finally a huge thanks to **Care Group Parmenter Home Care and Hospice** for offering a Coping with Grief series that continues on May 21 and to Carriage House at Lee's Farm for providing lunch for the series!*

New pilot Sudbury Shuttle on Route 20!

A new van shuttle runs along Route 20 from Stephen Anthony's restaurant to a stop at the Wayland Stop and Shop and then back again. The shuttle will run Tuesdays and Thursdays 8:35 AM-3:30 PM each week.

This pilot project is funded in part by Older American's Act funds, and awarded as a grant by BayPath Elder Services of Marlborough and is targeted to serve people 60 and over, as well as younger persons with a disability. Voluntary suggested donation per ride will be \$1 one way, though donations will not influence your ability to get a ride. Donation envelopes will be available on the van. Questions? Please contact Ana Cristina Oliveira, Outreach Information Specialist at 978-443-3055 or oliveiraa@sudbury.ma.us.

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~ Special Event ~

Sea Songs and Stories: Chanteys, Ballads, Folktales & More

Tuesday, May 22, 11:00 AM

Storyteller Davis Bates returns! The Sudbury Senior Center will celebrate the diverse heritage of the New England Coastal Region with a performance by Parents' Choice Award winning storyteller Davis Bates. His program will include ghost ballads & work songs, Native American stories, folk tales and family tales. There will be plenty of sing-alongs, and even a short lesson in how to play music with spoons from a kitchen drawer.

Pete Seeger called Davis "thoughtful, creative, human, and a fantastic storyteller." Davis' traditional and participatory performance style empowers and encourages audiences of all ages to join in the fun, and to take the songs and stories home with them to share with others.

Please register for this special event by contacting the Senior Center at 978-443-3055 or at senior@sudbury.ma.us with "Sea Songs" in the subject line.

This program is funded, in part, by a grant from the Sudbury Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.



Dolley Madison and Tea

Tuesday, May 15, 1:30 PM

Dolley Madison may be known for saving the George Washington portrait during the burning of Washington, but there is far more to her story than that! Dive into the twists and turns of life that brought Dolley from a quiet Quaker childhood into Washington D.C.'s elite social and political whirl.

The founder and owner of Historical Portrayals by Lady J, performer **Janet Parnes** has been delighting and educating audiences ages 7-adult with historical-character portrayals for more than 10 years.

You must register for this program in advance (50 maximum participants). *We have space for 20 people for tea after the performance, please bring your own cup and saucer! (We have a few extra tea cups.) Call 978-443-3055 or email at senior@sudbury.ma.us.



~ Fitness ~

The Senior Center offers some great classes to get you moving. All instructors offer options for moderating exercises. Try a yoga, aerobics (Fit for the Future), T'ai chi, Tap dance, and strength and balance (Better Bones) class! Info is available on our website, or ask for a **Fitness flyer** at the Front Desk. Most classes are held in multi-week sessions, except for Fit for the Future, which is a \$3 drop-in class.

NEW! Brains and Balance

6 Thursdays, May 3, 10, 17, 24, 31, June 7
1:00 PM, \$45



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 help 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.

Please register and pay at the Senior Center! Questions, call 978-443-3055 or senior@sudbury.ma.us.



FitWalk!

4 Tuesdays at 11:00 AM
May 8, 15, 22, 29

Join Bethany Hadvab, LICSW, Board of Health Social Worker, and Ana Cristina Oliveira, Outreach Specialist, for a 1 mile walk at Haskell Field across from the Senior Center. Please wear comfortable clothing and shoes for walking and bring water and sun-screen! Meet in the Senior Center. Please sign up by calling 978-443-3055. No charge.

NEW! Archery Workshop

4 Fridays, May 4, 11, 18, 25
9:30-10:30 AM; \$88



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 register with your payment in advance - contact us for information at senior@sudbury.ma.us or 978-443-3055.

~Special Programs~

*Soup's On!***Moving through Parkinson's Disease**

Thursday, May 17
12:00 Soup; 12:45 Talk

When an individual is diagnosed with Parkinson's Disease, it is important to understand there are many resources available to improve lifestyle and overall health and wellness. Susanne Liebich, a therapeutic dance specialist and Founder of Dancing Wellness: Healing Motion for Life™, has been teaching movement to individuals with Parkinson's for nearly 7 years. She will talk for a few minutes about the common symptoms and then go on to explain how movement is extremely important in maintaining good health, and slowing progression of the disease. She will finish with a 10-15 minute demo of Parkinson's Movement in which the audience will be invited to participate. Q & A will follow.

Please reserve a spot and let us know if you want soup, by Tuesday, May 15 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 put it on your calendar! Contact us at 978-443-3055 or at senior@sudbury.ma.us. Space is limited.

**Bridge Practice**

Wednesdays, May 23, 30
1:00-3:30 PM

After our Bridge Lessons conclude, players are invited to meet to practice on Wednesday afternoons.

***Please note:** The Senior Center will be closed on Monday, May 28 in observance of Memorial Day.*

Legal Clinic

Tuesday, May 8 - 1:00-3:00 PM

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

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.



~Special Programs~

Sudbury's 2nd Repair Café!

Saturday, May 19
9:00 AM-12:00 PM



After a very successful first effort the Rotary Club of Nashoba Valley, the Sudbury Historical Society and the Sudbury Senior Center are teaming up again to offer you another Repair Café! Volunteers will be here to repair items such as lamps, small appliances, sewing machines, bikes, toys, as well as help with mendable clothing, and sharpening knives and outdoor tools (please bring something to safely carry these in).

We also need volunteers to help with check-in, setup, and clean up, baked goods and coffee, and helping people bring items in and out to the car. Please contact the Senior Center at senior@sudbury.ma.us for more information or to volunteer! It was a lot of fun last October - great community spirit!

Scams and Spoofs:
Sudbury Police Discussion

Monday, May 14
10:30 AM



Get the lowdown from our own! Sudbury Police Detective Lieutenant John Perodeau, along with Detective Wayne Shurling will be here to share some of what they see in terms of scams and fraud around town. They will also take your questions. This is always an informative and enlightening talk and discussion. Please let us know if you will attend, if possible. Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

~ Caregivers ~

Comfort Food Caring Café

Monday, June 25
12:00-2:00 PM

The Comfort Food Caring Café will return in June.
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**. Questions, contact Ana Cristina at 978-443-3055 or oliveiraa@sudbury.ma.us.

~ Special Workshop ~

Hospitalization and Beyond (Lunch and Learn)**Thursday, May 10****12:00 PM**

If you or a loved one needed to go to the hospital, do you know how to best navigate your way?

Come for a delicious lunch from Orchard Hill Assisted Living and stay for an informative talk by Nathalie Mason of ProActive Elder Care. From the emergency room all the way to an inpatient stay and then to short term rehab or home with services, Nathalie will teach you what you need to know and what you need to watch out for.

Nathalie Mason is a geriatric case manager in the community. She calls herself an end-of-life specialist, as she brings an intrinsic talent for working with patients and families as they journey into complex, often-confusing medical situations. She also has a deep passion for supporting patients and families enduring life-limiting illnesses. Within her own family, she acts as the point person for healthcare needs, most recently navigating the care for her parents both with dementia.

Please sign up for lunch and the talk by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

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

Many thanks to Michael Drennan of Rogers Hearing Solutions who offers complimentary wax and hearing screenings at the Senior Center. Please call 978-443-3055 to schedule your appointment.

~ Transportation ~

Monday Van Shopping Trip**Monday, May 14 - Market Basket in Hudson**

Join us as we make our special shopping trip. Please call the MetroWest RTA to register for the trip 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.

~ Arts and Crafts ~

**Wonderful Watercolors Workshop!****Fridays, May 25-July 13****11:30 AM - 1:30 PM or 1:45 - 3:45 PM****\$64**

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 expert feedback and guidance. Register/pay at the Center **by Friday, May 18**. Class minimum 12 participants. No class 5/18.

*Drawing Workshop returns!***Still Lifes' Come to Life!****5 Tuesdays, May 8, 15, 22, 29, June 5****12:30-2:30 PM****\$35**

Come explore the delight of creating a composition with unrelated objects that, through your creativity, will look like first cousins when completed. We will discuss form, texture, composition and shading through color. Please bring a sketch book, pencils and any medium that you would like to use for "coloring in" your creation. Artists of all levels, including newcomers, are always welcome.

Please register and pay at the Senior Center, or by mail by Monday, May 7. Checks are payable to "Town of Sudbury". Minimum class participation is 7 students.



~ Programs ~


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

Join the Chinese American Association as they meet 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 are available Tuesday mornings. This project is funded in part by Older American's Act funds, through a BayPath Elder Services Area Agency on Aging grant. This program has a voluntary, confidential suggested donation of \$3 per class. Contact Ana Cristina Oliveira at oliveiraa@sudbury.ma.us or 978-443-3055.

MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<p>*Tap Dance dates adjusted due to cancellation on March 8; and no class on April 19.</p> <p>**Animal World DVD series dates adjusted, cancelled on March 9.</p>	<p>8:30-10:30 BP Clinic</p> <p>9:30 <i>Happy Seniors Club</i> (VH)</p> <p>9:30 <i>English Learner Workshop</i></p> <p>9:40/11 Yoga (5)</p> <p>10:30 <i>1968: America and the World</i> (5)</p> <p>No Drawing this week</p> <p>1-2:30 <i>Well and Wise Grp</i> (3) (SP)</p> <p>1:30 <i>Tai Chi Healthy Living</i> (1)</p>	<p>9:30-11 Long 19th Century: European History 1732-1917 (5)</p> <p>11:00 Fit for the Future</p> <p>1:00 Bridge Basics Reinforced (6) (SP)</p> <p>1:00-3:30 Quilting (5)</p>	<p>No SHINE</p> <p>9:30 Tap Dance! (3*)</p> <p>10:00-11:15 Current Events</p> <p>12:00 <i>Lunch and Shades of Gray Band!</i></p> <p>12:45 <i>Senior Notes Grp</i> (R1)</p> <p>1:00 <i>Brains and Balance</i> (1)</p> <p>2:30 Connection Circle (VH)</p> <p>3:30-5:30 LINC at Noyes (2)</p>	<p>9:30-11:30 Bingo (SP)</p> <p>9:30 <i>Archery</i> (1) (G)</p> <p>11:00 Fit for the Future</p> <p>11:30 and 1:45 - Watercolors (7)</p> <p>1:00 <i>Understanding the Animal World</i> (11**)</p>
Foxwoods/Newport Trips 7	8	9	10	11
<p>11:00 Fit for the Future</p> <p>12:30 Monday at the Movies: <i>Dear Eleanor</i></p> <p>1-3:30 Canasta</p> <p>1:00 Better Bones (3)</p> <p>No Tai Chi today</p> <p>7:30 Town Meeting Tonight!</p>	<p>8:30-10:30 BP Clinic</p> <p>9:30 <i>Happy Seniors Club</i></p> <p>9:30 <i>English Learner Class</i></p> <p>9:40/11:00 Yoga (6) (G)</p> <p>10:30 <i>1968: America</i> (6, last)</p> <p>11:00 <i>Fitwalk!</i> (1)</p> <p>12:30-2:30 Drawing (1) (VH)</p> <p>1-3 Legal Clinic (R1)</p> <p>1-2:30 <i>Well and Wise Group</i> (4)</p> <p>No Tai Chi today</p> <p>3:00 <i>Council on Aging</i></p>	<p>9:30-11 Long 19th Century (6)</p> <p>9:30 Vet Talk/Coffee</p> <p>11:00 Fit for the Future</p> <p>1:00 Bridge Basics Reinforced (7) (SP)</p> <p>1:00-2:00 <i>Turn the Page - Book Group!</i> (R1)</p> <p>1:00-3:30 Quilting (6)</p>	<p>9-12 SHINE</p> <p>9:30 Tap Dance (4*)</p> <p>9:30 Volunteer Meeting (by invitation) (VH)</p> <p>10-11:15 Current Events</p> <p>12:00 <i>Lunch and Learn: Navigating the Hospital</i></p> <p>1:00 <i>Brains and Balance</i> (2)</p> <p>1-2 Short Story Group (VH)</p> <p>2:30 Connection Circle</p> <p>3:30-5:30 LINC at Noyes (3)</p>	<p>9:30-11:30 Bingo (SP)</p> <p>9:30-11 Hearing Clinic</p> <p>9:30 <i>Archery</i> (2) (G)</p> <p>11:00 Fit for the Future</p> <p>11:30 or 1:45 - Watercolors (8, last)</p> <p>1:00 <i>Understanding the Animal World</i> (12**, last)</p>
Market Basket Trip 14	15	16	17	Election Setup 18
<p>10:00 Stamp Club</p> <p>10:30 <i>Scams and Spoofs: Sudbury Police Discussion</i></p> <p>11:00 Fit for the Future</p> <p>1-3:30 Canasta</p> <p>1:00 <i>All about Trips!</i></p> <p>1:00 Better Bones (4)</p> <p>2:15 Tai Chi (5)</p>	<p>8:30-10:30 BP Clinic</p> <p>9:30 <i>Happy Seniors Club</i></p> <p>9:30 <i>English Learner</i></p> <p>9:40/11:00 Yoga (7)</p> <p>11:00 <i>Fitwalk!</i> (2)</p> <p>12:30-2:30 <i>Drawing Workshop R1</i></p> <p>1-2:30 <i>Well and Wise Grp</i> (5) (VH)</p> <p>1:30 <i>Dolly Madison and Tea</i> (SP)</p> <p>1:30 <i>Tai Chi Healthy Living</i> (2)</p>	<p>9:30-11 Long 19th Century (7)</p> <p>11:00 Fit for the Future</p> <p>1:00 Bridge Basics Reinforced (8, last) (SP)</p> <p>1:00-3:30 Quilting (7)</p>	<p>9-12 SHINE</p> <p>9:30 Tap Dance! (5*)</p> <p>10:00 Current Events (SP)</p> <p>12:00 <i>Soup's On!</i></p> <p>12:45 <i>Parkinson's Talk</i></p> <p>12:45 <i>Senior Notes Grp</i> (R1)</p> <p>1:00 <i>Brains and Balance</i> (3)</p> <p>2:30 Connection Circle</p> <p>3:30-5:30 LINC at Noyes (4)</p>	<p>9:30-11:30 Bingo (SP)</p> <p>9:30 <i>Archery</i> (3) (G)</p> <p>11:00 Fit for the Future (Location TBD)</p> <p>No Watercolors today</p> <p>-----</p> <p><i>Sudbury Repair Café</i></p> <p>9-12 Sat. May 19</p>
Special Town Election 21	22	23	Everly Bros. Trip 24	25
<p>11:00 Fit for the Future</p> <p>11:00-1:00 <i>Coping with Grief</i> (SP)</p> <p>No Comfort Food</p> <p><i>Caring Café</i> this month</p> <p>1-3:30 Canasta</p> <p>1:00 Better Bones (5)</p> <p>2:15 Tai Chi (6)</p>	<p>8:30-10:30 BP Clinic</p> <p>9:30 <i>Happy Seniors Club</i></p> <p>9:30 <i>English Learner</i></p> <p>9:40/11 Yoga (8, last)</p> <p>11:00 <i>Fitwalk!</i> (3)</p> <p>11:00 <i>Sea Songs and Stories</i> (SP)</p> <p>12:30-2:30 <i>Drawing Wkshp</i> (3)</p> <p>1-2:30 <i>Well and Wise Grp</i> (6)</p> <p>1:30 <i>Tai Chi 4 Healthy Living</i> (3)</p>	<p>9:30-11 Long 19th Century (8)</p> <p>11:00 Fit for the Future</p> <p>1-3:30 Bridge Practice (SP)</p> <p>1:00-3:30 Quilting (8)</p>	<p>9-12 SHINE</p> <p>9:30 Tap Dance! (6*)</p> <p>10:00 Current Events (VH)</p> <p>1-2 Short Story Group (VH)</p> <p>12:00 Pizza/Movie: <i>The Post</i></p> <p>1:00 <i>Brains and Balance</i> (4)</p> <p>2:30 Connection Circle</p> <p>2:30 <i>Friends Meeting</i></p> <p>No LINC today</p>	<p>9:30-11:30 Bingo (SP)</p> <p>9:30 <i>Archery</i> (4) (G)</p> <p>11:00 Fit for the Future</p> <p>11:30 or 1:45 Watercolors (1)</p>
28	29	30	31	
<p>Memorial Day Holiday</p> <p></p> <p>Senior Center Closed</p>	<p>8:30-10:30 BP Clinic</p> <p>9:30 <i>Happy Seniors Club</i> (R1)</p> <p>9:30 <i>English Learner</i></p> <p>9:40/11 Yoga (1)</p> <p>11:00 <i>Fitwalk!</i> (4)</p> <p>12:30-2:30 <i>Drawing Wkshp</i> (4)</p> <p>1-2:30 <i>Well and Wise Grp</i> (7) (SP)</p> <p>1:30 <i>Tai Chi 4 Healthy Living</i> (4)</p>	<p>9:00-12:00 <i>Lincoln Sudbury Give Back Day Tech Help!</i></p> <p>9:30-11 Long 19th Century (9, last)</p> <p>11:00 Fit for the Future</p> <p>1-3:30 Bridge Practice (SP)</p> <p>1:00-3:30 Quilting (9, last)</p>	<p>9-12 SHINE</p> <p>9:30 Tap Dance! (7*)</p> <p>10:00 Current Events (VH)</p> <p>1:00 <i>Brains and Balance</i> (4)</p> <p>2:30 Connection Circle</p> <p>No LINC today</p>	

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TRIPS NEWS

~All about Trips! Monday, May 14, 1:00 PM~
Get excited for upcoming trips by hearing and seeing what they are all about!

Hello Fellow Travelers-

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

Newport Playhouse and Restaurant

Mon., May 7, \$90—payment due ASAP

Enjoy an outstanding lunch and the famous celebrity impersonators, the Edwards Twins. Direct from Las Vegas, Eddie and Anthony, identical twins, look and sound like famous celebrities. Make checks to Royal Tours.

Everly Brothers and Simon and Garfunkel Tribute

Thurs. May 24, \$93

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

Pennsylvania Dutch Country Tour

June 5-7, 2018, \$479 pp, double

Trip highlights include exclusive back country tour of the Dutch country farmlands, Kitchen Kettle shops and more. Enjoy the patriotic Magic Lantern Show, Elva Hurst's Chalk Talk, Memories of a Great Nation. Dinner in a private Amish family farm/home. And, of course, the new Sight and Sound show, "Jesus." Tour includes Longwood Gardens. Checks payable to Best of Times.

Repositioning Cruise -Oct. 28-Nov. 9-See Flyer online or at Senior Center!

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.

**The Post**

2017, Rated PG-13, 1hr 55m

When the **Washington Post** agrees to publish the leaked Pentagon Papers, which point to a secret escalation of the Vietnam War, the Nixon administration tries to block publication, setting off an epic legal and political battle.

Cast: Tom Hanks, Meryl Streep and Alison Brie

Sign up for pizza by May 24, 10:00 AM; \$1.25 per slice.

**Monday at the Movies**

Monday, May 7, 12:30 PM

Dear Eleanor

2016 Rated PG-13 1hr 29m

Best friends Max and Ellie decide to leave their rural hometown on an adventurous, cross-country road trip to meet former First Lady Eleanor Roosevelt. Sneaking away in a bright blue convertible belonging to Ellie's dad, they set out with the wind in their hair and the radio turned up. While trying to stay a step ahead of Ellie's father and the police, the girls cross paths with an eclectic mix of people which truly make this an entertaining, once-in-a-lifetime experience.

Cast: Jessica Alba, Luke Wilson and Ione Skye

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. Note: checks payable to **Friends of Sudbury Seniors**.

Please arrive before 7:00 AM to check in, return at approximately 5:00 PM.



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.

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~ From our Outreach Information Specialist ~



**Coping with Grief and Loss
Finding Hope & Healing Workshop
2 Mondays, 11:00 AM—1:00 PM
May 21, June 25**

CareGroup Parmenter Home Care & Hospice and the Sudbury Senior Center invite you to our workshop series "Coping with Grief and Loss". Workshops are open to anyone who has experienced a significant loss in their lives. Participants will have an opportunity to:

- *Understand and discuss the experience of grief and loss;
- *Develop ways to support yourself and others who are grieving;
- *Explore ways to cope with grief during important times like birthdays, anniversaries, & holidays;
- *Learn ways to find meaning and hope to move towards healing;
- *Connect with others who are grieving.

Lunch will be provided by **Carriage House at Lee's Farm**.

May 21 Workshop: Adjusting to living with loss: Exploring the ways we "move through" grief and how to cope.

June 25 Workshop: Finding Meaning & Hope: Understanding how to acknowledge loss while continuing to live your life in a new way.

Please sign up by contacting Ana Cristina Oliveira at 978-443-3055 or oliveiraa@sudbury.ma.us.

Respect for All Participants



The Senior Center is committed to respect and service for all LGBTQ Older Adults and hope to increase opportunities for engagement in activities and 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 about getting the support you need in order to live independently and engaged in our community, contact Ana Cristina Oliveira at oliveiraa@sudbury.ma.us or 978-443-3055.

~ Clubs and Groups ~

Stamp Club - 2nd Monday, May 14, 10:00 AM
Turn the Page - Book Group, May 9, 1:00-2:00 PM
Short Story Discussion Group May 10, 24 - 1-2 PM
Veterans Talk and Coffee -Wed., May 9, 9:30 AM
Senior Notes - May 3, 17, 12:45 PM
Current Events Group - Thursdays at 10:00 AM

~ From our Volunteer Program Coordinator ~



One of the greatest feelings you can have is the incredible sense of satisfaction you get from giving to others.

Knowing you made a difference in someone's life, added some joy to a person's day, or made someone's life a little easier by carrying out a task for them that they couldn't easily do for themselves... these are the types of things you do as a volunteer for the Senior Center and the incredible sense of satisfaction that you get from doing so!

Needed: Individuals that are skilled at making small home repairs. Typical tasks include changing batteries in smoke detectors, changing light bulbs, putting grab bars in a shower, hanging a picture on the wall, flipping a mattress. There is no minimum or maximum time commitment on your part— whatever works with your schedule, be it once a month or just a couple of times a year. To apply to become a valued member of our Fix-It Volunteer Team, please contact Janet Lipkin at 978-639-3223, LipkinJ@sudbury.ma.us.

We continue to have a shortage in our Medical Loan Closet of wheelchairs, shower chairs, shower benches, rollators, reachers (to grab items), and sock aids. If you have any of these items in very good condition, please consider donating them to the Medical Loan Closet. They will be put to excellent use! **Please contact** the Senior Center to discuss your donation with a staff member before bringing it to the Senior Center, as we have very limited space. You may email us at senior@sudbury.ma.us or call at 978-443-3055. Thank you!

Please note: We are no longer accepting donations of commodes.

~ Intergenerational ~

LINC - Adults Volunteers and 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. Contact Intergenerational Coordinator Judy Battat at battatj@sudbury.ma.us or 978-443-3055 to learn more!

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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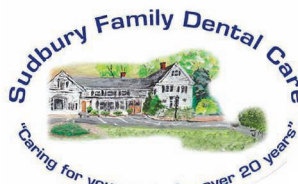
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**Shades of Gray
Civil War Era Camp Band
Thursday, May 3**



Reserve a spot for lunch at 12 noon,
and then stay for this unique Civil War era Camp band!

Lunch at 12 PM; Performance at 1:00 PM.

You may attend either, or, or both! Please contact us to
reserve your space at 978-443-3055 or senior@sudbury.ma.us. Lunch reservations must be re-
served by Tuesday, May 1, if possible.

All Trips Meeting!

Monday, May 14, 1:00 PM

Get the lowdown about the fantastic trips we have
planned for the coming months!
Please sign up to let us know you are
coming at 978-443-3055.



Lincoln-Sudbury High School Tech Help

Wednesday, May 30 - 9:00 AM-12 PM



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

Getting or Renewing a Driver's License or ID Card?

The Massachusetts Registry of Motor Vehicles is re-
minding the public that as of March 2018 in order to
get or renew any driver's license or ID card, you will
need documentation showing U.S. citizenship or lawful
presence. Lawful presence means that a person is legal-
ly living in the United States according to federal immi-
gration laws. You will have the choice between a REAL
ID Driver's License or ID Card or a Standard MA Driver's
License or ID Card. You will not need a REAL ID until Oc-
tober of 2020. If you have an active passport and don't
mind carrying it, you will never need a REAL ID. For
more information go to www.mass.gov/id.

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us



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

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



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