

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

**Sudbury Board of Health  
Flu Clinic**

**Thursday, October 11  
11:00 AM-2:00 PM  
and  
5:00-7:00 PM**

*Please sign up* for an ap-  
pointment time slot.

Don't forget your health in-  
surance/Medicare cards, and  
wear a roll-up or short sleeve!

Many thanks to Phyllis Schilp,  
RN, BSN, for organizing this  
event each year!



**Sudbury Repair Café**

**Saturday, October 20  
9:00 AM-12:00 PM**

Free repairs by volunteers!  
Lamp repairs, mending, knife  
sharpening, etc. Stop in for a  
baked good, coffee, a visit  
with a neighbor and a free fix  
-it!

**Save the Date!**

**Memory Screening**

**Tuesday, November 13**

**Veterans**

**Appreciation Luncheon**

**Friday, November 9, 12 PM  
See p. 10.**



**Special Event!**

**Guitar and Song**

*with Sudbury's Peg Espinola*

**Thursday, October 25, 2:00 PM (p. 10)**

**New Class! Interaction of Global Civilizations 600 AD to Present**

**In Memoriam - Marge Van Houten - page 2.**

**Lunch and Learn: Managing Low Vision and Vision Loss - Thursday, October 4, 12 PM, p. 4 and 8.**

**National Coming Out Day Pizza and a Movie - Tuesday, Oct. 9, p. 5, 8.**

**Teen Tech Help - Wednesdays, Oct. 10, 24 - by appointment.**

**Friday at the Movies! - October 12, 26, 12:30 PM**

**Sudbury Dementia Family Network - Monday, October 15, 1:00-2:30 PM (caregiver support), p. 8.**

**Soup's On! Butterflies of the World - Thursday, Oct. 18, 12 PM, p. 3.**

**Men's Breakfast - Friday, October 19, 9:00 AM - \$3, p. 10.**

**Comfort Food Caring Café - 4th Monday, October 22, 12-2 PM p. 4.**

**Chinese Happy Seniors Club/English Classes-Tuesdays, 9:00 AM, p. 5.**

**Sudbury Senior Trips Meeting - p. 7.**

**Outreach and Information Specialist Report, p. 8.**

**Volunteer Program Coordinator Report, p. 8.**

**Intergenerational Programs - p. 9**

**There are many other activities and groups, come down and visit!**

**Sudbury Fall Town Meeting**

**Monday, October 15**

**7:30 PM at LS High School**

Transportation may be available, but must be reserved by Wed., Oct. 10 before 4:00 PM by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us. Questions, please contact Ana Cristina Oliveira, Outreach Specialist at 978-443-3055 or oliveiraa@sudbury.ma.us.



*Caring for our communities with pride.*

**A Message from the Director****Severe Weather**

Stay on the alert for severe weather! Have an emergency plan with family, friends or neighbors, have contact numbers ready, extra food, water and medications, charge your phones, have extra batteries. Need more info about planning? Call Ana Cristina Oliveira, Outreach Information Specialist at 978-443-3055 or oliveiraa@sudbury.ma.us or visit the Sudbury Board of Health Nurse webpage at [www.sudbury.ma.us/nurse](http://www.sudbury.ma.us/nurse) to see the link on Emergency preparations.

**Make Sure You Receive Emergency Notifications!**

An important thing you can do immediately, is sign up for Sudbury's Emergency Notifications. This will ensure that urgent messages to the community about weather or other issues will be sent out to your home and cell phones. Go to the Town website at [www.sudbury.ma.us](http://www.sudbury.ma.us) and click on the red Emergency Notifications button on the right side. If you need help with this, please contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

**Fairbank Community Center**

Design and development funds for the Fairbank Community Center, of which the Senior Center is a part, will be voted on at the October 15 Town meeting. A new Fairbank Community Center will be welcoming to and have space for all ages, offer opportunities for growth and learning for all ages, and can accommodate the increase in the overall population and the higher proportion of older adults living in town. The vision includes improving and expanding the current programs and activities provided by the Senior Center and Park and Recreation Departments, such as Summer Camp, lifelong learning classes, preschool programming, support groups, and more. Learn more at <https://sudbury.ma.us/fairbankstudy>.

**IN MEMORIAM***Marge Van Houten*

As you walk into the Senior Center, please note that the plaque on the 1<sup>st</sup> door on the right specifies that the room is dedicated to Marge Van Houten. She was the first full time director of the Sudbury Senior Center. Marge was interviewed and hired by Rev. Shep Johnson and myself in the mid-1980s. The COA agreed with our recommendation. These were the years when we examined what other neighboring towns were planning or had already accomplished. Our initial plan to build adjacent to the Goodnow Library was defeated. With our vision, we needed to find another site, and this is where Marge's ability as a consensus builder came to the fore. She skillfully developed a core of about a dozen interested town committees and boards, and they met regularly. All agreed with different degrees of enthusiasm that the Fairbank Rd. site was ideal. Marge was involved in every aspect of the project. She stayed on to guide us after the Center was built, eventually hiring Ruth Griesel as a co-director. She was loved by all for her dedication. She was an occasional visitor here, and I hope she was proud of what her vision became. We mourn her passing.

*Donald Oasis***COUNCIL ON AGING****CHAIRPERSON:**

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## Interaction of Global Civilizations 600 AD to Present

October 16, 23, 30 and November 6  
Tuesdays, 10:00-11:15 AM

The series will cover the history of various Civilizations, Empires and events from 600 AD to present from a global prospective. The first lecture (600 AD to 1290 AD) includes the situation of Iran and Byzantium, Birth of Islam and Arab empire(s), China through this period, and events in Europe.

Lecture II (1290-1690 AD) will cover Mongols leading to Third resurgence of Islam, Ottoman Empire, Mughals of India, Safavids of Iran, European empires, and Age of Discovery and Renaissance.

Lecture III (1690- 1945 AD) will cover Crisis of 17th Century, Causes and conditions leading to European Colonial rule, Mercantilism and colonial expansion, World Wars, America and Soviet Union.

Lecture IV (1945- present) will span: Reversal of conditions for colonial rule, Independence, democracy and Fourth resurgence of Islam, Politics of Oil and Energy, Demographic distribution of world populations, perceptions, fears and myths of current world situations including radical Islam.

Instructor Zaheer Ali is a scientist, engineer, innovator and a businessman. He holds Master's degrees in Physics, Electrical Engineering and Business Administration and has published over a dozen technical papers in four different languages. He has 4 US patents to his credit.

Mr. Ali's hobbies include reading, gardening, current Geo-Political affairs, and global history. His interests include the history of Islam in general and it's impact on the sub-continent of India in specific. He has spoken widely on the subject and been recognized in the media. Mr. Ali is a resident of Sudbury for the last 30 years. He enjoys the love and support of his wife, children and grand children.

Please reserve your spot by **Friday, October 12**, by contacting the Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## Soup's On!



## Butterflies of the World

Thursday, October 18

John Root returns with a presentation that features images of butterflies from every major continent, throughout their life cycles. Participants learn fascinating facts about these enchanting insects, including myths and legends about butterflies in different cultures, distinguishing characteristics of the five butterfly families, wing coloration, feeding behavior, mating, and migration. Learn about landscaping for butterflies, including instruction in establishing butterfly gardens. Comments and questions are welcome!

12:00 Soup and Salad

12:45 Talk

Please sign up by contacting the Senior Center at 978-443-3305 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## Planet Earth II BBC Series on DVD

Six Mondays at 11:00 AM

October 1, 22, 29, November 5, 19, 26

No class Oct. 8, 15

**Planet Earth II** is a 2016 British nature documentary series produced by the BBC as a sequel to *Planet Earth*, which was broadcast in 2006. The series is presented and narrated by Sir David Attenborough with the main theme music composed by Hans Zimmer. This is the first documentary produced in **ultra** high-definition.

Episodes include:

- |              |               |
|--------------|---------------|
| 1. Islands   | 4. Deserts    |
| 2. Mountains | 5. Grasslands |
| 3. Jungles   | 6. Cities     |

Please sign up at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or 978-443-3055. Thank you.

## Hearing Clinic

Friday, October 12, 9:30-11:00 AM

Michael Drennan of Rogers Hearing Solutions offers complimentary wax and hearing screenings at the Senior Center. Call 978-443-3055 to schedule your appt.

**Lunch and Learn****Managing with Low Vision and Vision Loss**

Thursday, October 4

Sometimes getting older means developing impaired vision or losing your vision. Learn from someone who works with people in this situation all the time. What can you do to make life easier and safer? Are there tools you can use? Methods for managing better?

Come for lunch, and stay for a relaxed and informative talk by Karen Hatcher from the Mass. Commission for the Blind. We are also considering starting a Low Vision group. If you are interested or curious about the talk or the Low Vision group, please contact Ana Cristina Oliveira, Outreach/Information Specialist.

12:00 Lunch

12:45 Talk

**Sign up** for Lunch and/or the Talk by contacting Ana Cristina Oliveira at 978-443-3055 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) **by Tuesday, October 16 at 10:00 AM.** Make sure to let us know if you will be here for lunch! BayPath menu to be available soon.

**~ Caregivers ~****Comfort Food Caring Café**

Monday, October 22

12:00-2:00 PM



The Comfort Food Caring Café offers an opportunity for those who are caring for someone with memory challenges to bring their loved one to a fantastic and fun event, with entertainment, a delicious lunch and lots of laughs! Take a break and come on down! Co-facilitated by Tammy Pozericki of Pleasantries Adult Day Care and Anne Manning, Senior Center Group Facilitator.

**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**. Reservations are requested, but drop-ins also okay. Questions, contact Ana Cristina at 978-443-3055 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

See also,

**Sudbury Dementia Family Connection**

Caregiver Support Group - information on page 8.

**AARP Smart Driver Course\***

Monday, October 15

10:00 AM – 3:00 PM

\$3 Suggested Donation\*

Driving isn't what it used to be!! Cars have changed, traffic laws have changed, driving conditions, and even the roads you drive on have changed. Even the most experienced drivers can benefit from brushing up on their driving skills.

By taking the AARP Smart Driver course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment.

In addition, you'll learn:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, anti-lock brakes, and new technologies used in cars
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking, and cell-phone use

There is no written exam. **All participants receive a certificate** at the end of the course which **may qualify** you for an insurance discount (participants should check with their auto insurance agent for details).

**\*Lunch is included!!** This AARP Smart Driver course and lunch are supported by Older American's Act funds, through Title III, and awarded as a grant by BayPath Elder Services. As an Older American's Act funded program, there is an opportunity for participants to make a voluntary, confidential suggested donation of \$3.00 toward the cost of the program. (Donations are used to cover program costs only.)

Please contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) to sign up for this course **by Wednesday, October 10 at 4:00 PM.** **We must have your reservation in time to order enough food.** You may make a donation during sign-up, at the program, or via mail to the Sudbury Senior Center, AARP Smart Driver, 40 Fairbank Rd., Sudbury, MA 01776.



## National Coming Out Day! Pizza and a Movie

Tuesday, October 9

### "Three Generations"

2017 Rated PG-13 – 1 hour, 35 mins

When a New York City teenager seeks a sex change from female to male, her life changing decision raises identity issues for her family as her single mother and lesbian grandmother struggle to make sense of it all. Staring Susan Sarandon. **Please sign up** by Tuesday, October 9 at 10:00 and let us know how many pizza slices you would like (\$1.50 per slice). Complimentary soda and water. See p. 8.

12:00 Pizza  
12:45 Movie

### SHINE/MEDICARE HELP OPEN ENROLLMENT/ NEW PLANS FOR 2019



Medicare plans change every year! This is the time to decide on your coverage for 2019. SHINE Medicare Counselors, are trained volunteers who assist with understanding options for coverage. The Senior Center is fortunate to have two excellent volunteers, Kathleen Fitzgerald and Margaret Leidler, who are planning extra hours to help you. Please make an appointment by contacting Ana Cristina Oliveira, Outreach Specialist, at 978-443-3055 or oliveiraa@sudbury.ma.us.



### Teen Tech Help is Back!

Wed., October 10, 24

Lincoln-Sudbury High School students available to help with tech questions! Call to schedule your appointment. Appointments beginning at 2:15 PM.

### Chinese Happy Seniors Club-Tues., 9:00-11:30 AM

Join the Chinese American Association as they meet at the Senior Center weekly for socialization, T'ai Chi, ping pong and tea/coffee. Meeting in Van Houten room.

### English Learner Classes - Tuesdays, 9:00 - 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. Meeting in Room 1.

See Translation



## Friday Movies

October 12, 26  
12:30 PM



October 12

**All The Money in the World** – 2017 Rated R – 2 hours  
"All the Money in the World" follows the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother, Gail to convince his billionaire grandfather to pay the ransom. When Getty Sr. refuses, Gail attempts to sway him as her son's captors become increasingly volatile and brutal. With her son's life in the balance, Gail and Getty Sr.'s advisor become unlikely allies in the race against time that ultimately reveals the true and lasting value of love over money.

October 26

**Churchill** – 2017 Rated PG-13 – 2 hours

Focusing on British Prime Minister Winston Churchill in the hours before the June 1944 D-Day landings, this World War II drama chronicles the growing tensions between Churchill and the Allied leaders as they prepare to retake Nazi-occupied Europe.

**Please** sign up to let us know how many to prepare for, by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us. And suggestions for movies are always welcome. Leave a Suggestion in the Suggestion box at the Front Desk, or leave a message for Sharon Wilkes, Program Coordinator.

## Chinese Happy Seniors/English Class Translation:

老年中心快乐时光俱乐部 - 每周二, 9:30-11:30 AM


欢迎参加中美协会每周每周在老年中心组织的社交活动, 内容包括太极运动, 乒乓球, 或来闲享茶饮, 结识新友等。

老年中心提供英语课, 课程时间为每周二上午, 9:30-11:30 AM

每周二上午的英语课是通过老年服务本地机构 BayPath 由美国老年法案基金资助, 为了老年中心更好地继续提供英语课服务, 参加英文课的同学请考虑捐助, 捐助自愿, 建议的捐助份额为每节课3块美金。如有问题, 或希望参加英语课, 请联系 Ana Cristina Oliveira at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-443-3055.



## OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
11:00 Planet Earth II (1) (SP) 11:00 Fit for the Future 1-3:30 Canasta 1:00 Better Bones (3) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00-11:30 English Learner Class (R1) 9:00 Chinese Happy Seniors Club (VH) 9:40/11:00 Yoga (4) (G) No Drawing 1:30 Tai Chi for Healthy Living (4)	9:30 The Fall and Rise of China (3) 11:00 Fit for the Future 1:00-3:45 Bridge Lessons (4) 1:00 Quilting (1)* *Quilting is offered through L-S Adult Ed program	9:00 Beginner Tap Dance (4) 9:30 Tap Dance! (4) 10-11 Jay Higgins Office Hrs (L)* 10:00-11:30 Current Events (R1) 12:00 Lunch and Learn: Vision 12:45 Senior Notes (R1 or VH) 1:00 Brains and Balance! (3) (G) 2:30 Connection Circle (VH) 2:30 Intro to T'ai Chi (4)	9-10 Rep. Carmine Gentile Office Hours 9:30 Bingo (VH)* 10:00-12:00 Life Stories—Writing class 11:00 Fit for the Future 11:30 and 1:45 - Watercolors (5) *Bingo in VH Room
<b>8</b>	<b>9</b>	<b>10</b>	<b>FLU CLINIC! 11</b>	<b>12</b>
Columbus Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 English Learner Class 9:00 Chinese Happy Seniors VH 9:40/11 Yoga (5) (G) 12:00 Coming Out Day-Pizza and 12:45 Movie 12:30-2:30 Drawing (2)(VH) 1-3 Legal Clinic (R1) 1:30 Tai Chi Healthy (5) 3:00 Council on Aging	9:30 The Fall and Rise of China (4) 9:30 Veterans Talk/Coffee 11:00 Fit for the Future No Bridge today 1:00-2:00 Turn the Page-Book Group! (SP) 1:00 Quilting (2)* 2:00 Teen Tech Help	9-12 SHINE/Medicare Help 9:00 Beginner Tap Dance (5) (G) 9:30 Tap Dance! (5) (G) 10-11:30 Current Events (R1) 11:00-2:00 FLU CLINIC (SP/VH) 1-2 Short Story Group (R1) 1:00 Brains and Balance! (4) (G) 2:30 Connection Circle (R1) 2:30 Intro to T'ai Chi (5) 5:00-7:00 FLU CLINIC (SP/VH)	9:30 Bingo (VH)* 9:30-11 Hearing Clinic 10:00-12:00 Life Stories—Writing class 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (6) 12:30 Friday movie 1:00 Upcoming 2019 Senior Trips Meeting!
<b>Town Meeting 7:30 PM 15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:00-3:00 AARP Smart Driver Workshop (SP) 10:00 Stamp Club (VH) 11:00 Fit for the Future 1-3:30 Canasta 1:00-2:30 Sudbury Dementia Family Connection (R1) 1:00 Better Bones (4) 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 English Learner Class R1 9:00 Chinese Happy Seniors Club (VH) 10:00-11:15 Global Civilizations (1) 9:40/11:00 Yoga (6) (G) 12:30-2:30 Drawing (3) (VH) 1:00-4:00 SHINE 1:30 Tai Chi Healthy Living (6)	9:30 The Fall and Rise of China (5) 11:00 Fit for the Future 1:00-3:45 Bridge Lessons (5) 1:00 Quilting (3)*	9-12 SHINE/Medicare Help 9:00 Beginner Tap Dance (6) 9:30 Tap Dance! (6) 10:00-11:30 Current Events (SP) 12:00 Soup's On! 12:45 Butterflies of the World 12:45 Senior Notes (R1 or VH) 1:00 Brains and Balance! (5) (G) 2:30 Connection Circle 2:30 Intro to T'ai Chi (6)	9:00 Men's Breakfast! 9:30-11:30 Bingo (VH)* 11:00 Fit for the Future No Watercolors today *Please note Bingo will be in the Van Houten room today. Sat., 9-12 Repair Cafe
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
11:00 Planet Earth II (2) 11:00 Fit for the Future 12:00-2:00 Comfort Food Caring Cafe 1-3:30 Canasta 1:00 Better Bones (5) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 English Learner Class 9:00 Chinese Happy Seniors Club (VH) 9:40/11 Yoga (7) 10:00-11:15 Global Civilizations (2) 12:30-2:30 Drawing (4) (VH) 1:30 Tai Chi Healthy Living (7)	9:30 The Fall and Rise of China (6) 11:00 Fit for the Future 1:00-3:45 Bridge Lessons (6)  1:00 Quilting (4)* 2:00 Teen Tech Help	9:00 Beginner Tap Dance (7) 9:30 Tap Dance! (7) 10:00-11:30 Current Events (SP) 1:00 Brains and Balance! (6) (G) 1-2 Short Story Group (VH) 2 Guitar & Song w/Peg Espinola! 2:30 Connection Circle (VH) 2:30 Intro to T'ai Chi (7) (G) 2:30 Friends Meeting (R1)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:00 Watercolors (8, last) 12:30 Friday movie 1:45 Watercolors (8, last)
<b>29</b>	<b>30</b>	<b>Happy Halloween! 31</b>		
11:00 Planet Earth II (3) 11:00 Fit for the Future 1:00-2:15 FISH Driver Mtg (invitees only) (SP) 1-3:30 Canasta (VH) No Better Bones 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:00 English Learner Class 9:00 Chinese Happy Seniors No Yoga today 10:00-11:15 Global Civil. (3) 12:30-2:30 Drawing (5, last) 1:30 Tai Chi Healthy (8, last)	9:30 The Fall and Rise of China (7) 11:00 Fit for the Future 1:00-3:45 Beginner Bridge Lessons (7) 1:00 Quilting (5)*	VH—Van Houten room; SP—Sudbury Pines rm; R1-Room 1 (near stage) R2-Room 2 (billiards) R3-Room 3 (video game room) *Jay Higgins is Aide to Rep. Katherine Clark	SHINE Medicare Counseling is generally offered on Tuesday afternoons and Thursday mornings. Call for an appt.

➤ Reach the Senior Market  
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HOME SECURITY TEAM



## Fitness Classes

Please register and pay at the Senior Center - except for Fit for the Future, which is \$3 drop-in.  
Questions, call 978-443-3055 or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).



### New!

#### Intro to Traditional T'ai Chi

8 Thursdays, 2:30-3:30 PM, \$45  
Sept. 13-Nov. 1; Nov. 8-Jan. 10  
No class Nov. 22, Dec. 27, Jan. 21  
T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. Learn postures and movements of the forms as well as basic concepts and deeper philosophies.

#### Traditional T'ai Chi

8 Mondays, 2:15-3:15 PM, \$45  
Sep. 10-Nov. 5, no class 10/8  
Nov. 19-Jan. 28, no class 12/24, 1/14  
An ancient system of movements designed to maintain strength, balance and focus as well as improve relaxation.

#### T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30, \$45  
Sep. 11-Oct. 30, Nov. 6-Jan. 8,  
no class 12/25, 1/1  
For those who want a slower pace; work on improved balance and mobility, while learning/practicing T'ai Chi forms.

#### Fit for the Future with Lois

Monday, Wednesday, Friday  
11:00 AM  
\$3 Drop-in  
Aerobics & Strength with Lois Leav. Lois brings her dance and extensive teaching experience as well as an uplifting attitude!

#### Better Bones, Senior Strength

8 Mondays, 1:00-2:00 PM, \$56  
Sep. 17-Nov. 26, no class 10/8, 10/29, 11/12; Dec. 3-Mar. 4, no class 12/24, 12/31, 1/21, 2/4, 2/11  
Build strength and balance!

#### Yoga for Living Well

8 Tuesdays, 9:40-10:40 or  
11:00 AM—12:00 PM, \$56  
Sep. 18-Nov. 6, no class 10/30  
Nov. 13-Jan. 15, no class 12/25, 1/1  
Add strength and calm to your life!

#### Beginner Tap Dance

8 Thursdays, 9:00-9:30 AM, \$35  
Sep. 13-Nov. 1, Nov. 8-Jan. 10  
Learn the fundamentals of Tap Dance with our experienced and fun instructor Susan Craver.

#### Intermediate Tap Dance

8 Thursdays, 9:30-10:30 AM, \$55  
Sep. 13-Nov. 1, Nov. 8-Jan. 10  
Learn new steps and practice what you know in a fun, relaxed environment with our experienced instructor Susan Craver.

#### Brains and Balance!

For information on schedule, contact the Senior Center at 978-443-3055.

## Sudbury Trips

### 2019 Trips Meeting - Friday, October 12, 1:00 PM

Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to a meeting to learn about new Trips for 2019! Get the inside scoop and details on these new trips and let them know what trips you are most interested in!

**Sign up** at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

### Rod Stewart, The Ultimate Tribute

Thursday, Nov. 15, 2018 - \$93.

### Holiday Reagle Players and Luncheon

Saturday, December 8, 2018 - \$90.

**Please note:** Purple registration form and payment to the Tour Company required when registering. Please read the **Trip Guidelines** on the Trip Brochure.

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~ From our Outreach/Information Specialist ~



**Sudbury Senior Center Celebrating  
National Coming Out Day  
Pizza and a Movie**

Tuesday, October 9<sup>th</sup>, the Senior Center will be showing a LGBTQ movie (Three Generations), to celebrate National Coming Out Day, which is a holiday that is celebrated every year on October 11th to recognize lesbian, gay, bisexual and transsexual persons and the issues they face in modern society. While it is often viewed as a day on which the LGBTQ community can celebrate gay pride, many gay people often use it as the day on which they come out to their family and friends. Join us for a pizza at 12:00 and a movie at 12:45 and help us celebrate this important holiday. The cost of the pizza is \$1.50 per slice. To sign-up please call the Senior Center at 978-443-3055 or email Ana Cristina Oliveira at [Oliveiraa@sudbury.ma.us](mailto:Oliveiraa@sudbury.ma.us). See movie info, p. 5.



**Sudbury Dementia Family Connection  
3<sup>rd</sup>, Monday, October 15<sup>th</sup>, 1:00-2:30PM**

The Sudbury Dementia Family Connection is a monthly support group to help people that are caring for their loved one living with Dementia. It's a safe environment where caregiver's can learn, share and help each other through mutual understanding and support. Eric Kessler, MSW from Hearthstone Alzheimer Care, an expert in the field of dementia and Ana Cristina Oliveira, Outreach Information Specialist, Will be leading the support group. Please join us if you're caring for a loved one with memory challenges. To sign-up please call the senior center at 978-443-3055 or Ana Cristina Oliveira at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

**October is Domestic Violence Awareness Month**

**20th Anniversary Celebration  
Sudbury-Wayland-Lincoln  
Domestic Violence Roundtable**

**Dinner and Documentary Play:  
"No More Secrets"**

Thursday, October 18

6:00-9:00 PM

\$25

Tix available on Eventbrite.com

Location: Trinitarian Congregational Church, Wayland

~ From our Volunteer Program Coordinator ~

**A gentle reminder** to all volunteers that have not yet picked up their name badge lanyard: Stop by the Senior Center front desk anytime during office hours to pick it up. Name badges should be worn whenever you are volunteering for the Senior Center. Thank you.

**10 Reasons to Volunteer:**

- Add new meaning to your life
- Deepen your sense of belonging
- Make new friends
- Better your community
- Achieve self-fulfillment
- Grow from the experience
- Set a positive example
- Show that you care
- Answer a need
- Have fun

**Volunteers are needed...Please consider becoming a part of our valued team!**

**F.I.S.H. Drivers:** Provide rides to medical appointments for Sudbury residents. No minimum or maximum time commitment.

**Fix-It In-Home Repairs:** Handy individuals help Sudbury seniors with minor home repairs.

**Meals-On-Wheels Drivers:** Deliver a hot mid-day meal to seniors unable to get out. Back-ups any weekday needed. 11:00AM- 12:30 PM.

To apply to become a volunteer, please contact Janet Lipkin at 978-639-3223; [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us).

**Our Medical Loan Closet is in great need of** wheelchairs, sock aids (to help pull on socks), toilet safety rails, handles for beds, and reachers/grabbers (to help pick items off the floor). Please consider donating any of these items, in very good condition, to the Senior Center if you are no longer in need of them. Donations can be made on Tuesday and Friday afternoons between 12:00-4:00 PM, but please contact Janet Lipkin (978-639-3223) to see if we are in need of and have space for your particular donation. Thank you!



**Sudbury Commission on Disability Seeks Members!**

Help to identify and plan for the needs of residents of all ages with a disability. Contact the Selectmen's office at 978-639-3381 or see the webpage at <https://sudbury.ma.us/disability/> for more information.



## Bringing the Generations Together!



Recognizing the value of older and younger generations getting to know each other, working together on projects, and teaching each other, the Senior Center is continuing to offer and develop new programs that offer these opportunities. LINC or Learning Intergenerational Communities include a 6 week afterschool program with the Sudbury Public Schools beginning in late fall. And, the Senior Center is working with Sudbury Park and Recreation and other entities, to develop new, fun ways for generations to be together. Participants in these programs find it gives them an opportunity to engage with young people in fun and creative projects, reflect on their life experiences, and share them with young people while learning and connecting with others. For more information, please contact Sharon Wilkes, Program Coordinator, at wilkess@sudbury.ma.us or 978-443-3055 or Judy Battat, Intergenerational Coordinator at battatj@sudbury.ma.us.

### Arts Classes

**Please register** at least one week in advance of the start of the class session. Payment is due at registration.

#### Wonderful Watercolors!

8 Fridays, 11:30 AM-1:30 PM or 1:45-3:45 PM, \$64

November 9 - January 4

Join our delightfully relaxing Watercolors workshop with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome.

Class minimum is 10 participants. If class does not meet minimum, classes may be combined.

#### Delightful Drawing Workshop!

12:30-2:30 PM, \$35

5 Tuesdays, Sep. 25, Oct. 9, 16, 23, 30, no class 10/2

Delve into a relaxing, engaging right brain activity with local artist and instructor Susan Funk! Beginners and more advanced artists are welcome. Class minimum is 10 participants. As mentioned above, please register at least one week in advance of class start.

### Services offered by the Sudbury Senior Center

The Senior Center offers a variety of services to provide assistance to older adults and their family members. 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).

#### Nutrition

**Meals on Site-** Monthly lunch at the Senior Center. \$3.00 suggested donation.

**Home Delivered Meals-** Hot lunch delivered to older residents who are unable to leave home. \$3.00 suggested donation. Registration through Bay-Path Elder Services: 508-573-7200.

#### Consultation

**Outreach and Information-** Our Outreach information Specialist provides information about resources and services for older adults and their families in Sudbury. Free consultation by appointment.

**Legal Clinic-** Free 20-minute consultation by appointment.

**S.H.I.N.E./Medicare Help (Serving the Health Information Needs of Elders)-** Free consultation on health insurance by appointment.

#### Transportation

**Van Transportation-** Mon.-Fri. 8:30-4:00. Handicapped accessible. Must be registered through MWRTA 508-820-4650. Call 48-hours in advance to schedule ride.

**Sudbury Shuttle -** Tues. & Thurs. 8:35-3:30. Fixed route along Route. 20.

**F.I.S.H. (Friends in Service Helping)-** Volunteer transportation for medical appointments. Call 978-443-2145, at least 1-week in advance to schedule.

#### Health Services

**Blood Pressure Clinic-** Tues. 8:45-10:45. Free screening. No appointment necessary.

**Hearing Clinic-** Free 20-minute consultation with audiologist for hearing & wax by appointment.

**Medical Equipment Loan Closet-** Tues. & Fri. 12:00-4:00. Free medical equipment loan by appointment.

#### In-Home Services

**In-Home Fix-It Program-** Volunteers help with minor home maintenance & repairs.

**Friendly Visitor Program-** Volunteers make weekly visits to Seniors unable to leave their homes to socialize.

**Grocery Shopping-** Volunteers make weekly visits to supermarket and assist with putting away groceries.

**Sand Buckets-** Volunteers deliver bucket of sand to residents homes for use on walkways and driveways.

**Lock Boxes-** The Fire Dept. installs small safes containing a house key for use in emergency by Fire Dept. \$60 donation requested to cover cost.

**Goodnow-to-Go-** Volunteers bring library materials to residents unable to travel. Application available on library website.



### Guitar and Song

Thursday, October 25  
2:00 PM



Peg Espinola was born in New York City but grew up largely in the Washington, D.C. and Chicago areas. While in high school she met Mike Seeger, younger brother of Pete, and studied guitar with him for a couple of years. She carried a love of folk songs and the guitar with her throughout the next fifty-plus years as she graduated from college, came to Massachusetts, became a clinical social worker, married, and raised a family--in Sudbury. Fifteen years ago she began to write her own songs. Since then she has produced four CDs of original songs and has opened for several touring musicians at Amazing Things in Framingham, as well as appearing on local TV and radio stations. Her songs are funny, sad, political, personal, and very senior-friendly. This will be her third concert at the Senior Center and she promises some new songs as well as old favorites. You can sample her music on YouTube or CDBaby.

Please register in advance by contacting the Senior Center by Tuesday, October 23 at 978-443-3055 or sen-

### Men's Breakfast

Friday, October 19, 9:00 AM  
\$3



Our Men's Breakfast team breaks out the pumpkin pancakes and the fresh coffee for this fall event! Join us for breakfast and camaraderie, as well as a special guest. The food for this event is paid for by your fee of \$3 per breakfast. Please pay in advance if possible, or at the door. Thank you!

Pumpkin, chocolate chip and plain pancakes, along with sausage, fruit, juice and coffee/tea are included. Signing up is critical - so that we make enough food! Contact us at 978-443-3055 or senior@sudbury.ma.us.

### Veterans Appreciation Luncheon

Friday, November 9, 12:00 PM

We are honored to offer the 8th annual Veterans Appreciation Luncheon at the Fairbank Community Center Gym. Sponsored by the Sudbury Senior Center, Town of Sudbury and the Wayside Inn. Space is limited...**Sudbury residents may sign up** as of October 5, all others as of October 12. Contact us at 978-443-



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### The package includes:

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- House repair and clean-up
- Packing and moving
- Real Estate representation
- Legal Services

*The Maria Project was inspired by  
Leon Gelfand in honor of his  
grandmother, Maria.*

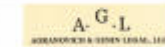
**We will be there at every step of the process.**

To apply or nominate someone,  
visit [mariaproject.org](http://mariaproject.org)

or call **617-331-7848.**

We will meet with candidates at their homes  
at their convenience.

Maria Project organizers include Home Ready Solutions, Stancovitz Real Estate Professionals, Agnew & Gelin Legal, LLC and Gentle Giant.



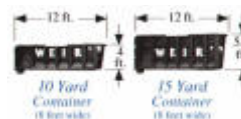
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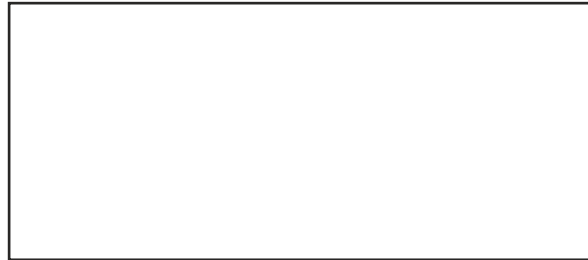
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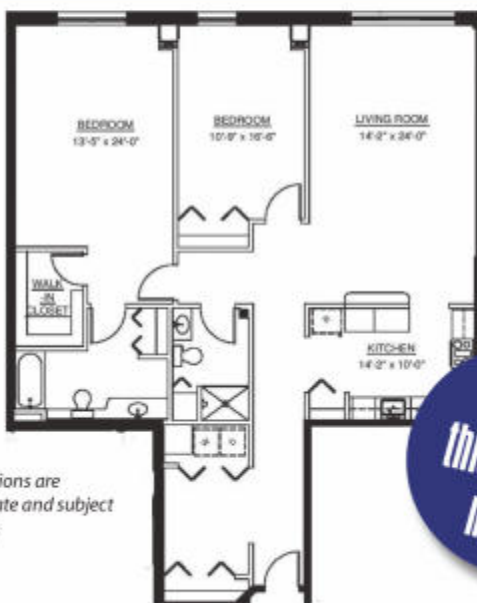
*Caring for our communities with pride.*

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

**Hours:** Monday through Friday, 8:30 AM to 4:00 PM [sudburyseniorcenter.org](http://sudburyseniorcenter.org)

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