

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



Veterans

Appreciation Luncheon

Friday, November 9, 12 PM

With Special Guest Mark Goudzwaard, U.S. Army Reserves, ROTC, Ret. Captain

Veterans and spouses, please sign up by Friday, November 2. Sponsored by Scott Milley Fund, Sudbury Senior Center, Sudbury Veterans Office, and the Wayside Inn.

Save the Date!

Holiday Luncheon

With Entertainment by John Fitzsimmons!

Tuesday, December 18
12 PM, \$5

Sudbury residents may sign up as of November 5; all others as of November 19.

Did you know?



Many Senior Center programs are videotaped by Sudbury's local cable channel organization and available on TV or online at www.sudburytv.org.



Wishing you a wonderful Thanksgiving!

Pizza and a Movie: *Taking Chance* - Thursday, November 1, 12/12:30

Collectibles: What's Hot and What's Not - Thu., Nov. 15, 10:00 AM

National Pickle Day! Wed., Nov. 14, 11:00-1:00, p. 3.

Memory Screenings - Tuesday, November 13, 9:30-11:30 PM, p. 5.

Sudbury Dementia Family Network - Monday, Nov. 19, 1:00-2:30 PM

An Alternative to the Eversource Proposal - Tues., Nov. 20, 10:00 AM

Making Bouquets to Share! Wednesday, November 21, 9:00 PM, p. 4

Comfort Food Caring Café - 4th Monday, November 26, 12-2 PM p. 4.

Teen Tech Help - Wednesdays, Nov. 14, 28 - by appointment, p. 5.

Men's Breakfast - Thursday, November 29, 9:00 AM

New Beginnings: History of Ellis Island-Thursday, Nov. 29, 1 PM, p. 3.

Outreach and Information Specialist Report, p. 8.

Volunteer Program Coordinator Report, p. 8.

Intergenerational Programs - LINC and Book Buddies, p. 9

Sudbury Connection Shopping Trips

Mondays - Reserve your ride at 508-820-4650.

November 19 - Price Chopper, Savers - Marlborough

November 26 - Solomon Pond Mall - Marlborough

December 3 - Market Basket Plaza - Hudson

December 10 - Wegman's Shopping Center - Northborough



Wayside Inn Luncheon

Wednesday, November 28, 12 PM
\$21

Join us at our annual Wayside Inn luncheon! Harpist Nancy Hurrell will be providing our entertainment...Sure to get you in the holiday spirit! Dinner includes: bakery basket, salad, pot roast or salmon, mashed potatoes and squash. Please register and pay at the Senior Center by **Tues., Nov. 20.**

Rescheduled!

Men's Breakfast

w/Special Guest **Bill Barletta,**
Sudbury Facilities Director

Thursday, November 29
9:00 AM

Sign up for hot pancakes, delicious sausage, fresh fruit, juice, coffee and tea! \$3 at the door

Respect for All Participants





A Message from the Director

Severe Weather

The Senior Center will cancel programs when school is cancelled. We will close the Senior Center only if the Town Manager deems it unsafe to stay open. Information will be shared on the Town and Senior Center websites, as well as on the main phone line (978) 443-3055.

Don't forget to have an emergency plan with family, friends or neighbors, have contact numbers ready, extra food, water and medications, charged phones, and extra batteries. Need more info about planning? Call Ana Cristina Oliveira, Outreach Information Specialist at oliveiraa@sudbury.ma.us or 978-443-3055 or visit the Sudbury Board of Health Nurse webpage at www.sudbury.ma.us/nurse to see the link on Emergency preparations.

Make Sure You Receive Emergency Notifications!

Sign up for Sudbury's Emergency Notifications to receive urgent messages to the community about weather or other issues at your home and cell phones. Go to the Town website at 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.



Election

Due to the Election, fitness classes will be moved out of the gym from Friday, Nov. 2-Tuesday, Nov. 6. Transportation to the polling locations is available. Please contact Ana Cristina Oliveira if you need information, at 978-443-3055 or oliveiraa@sudbury.ma.us.

Reminders for Participants at the Senior Center

Parking - A reminder to be **very careful** as you park in the lot. If you accidentally damage a car in the lot, you should leave a note on the car or at the Front Desk, with your contact information.

Program starting times - We try our best to start our programs on time, though we have had a few computer challenges this fall that have delayed our start time. We do apologize for our delays. We would also ask that participants please be on time for programs so that those who arrive on time are not disrupted or miss some of the program as you enter. Thank you.

Coffee - Please remember to drink your coffee outside of the Sudbury Pines room. And be extra careful to avoid spills. If you do accidentally spill, just notify a staff person so that we can attend to it as soon as possible.



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.

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Collectibles... What's Hot and What's Not?

Thursday, November 15
10:00 AM



Helene Guski, owner of Classic Consignments in Sudbury, will be here to talk about collectibles. What's hot right now and what's not?

Since 1997, Classic Consignments has been in Sudbury assisting clients in marketing items they no longer want or need. They help their consignors sell their quality pre-owned furnishings and accessories- antique or contemporary. They specialize in glass, china, and jewelry.

Helene expects to have time for several item appraisals during her presentation. Please register and indicate if you have an item to bring for appraisal. Sign up by emailing Sharon Wilkes, Program Coordinator, at wilkess@sudbury.ma.us.

New Beginnings: History of Ellis Island

Thursday, November 29
1:00 PM



Seema Kenney, owner of Ancestral Books, Legacy and Education, is a professional genealogist, who will guide us through the History of Ellis Island and immigration regulation.

Ms. Kenney has a certificate in Genealogical Research from BU, completed ProGen and is an active member of several societies and part of the NERGC planning committee. Seema is also certified as a Guided Autobiography Consultant and a Legacy Planner. Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to sign up!



National Pickle Day!

Wednesday, November 14
11:00 AM-1:00 PM

Celebrate National Pickle Day! Did you know that pickles are one of the oldest forms of food preservation? And they are believed to have been first made in India about 4-5,000 years ago? Pickles come in many forms and have many health benefits. Why not stop in and sample a pickle? We will have light refreshments and a variety of pickles available for you to try, between 11:00 AM and 1:00 PM. Stop in and visit!

An Alternative to the Eversource Proposal

Tuesday, November 20
10:00 AM

Leon Goodman, Sudbury resident and former International President of the Institute of Transportation Engineers (ITE), will present ideas for this ROW (right-of-way), the former Central Mass Railroad. This concept will create sustainable positives, rather than the negatives of the Eversource power line proposal.

The power line would involve a wide, clear cut swath through the communities and depress property values, with no benefits for those communities. A bike trail and BRTway would bring recreational and transportation improvements for residents, with associated increases in property values. Restoration of transit service, with clean, quiet transit vehicles to Boston and other connected towns, would also positively benefit the MetroWest economy.

Join us for an interesting discussion about an innovative proposal for using Sudbury's East-West Right of Way (old Central Mass. Railroad line). Please sign up by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Memory Screening

Tuesday, November 13
9:30-11:30

Are you concerned about memory problems?

On National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America, take advantage of free, confidential memory screenings with Phyllis Schilp, R.N., Sudbury's Board of Health Nurse and Bethany Hadvab, MSW, Town Social Worker at the Senior Center. You can also pick up free educational materials about memory concerns, dementia, caregiving and successful aging.

Memory screenings are a significant first step toward finding out if a person may have a memory problem. Memory problems can be caused by Alzheimer's disease or other treatable medical conditions. A memory screening is not used to diagnose any particular illness and does not replace consultation with a physician or other qualified healthcare professional. For more information about National Memory Screening Day please visit www.nationalmemoryscreening.org, or call (toll-free) 866-AFA-8484. Make an appointment at senior@sudbury.ma.us or 978-443-3055.

Sudbury Garden Club Project
Making Bouquets to Share!

Wednesday, November 21
 9:00-10:00 AM



Join the Sudbury Garden Club members who will be here to work with you to make small flower bouquets to be delivered to Meals on Wheels recipients. Come and make one for yourself and one or more to share. *Signing up is a must* so that the Club will have enough supplies.

Please sign up by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us by **Wednesday, November 14**.

Save the Date!

Sudbury Garden Club
Boxwood Arrangements

Wednesday, December 5
 9:30-11:30 AM

Join Sudbury Garden Club members to make Boxwood arrangements for a local charity. Make a small one for yourself free of charge; make one to give away; and/or if you like, make a large one for yourself with a supplies fee of \$15.

Signing up is a must so that the club knows how many supplies to bring! Please sign up by **Wednesday, November 28**.

***Looking Ahead...
 Lunch and Learn***

The Fight Against Inflammation: Put Food First

Tuesday, December 4
 12:00 Lunch*; 1:00 Talk

It is becoming increasingly clear that chronic inflammation is somewhere at the root cause of many serious illnesses – including heart disease, many cancers, and Alzheimer's disease. Learning how specific foods influence the inflammatory process is the best strategy for containing it and reducing long-term disease risks. Traci Robidoux, RD, BayPath Nutritionist will be here to share the latest information.

***Sign up** for Lunch and/or the Talk by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us by **Friday, November 30 at 10:00 AM**. Make sure to let us know if you will be here for lunch! *BayPath menu to be available soon.

Comfort Food Caring Café

Monday, November 26
 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!

Thank you to our Sponsors: **Pleasanties 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.

Lincoln-Sudbury High School

***Martin Luther King Project
 Thanksgiving Luncheon***

Wed., November 21, 12 noon-1:30PM



Come join the L-S Martin Luther King Action Project for their traditional and festive holiday treat for seniors in Lincoln and Sudbury at L-S Regional High School. Turkey and all the fixings, donated by **Sudbury Farms** will be served in the high school cafeteria. Entertainment is included, and there is **no charge**. Reservations are expected! Call the Sudbury Senior Center at 978-443-3055 by **Thursday, November 8**.

Low Vision Support Group

Living with Vision Impairment:
 How to Use Your Vision Better
 Monday, November 26, 1:00 PM

Are you struggling with diminished vision? Loss of vision can be challenging, physically & emotionally. The Carroll Center's Certified Low Vision Specialist Robert McGillivray will be here to talk about how vision loss affects your daily life, demonstrate solutions and answer your questions, as well as share information on the latest magnification devices and technologies that can enhance quality of life and maximize options for those with vision loss.

The renowned Carroll Center, located in Newton, MA, has been helping those with vision impairment since 1936. Today it offers the most up-to-date vision aids available. Please sign up by calling Ana Cristina Oliveira, at 978-443-3055.

Pizza and a Movie

Thursday, November 1

Taking Chance12:00 Pizza
12:30 Movie**Rated: PG****1 hour, 20 mins.**

Inspired by the true story of the United States Marine who volunteered to escort the remains of a soldier who was killed in Iraq to his small hometown in remote Wyoming. Lance Corporal Chance Phelps (USMC) was just nineteen years old when he was killed during active duty. Now, as Lance Corporal Phelps is prepared for his final journey back home, Lieutenant Colonel Michael Strobl (USMC) (Kevin Bacon) makes it his personal mission to ensure that his fallen brother is laid to rest with the proper respect.

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.

Hearing Clinic

Friday, November 9, 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.

**Teen Tech Help is Back!**

Wed., November 14, 28

Lincoln-Sudbury High School students are 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 at the Movies**

November 16, 30

12:30 PM

**Friday, November 16**

All The Money in the World – 2017 Rated R – 2 hours
Follow 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.

Friday, November 30 - The Last Emperor

Rated PG – 2 hours 45 minutes

This sweeping account of the life of Pu Yi (John Lone), the last emperor of China, follows the leader's tumultuous reign. After being captured by the Red Army as a war criminal in 1950, Pu Yi recalls his childhood from prison. He remembers his lavish youth in the Forbidden City, where he was afforded every luxury but unfortunately sheltered from the outside world and complex political situation surrounding him. As revolution sweeps through China, the world Pu Yi knew is dramatically upended.

Thank you for the movie suggestion Sarah Bailin!

Please sign up to let us know you are coming, by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

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, 9:00-11:30 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 or 978-443-3055.

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
VH—Van Houten room SP— Sudbury Pines rm; R1-Room 1 (near stage) R3-Room 3 (game room) Memory Screening on November 13 is in Room 1	Please Note: Due to Election Setup in Gym many classes will be in different locations on Nov. 2, 5, 6. Please check at the Front Desk. LINC—Intergenerational Program with 4th/5th graders	SHINE Medicare Help is offered on Tuesday afternoons and Thursday mornings. Call Ana Cristina at 978- 443-3055 for an appointment.	9:00 Beginner Tap Dance (8) 9:30 Tap Dance (8, last) 10:00-11:15 Current Events <i>12 Pizza/Movie: Taking Chance</i> 12:45 <i>Senior Notes (Sing!) R1</i> 1:00 Brains and Balance! (7) 2:30 Connection Circle (VH) <i>2:30 Intro to T'ai Chi (8)</i>	Election Setup today 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (R3) 11:30 Watercolors (8) 1:45 Watercolors (8)
Election Setup /Foxwoods 5	State Election in Gym 6	7	8	9
9:00-11:00 <i>A Matter of Balance (3)</i> 11:15 <i>Planet Earth II (4)</i> 11 Fit for the Future (VH) 1-3:30 Canasta (L) 1:00 Better Bones (6) (VH or R3) 2:15 Tai Chi (8) VH/R3	8:45-10:45 BP Clinic 9:00 English Learners (R3) 9:00 Chinese <i>Happy Seniors Club VH</i> 9:40/11:00 Yoga (8, last) (SP) No Global Civilizations 1:30 <i>Tai Chi Healthy Living (1) (VH)</i>	9:30 <i>Fall and Rise of China (8)</i> 9:30 <i>Vet Talk/Coffee</i> 11:00 Fit for the Future 12:45-3:45 <i>Bridge Lessons (8, last)</i> 1:00-3:30 Quilting (6)	9:00 Beginner Tap Dance (1) 9:30 Tap Dance (1) 10-11:15 Current Events 1:00 Brains & Balance! (8, last) (G) 1-2 Short Story Group (VH) 2:30 Intro to T'ai chi (1) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:30 Hearing Clinic 11 Fit for the Future (R3) 11:30 Watercolors (1) 12 Veterans Appreciation Luncheon 1:45 Watercolors (1) (VH)
12	13	14	15	16
Veterans Day Holiday  Senior Center Closed	8:45-10:45 BP Clinic 9:30-11:30 Memory Screening 9:00 English/ <i>Happy Seniors Club (VH)</i> 9:40/11:00 Yoga (1) (G) 10:00-11:15 Global Civilizations (4, last) (SP) 1-3 Legal Clinic (SP) 12:30-2:30 <i>Drawing (1) (VH)</i> 1:30 <i>Tai Chi Healthy (2) (G)</i> 3:00 <i>Council on Aging</i>	National Pickle Day! 9:30 <i>The Fall and Rise of China (9)</i> 11:00 Fit for the Future 11:00-1:00 Hors d'oeuvres and Pickles! 1:00-2:00 <i>Turn the Page -Book Group! (R1)</i> 1-3:30 Bridge Practice 1:00-3:30 Quilting (7) 2:15 Teen Tech Help	9/9:30 Tap Dance (2) 10:00 Classic Consignments (SP) 1st 10 signed up can bring an item 10:00 Current Events (VH)?? 12:45 <i>Senior Notes: Singing Group (R1 or VH)</i> 1:00 Brains & Balance (1) 2:30 Intro to T'ai chi (2) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH) 11:30 Watercolors (2) 1:45 Watercolors (2) (VH) 12:30 Friday Movie: <i>All the Money in the World</i>
Price Chopper/Savers 19	20	21	22	23
9-11 <i>Matter of Balance (4)</i> 10:00 <i>Stamp Club</i> 11:15 <i>Planet Earth II (5)</i> 11:00 Fit for the Future 1:00 Sudbury Dementia Family Network 1:00 Better Bones (7) 2:15 Tai Chi (1)	8:45-10:45 BP Clinic 9:00 English/Chinese <i>Happy Seniors (R1/VH)</i> 9:40/11 Yoga (2) 10:00 East-West Right of Way—Leon Goodman (SP) 12:30-2:30 <i>Drawing Workshop (2) (VH)</i> 1:30 <i>Tai Chi Healthy (3)</i>	9:00-10:00 <i>Sudbury Garden Club (VH)</i> No Fall & Rise of China 11 Fit for the Future 12:00 Lincoln-Sudbury MLK Thanksgiving Luncheon at LSRHS No Bridge Practice No Quilting today	Thanksgiving Holiday  Senior Center Closed	Thanksgiving Holiday  Senior Center Closed
Solomon Pond Mall 26	27	28	29	30
9:00-11:00 <i>A Matter of Balance (5)</i> 11:15 <i>Planet Earth (6, last)</i> 11:00 Fit for the Future 12-2 Caring Café 1 Low Vision Support Grp 1-3:30 Canasta 1:00 Better Bones (8) 2:15 Tai Chi (2)	8:45-10:45 BP Clinic 9:00 English/Chinese <i>Happy Seniors Club (R1/VH)</i> 9:40/11 Yoga (3) 12:30 <i>Drawing (3) (VH)</i> 1:30 <i>Tai Chi for Healthy Living (4)</i>	9:30 <i>The Fall and Rise of China (10)</i> 11:00 Fit for the Future 12:00 Wayside Inn Luncheon 1-3:30 Bridge Practice (SP)2:15 Teen Tech Help 1:00-3:30 Quilting (8) 2:15 Teen Tech Help	9:00 Men's Breakfast! 9/9:30 Tap Dance! (3) 10:00 Current Events (VH) 1 New Beginnings: Ellis Island 1-2 Short Story Group (VH) 1:00 Brains & Balance (2) 2:30 Connection Circle 2:30 Intro to T'ai chi (3) 2:30 <i>Friends Meeting</i> 3:30 LINC	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11 Watercolors (3) 1:45 Watercolors (3) 12:30 Friday Movie: <i>The Last Emperor</i>

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Fitness Classes are Where It's At!

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.



New!

Intro to Traditional T'ai Chi

8 Thursdays, 2:30-3:30 PM, \$45

Nov. 8-Jan. 10

No class Nov. 22, Dec. 27

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. 17-Nov. 26; Nov. 19-Jan. 14

No class 12/24

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

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

Dec. 3-Mar. 4, no class 12/24, 12/31, 1/21, 2/4, 2/11

Build strength and balance with instructor Leslie Worris!

New! Brains and Balance!

Nov. 15-Jan. 17, 8 Thurs., 1-2 PM

No class 11/22, 12/27; \$64

Discover how much fun balance training with specially designed "Train the Brain" exercises.

Yoga for Living Well

8 Tuesdays, Classes at 9:40-10:40

and 11:00 AM—12:00 PM, \$56

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 instructor Susan Craver.

Intermediate Tap Dance

8 Thursdays, 9:30-10:30 AM, \$55

Nov. 8-Jan. 10, no class 11/22

Learn new steps and practice what you know in a fun, relaxed environment with instructor Susan Craver.

Sudbury Trips

Please sign up as soon as possible!

Rod Stewart, The Ultimate Tribute

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

Rob Caudill looks and sounds like Rod Stewart. Includes lunch at Venus de Milo.

Holiday Reagle Players and Luncheon

Saturday, December 8, 2018 - \$90.

Matinee performance of 2018 Christmas Time, followed by lunch.



Beantown and Beaches - Repositioning Cruise

Join this repositioning cruise right out of Boston, featuring 13 days aboard Royal Caribbean's beautiful Serenade of the Seas. Includes 12 night cruise, and return air from Ft. Lauderdale. Earliest deposits get the best cabins. Payable to Durgin Travel. From \$1,349 double occ.

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 ~

Fuel Assistance Program 2018-19

The **Fuel Assistance Program** is an energy assistance program that can help you pay for heating costs during the heating season, between November 1st and April 30th of each year. Assistance

is provided on a first-come first-served basis to those who qualify. To see if you may qualify, check the income eligibility below or call the Senior Center and ask to speak with Ana Cristina Oliveira, Outreach/Information Specialist at 978-443-3055.

Household Size	Max. Gross Income
1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289
5	\$79,215
6	\$90,141



Sudbury Dementia Family Connection
3rd, Monday, November 19th, 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.

Respect for All Participants



The Senior Center is committed to respect and service for all LGBTQ Older Adults and hopes 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.

Stamp Club - Monday, November 19, 10:00 AM

~ From our Volunteer Program Coordinator ~

VOLUNTEER



Why volunteer?

Volunteering is a wonderful way to stay active and warm as the weather changes around us! It also sets a positive example for others, gives back to the community, answers a need, and enriches your life. As Mahatma Ghandi said, "Be the change you want to see in the world."

To become part of our valued volunteer team, please contact Janet Lipkin at LipkinJ@sudbury.ma.us or 978-639-3223. Janet can meet with you and tell you about the different volunteer opportunities we offer, finding a match to your interests. Remember that there is no minimum or maximum time commitment for most types of volunteer work, and you make your own schedule so that it fits comfortably into your lifestyle.

Are you handy around the house?

Consider becoming a Fix-It volunteer.

- *Do you own a car and like to meet people? Consider becoming a FISH driver (driving Sudbury residents to medical appointments) or a Meals on Wheels driver.
- *Do you like to grocery shop? Consider becoming a Grocery Shopping volunteer.
- *Do you like to visit with a friend? Consider becoming a Friendly Visitor volunteer.
- *Do you like to help out at events? Consider becoming a Special Events volunteer.

We can use your help! The feeling you get by helping others is unforgettable and a true reward in itself.

Loan Closet

The Medical Equipment Loan Closet continues to be a very well utilized service. We are 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. Contact Janet Lipkin (978-639-3223). **Please Note:** Senior Center hours of drop-off and pick-up of medical equipment are on Tuesdays and Fridays from noon-4pm.

Sudbury Commission on Disability Seeks Members!

Call 978-639-3381 or see the webpage at <https://sudbury.ma.us/disability/> for info.

Book Buddies and LINC - 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 is a 6 week afterschool program with the Sudbury Public Schools beginning in late fall. Book Buddies pairs senior volunteers with individual students or small groups for reading enrichment. 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, November 13, 20, 27, Dec. 4, 11

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 6 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.

Friends' Group Teams Up with Local Banks to Install Electronic Information Display

The Friends of Sudbury Senior Citizens with the help of several local banks have purchased and installed a large electronic display in the lobby of the Senior Center. The new display will feature images and information about current and future programs at the Senior Center. The Internet-based flat screen can be updated online to enable up-to-the-minute information for people entering the lobby.

The local banks generously supporting this project include **Middlesex Bank, Main Street Bank, and Salem Five Bank.** The Friends of Sudbury Senior Citizens made up the balance of the cost of installing the screen and they express their appreciation to the local financial institutions who joined them in this project.

Join the Friends of Sudbury Seniors!

The Friends fundraise and support the Senior Center. Meetings are held on the 4th Thursday of the month at 2:30 PM. Drop into a meeting or call 978-443-3055 and leave a message, a Friend will call you back!

- Planet Earth II Continues** - 11:15 AM - Nov. 5, 19, 26
- Veterans Talk and Coffee** - Wed., Nov. 9, 9:30 AM
- Legal Clinic** - Tuesday, Nov. 13, Appts. Available
- A Matter of Balance Workshop Continues** - Mondays, Nov. 5-Dec. 17, 9:00-11:00 AM
- Turn the Page Book Club** - Wed., Nov. 14, 1:00 PM

Complimentary Tickets to the LSB Players' production of **Once Upon A Mattress** Wednesday, November 14th



Lincoln-Sudbury Regional High School and the LSB Players offer their first production of the 2018-2019 season. **Once Upon A Mattress** is a goofy take on the classic fairy tale, The Princess and the Pea. It has royalty, frivolity, and plenty of hilarity!

LSB Players offer Senior Center participants a limited number of complimentary tickets for the Wednesday, November 14 performance (7:30pm). Tickets will be available for pick up at the Senior Center as of Friday, November 9th. Additional tickets or tickets for other performances may be reserved by visiting <http://www.lsbplayers.net/sites/lsbplayers/tickets/>



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

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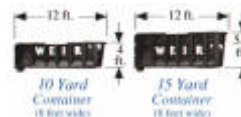
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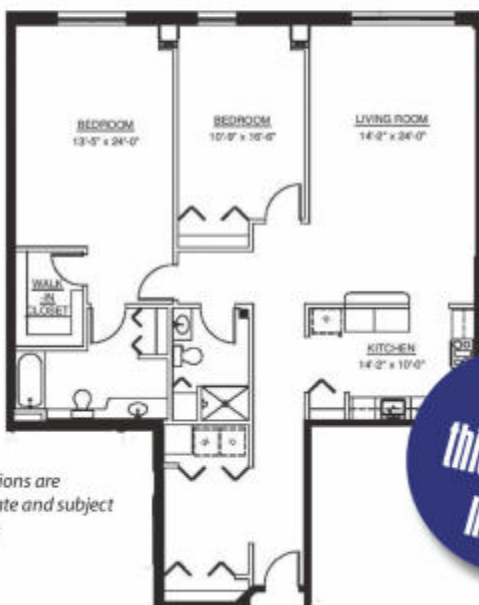
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