

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



**Kickstart Your Fall -
All Ages FitWalk Event!**
Thursday, September 6
5:30 PM
Haskell Field

Take an enjoyable 1 mile walk around Haskell Field, learn about the new FitWalk walking class, get free give a ways, healthy snacks and drinks! Whether you come to cheer on others or to walk yourself, this will be a fun time. Bring your grandkids or invite the neighbors! Movement is linked to good health and happiness! The first 50 to sign up will get a free T-shirt!

This event is made possible with assistance from a grant through the Mass. Councils on Aging and National Institute on Aging/NIH. Info at www.Go4Life.nia.nih.gov.

Register at Senior Center, Park and Rec desk, or Park and Rec online webpage.

A joint venture of the Sudbury Senior Center and Sudbury Park and Recreation



Enjoy fall at the Senior Center at 40 Fairbank!

- New! Brains and Balance** - Thursdays at 1:00 PM, p. 7.
- Intro to Traditional T'ai Chi** - Thursdays at 2:30 PM, p. 7.
- Beginner Bridge** - Wednesdays at 1:00 PM, p. 4.
- Life Stories: Writing Workshop** - Fridays at 10:00 AM, p. 3.
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The Fall and Rise of China DVD Series - Wednesdays at 9:30 AM, p. 3.

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2019 Trips/Tours Presentation - Tuesday, Sep. 11, 1:00 PM, p. 12.

Soup's On! Ear Acupuncture for Calm and Healing, Thu., Sep. 13, p. 4.

Lunch and Learn: Walk Tall, Don't Fall! Thu., Sep. 20, 12 PM, p. 4.

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Comfort Food Caring Café - 4th Monday, September 24, 12-2 PM p. 5.

Happy Seniors Club and English Classes - Tuesdays, 9:00 AM, p. 5.

Movies - Fridays, Sep. 14, 28, at 12:30 PM; Thu., Sep. 27 at 12 PM, p. 5.

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Fitness and Arts - Class Information - page 7.

Save the Date!

Thursday, October 4 - Lunch and Learn: Low Vision Support (sign up starts on September 10.)

Saturday, October 20 - Sudbury Repair Café with Rotary Club - 9-12

**Sudbury Board of Health
Flu Clinic**

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

Sign up begins on Monday, September 10. Please sign up for an appointment time at 978-443-3055.

Blood Pressure Clinic Time Change!

Now Tuesdays at 8:45-10:45 AM

Drop in to meet with Sudbury Board of Health Nurse Phyllis Schilp, RN, BSN.

A Message from the Director

Welcome to Fall!

Kickstart your fall! Join us for our many programs, classes and events! While you are here, please complete a new Participant Information Form with Emergency Contact information, and an email address. We do not share this information with anyone, and it is used only for staff to respond to an emergency situation with a participant. Keep in mind also, that using your keycard to check in let's us know if you are in the building at a program, in case there is an emergency/fire, etc., and also helps us to keep an accurate count of numbers of people participating in our programs!

Sudbury Designates AARP Livable Communities Ambassador

In July, Alice Sapienza became the official "age-friendly/livable communities ambassador" for Sudbury, following the town's acceptance into the AARP/World Health Organization (WHO) network. The concept of *livability* is based on WHO's Global Age-Friendly Cities project, undertaken in 33 cities in 22 countries. Briefly, a community is livable when it enables and engages residents of all ages—encouraging everyone to enjoy, explore, and access the resources for staying involved with friends and neighbors, for learning and growing, for helping and being helped, and for interacting with the community in meaningful ways.



A member of the Council on Aging from 2014 to 2018, Alice has worked on initiatives relevant to livable communities, particularly transportation. Alice will continue to work with the Council on Aging/Senior Center and will serve as liaison between Sudbury and the state AARP staff, along with other age-friendly/livable communities network tasks. Among her qualifications for this new role, in addition to spearheading the town's involvement, is experience as a long-term Friendly Visitor. She has more than three decades of health care experience, both as general manager of a Harvard teaching hospital and as Professor of Health Care Administration. ***If you are interested*** in becoming involved in the Livable Community/Age and Dementia Friendly initiative, please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Severe Weather/Emergency Preparation

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/help with planning? Contact Ana Cristina Oliveira, Outreach Information Specialist at oliveiraa@sudbury.ma.us or 978-443-3055.



The Senior Center will share cancellation/emergency information on our website, the Town website, and on our main phone line. Severe weather/emergency information will also be shared via the Town's Emergency Notification System. Sign up for Sudbury's Emergency Notifications to ensure that you receive urgent messages about weather or other emergencies via your home and cell phones. **Go to www.sudbury.ma.us and click on the red Emergency Notifications button** on the right side. Be sure to add all phones.

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The Fall and Rise of China - DVD Series

12 Wednesdays, 9:30-11:00 AM

Sept. 12, 26, Oct. 3, 10, 17, 24, 31, Nov. 7, 14, 28, Dec. 5, 12

China - the world's oldest continuous civilization - has undergone an astonishing transformation in a brief span of recent history. Since the collapse of its once-glorious empire in 1911, China has seen decades of epic turmoil and upheavals, emerging in the new century as both an authoritarian megastate and an economic powerhouse. How did this happen? How can we account for China's momentous—and almost wholly unanticipated—global rise? And what does it mean, for us in the West and for humanity's future? This Great Courses DVD series is taught by China expert and Professor Richard Baum of UCLA.

There will be 12 sessions each showing two 1/2 hr. videos accompanied by discussion and/or commentary. The remaining lectures will be offered at a later date in 2019. ***There is no fee, but you must register!***

Soup's On!

Ear Acupuncture for Calm and Healing

Thursday, Sep. 13,
12:00 Soup; 12:45 Talk



Join us for homemade soup, along with salad and bread... and then stay for an informative talk and demonstration on Acupuncture from Acupuncturist Linda Thomas of Acupuncture Healing Arts of Framingham. Learn about the history of acupuncture, how it works, why ear acupuncture clinics were developed, and why they are so beneficial. There will be time for questions and a demonstration of ear acupuncture.

Linda S. Thomas is an Acupuncturist and Chinese Herbalist who has been in practice for twenty five years. She graduated from the New England School of Acupuncture in 1993, where she received her Masters Degree in Acupuncture. She loves working with people of all ages and enjoys holding community ear acupuncture clinics at a variety of locations. She feels incredibly fortunate to share with her clients the hope that acupuncture brought to her many years ago!

Please call the Senior Center to sign up, and let us know if you will come for both soup and the talk, or just the talk.



New!

Life Stories: Writing Your Legacy

Fridays, September 21, 28, October 5, 12

10:00 AM-12:00 PM

\$60



"There is no greater agony than bearing an untold story inside you." ~ Maya Angelou

In this fun, engaging and supportive four-week writing program, you will explore your life for memories, ideas and insights you can turn into personal essays, family legacy stories or memoirs. During each week's program, you will read short examples of life stories, free-write to a wide variety of prompts, share your words (if desired), receive writing suggestions, and gain insights into the meaning of your life.

Instructor Giulietta "Julie" Nardone is a writer and artist from Ashland. She has been leading encouraging writing programs in person and on-line since 2008 and loves to share her vast cache of writing tips, tools and techniques. Her own stories have been published in places such as the Boston Globe, Chicken Soup for the Soul, Christian Science Monitor, MetroWest Daily News, Skirt! Magazine, Purple Clover and broadcast on NPR.

Please register and pay the course fee by Friday, September 14 at 4pm. There is a 5 student minimum, and a 9 student maximum.

Sudbury Park and Rec - Fit Walk Club

5 Mondays, Sep. 17-Oct. 22, no 10/8, 11:00-12:00 PM

Join the Park and Recreation Staff on Monday morning for a leisurely walk around Haskell Field. We will begin slowly by stretching, and pace our walk. As the weeks go on, we will be increasing the speed at which we walk, preparing for the final event of the Family Fun Walk on October 28. This walking club is for all ages and abilities. Anyone under the age of 18 must be accompanied by an adults. The program is FREE, but you must register. Register online at www.sudburyrec.com or by visiting the Senior Center or Park and Rec desk to register in person.



Continuing...

Planet Earth Mondays, 11:00 AM, Sep. 10, 17, 24

David Attenborough celebrates the amazing variety of the natural world in this epic documentary series!

Sign up at 978-443-3055/senior@sudbury.ma.us.

Learning Standard American Bridge*

8 Wednesdays, 1:00-3:45 PM

September 12, 19, 26, October 3, 17, 24, 31, Nov. 7
no class on Oct. 10

\$55

12 students minimum;
20 maximum



* beginner (beginner/adv. beginner/intermediate)

For this installment of Learning Standard American Bridge, the course will address topics for both beginners and early intermediate players. There will be a 20-30 minute beginners lesson at the start of the class, then about 100 minutes of directed play followed by a 20-30 minute intermediate topic lesson.

NOTE: No student in the class should be without some basic knowledge of how the game of bridge is played. Raw beginners should read http://www.acbl.org/learn_page/how-to-play-bridge/, a copy of which is available in print at the Senior Center. The video: <https://www.youtube.com/watch?v=VwgUSOfdi08>, which describes an overview of bridge, is also helpful and entertaining.

We will divide tables into beginners, advanced beginners and intermediate players. Some hands will be pre-dealt; other hands will be randomly dealt. Play will be directed and discussed. Homework is assigned and when completed will improve your understanding of the topics covered.

Our very popular instructor is William "Nick" Nicholson of Sudbury. Nick has been a bridge player and duplicate bridge advocate for nearly 50 years. He is a member of ACBL (American Contract Bridge League) with tournament wins and private bridge instruction experience.

Please register and pay at the Senior Center by Monday, September 10. Detailed class information is available at the Front Desk.

September News - Going up!



In order to keep up with rising costs, we need to increase some of our pricing! We have resisted increasing many prices for a long time, but the time has come. Pizza slices will now be \$1.50 each, a cup of coffee and a treat will be a 50 cent donation, and some of our classes are a little more expensive. If you are in financial distress and need help with a class fee, please make an appointment to speak with Director Debra Galloway.

Lunch and Learn:

Walk Tall, Don't Fall!

Thursday, September 20
12:00 Lunch; Talk at 12:45 PM

Let's talk about falls... why does it happen? Can you minimize your risk? Yes! How do you prevent falls... and what do you do if you fall? Join Sudbury resident and avid "Fall Preventer", Sue Rushfirth, Physical Therapist, and Lieut. Kevin Cutler, Sudbury Fire Dept., to learn about falls, fall prevention and what to do! This talk will be interesting, informative and fun, inspiring you to make the changes that can minimize your risk.

Please sign up by Thursday, Sep. 13 and tell us if you would like lunch. Menu to follow.



Mid-Autumn Festival

Friday, September 21st at 6pm

The Sudbury Senior Center will celebrate the Mid-Autumn Festival, a popular harvest festival, celebrated by Chinese and Vietnamese people. The festival is held on the 15th day of the eighth month in the Chinese calendar, during a full moon. The People's Republic of China listed the festival as an "intangible cultural heritage", and it was made a Chinese public holiday in 2008. It is also a public holiday in Taiwan, and is considered the second most important holiday tradition in Vietnam. Sponsored by a grant through BayPath Elder Services using Title III funding; participants may make a confidential \$5.00 voluntary donation toward the cost. Join us! Chinese food and moon cakes will be served. Please reserve your seat by calling the Senior Center at 978-443-3055. Space is limited.

BayPath Lunch

Tuesday, September 11, 12:00 PM



Join us for lunch! We have scheduled this lunch before the 2019 Trips and Tours Presentation from Collette Tours at 1:00 PM; hosted by our volunteer Trip Coordinators Joanne Bennett and Joe Bausk. However, you can sign up for lunch only, or lunch and the presentation. Please sign up by Thursday, Sep. 6!

Comfort Food Caring Café

Mondays, September 24, 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.

See also the new Dementia Family Connection, pg. 8.

Happy Seniors Club - Tuesdays, 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.

English Learner Classes - Tuesdays, 9:00 - 11:30 AM

English Learner Classes are available for people who would like to learn and practice English on 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 for information about both programs.

Happy Seniors/English Class Translation:

老年中心快乐时光俱乐部 - 每周二, 9:00-11:30 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.

~ Movies ~



Pizza and a Movie!

September 27, 2018*

Molly's Game - 2017 Rated R 2 hours, 21 m

***Pizza at 12:00; Movie at 12:30**

Molly's Game is based on the true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents wielding automatic weapons. Her players included Hollywood royalty, sports stars, business titans and finally, unbeknownst to her, the Russian mob. Her only ally was her criminal defense lawyer Charlie Jaffey, who learned that there was much more to Molly than the tabloids led us to believe. **Please call** to order your **\$1.50**/slice** pizza by 10:00 AM on Sep. 27. (**the price has increased to \$1.50/slice this year, due to cost increases.)

Friday Movies at 12:30 PM

September 14, 2018



Wonder - Rated PG - 1 hour 53mins

Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. Starring Julia Roberts and Owen Wilson.

September 28, 2018

Mozart on Tour: Schwetzingen & Paris – NR – 2 hours

Renowned conductor Andre Previn hosts this musical journey exploring some of Wolfgang Amadeus Mozart's travels in Germany and France. The young Mozart had a difficult time in Schwetzingen after losing the woman he loved and a chance to become court composer. He experienced more misfortune in Paris, where his mother passed away.




Salt Potato Day

Friday, September 7, 12:00 PM

Stop by for a new tradition, Salt Potato Day! Baby potatoes cooked in salted water, served with warm, melted butter! Sudbury resident Niel Maurer grew up with salt potatoes and sponsors and hosts this special event. Join us for a little treat! (May not be appropriate for those who are on a salt restricted diet.)

SEPTEMBER 2018

VH-Van Houten Rm, SP-Sudbury Pines Rm, R1-Room 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Labor Day Holiday  Senior Center Closed	State Primary Election! 8:45-10:45 BP Clinic <i>No Yoga today</i> 9:00 <i>English Learner Class SP</i> 9:00 <i>Happy Seniors Club VH</i> <i>No Tai Chi for Healthy Living</i>	9:30-11 Great Decisions (8, last) 11:00 Fit for the Future 1-3:30 <i>Bridge Practice (SP)</i> No Quilting today	9-12 SHINE/Medicare No Tap Dance 10:00-11:00 Jay Higgins** 10:00-11:30 Current Events 12:45 Senior Notes Singing Group (R1) 2:30 Connection Circle **Rep. from Congresswoman Katherine Clark's office 5:30 PM <i>Kickstart Your Fall FitWalk! -Haskell Field-</i>	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30:1:45 Watercolors (1) 12:00 <i>Salt Potato Day!</i> 1:45 Watercolors (1)
10	11	12	13	14
Rosh Hashanah 10:00 Stamp Club (VH) 11:00 <i>Planet Earth (9) (SP)</i> 11:00 Fit for the Future No Better Bones today 1:00 Canasta 2:15 Tai Chi (1)	8:45-10:45 BP Clinic 9:00 <i>English Learner Class R1</i> 9:00 <i>Happy Seniors Club (VH)</i> 9:40/11 Yoga (1) 12:00 LUNCH! 1:00 <i>Collette Tours - All about Trips! (SP)</i> 1-3 Legal Clinic (R1) 1:30 <i>Tai Chi for Healthy Living (1)</i>	9:30 <i>Veterans Coffee</i> 9:30 <i>The Rise and Fall of China (1)</i> 11:00 Fit for the Future 1:00-3:45 <i>Beginner Bridge Lessons (1) SP</i> 1:00-2:00 <i>Turn the Page -Book Group! VH</i> No Quilting today	9-12 SHINE/Medicare 9:00 Beginner Tap Dance (1) 9:30 Tap Dance (1) 10:00-11:30 Current Events (R1) 12:00 <i>Soup's On!</i> 12:45 <i>Ear Acupuncture with Linda Thomas, Lic.Ac.</i> 1:00 Short Story Group (VH) 2:30 Connection Circle 2:30 <i>New! Intro to T'ai Chi (1)</i>	9:30-11:30 Bingo (SP) 9:30 Hearing Clinic 11:00 Fit for the Future 11:30/1:45 Watercolors (2) 12:30 <i>Friday Movie: Wonder</i> <i>Note: First Day to make Medicare Open Enrollment Appts!</i>
17	18	19	20	21
11:00 <i>Planet Earth (10)</i> 11:00 Fit for the Future 1:00 Better Bones (1) 1:00-2:30 <i>Dementia Family Connection (SP)</i> 1:00 Canasta (VH) 2:15 Tai Chi (2)	8:45-10:45 BP Clinic 9:00 <i>Happy Seniors Club VH</i> 9:00 <i>English Learner Class R1</i> 9:40/11 Yoga (2) 1:30 <i>Tai Chi for Healthy Living (2)</i>	Yom Kippur <i>No Rise and Fall of China this week!</i> 11:00 Fit for the Future 1:00-3:45 <i>Beginner Bridge Lessons (2) SP</i> No Quilting today	9-12 SHINE/Medicare 9:00 Beginner Tap Dance (2) 9:30 Tap Dance (2) 10:00-11:30 Current Events (SP) 12:00 <i>Lunch and Learn: Walk Tall, Don't Fall!</i> 12:45 Senior Notes (Singing) 1:00 <i>New! Brains and Balance! (1) (G)</i> 2:30 Connection Circle 2:30 <i>New! Intro to T'ai Chi (2)</i>	9:30-11:30 Bingo (VH)* 10:00-12:00 Life Stories—Writing class (1) (SP) 11:00 Fit for the Future 11:30/1:45 - Watercolors (3) (VH) *Bingo will move to VH room 6:00 PM <i>Mid-Autumn Festival</i>
24	25	26	27	28
11:00 <i>Planet Earth (11) (SP)</i> 11:00 Fit for the Future 12:00-2:00 <i>Comfort Food Caring Café (VH)</i> 1:00 Canasta (SP) 1:00 Better Bones (2) 2:15 Tai Chi (3)	8:45-10:45 BP Clinic 9:00 <i>English Learner Class R1</i> 9:00 <i>Happy Seniors Club VH</i> 9:40/11 Yoga (3) 12:30-2:30 <i>Drawing Workshop (1) (VH)</i> 1:30 <i>Tai Chi for Healthy Living (3)</i>	9:30 <i>The Rise and Fall of China (2)</i> 11:00 Fit for the Future 1:00-3:45 <i>Beginner Bridge Lessons (3) SP</i> No Quilting today, starts October 3	9-12 SHINE/Medicare 9:00 Beginner Tap Dance (3) 9:30 Tap Dance (3) 10:00-11:30 Current Events (SP) 12:00 Pizza (\$1.50/slice) and a 12:30 <i>Movie: Molly's Game</i> 1:00 Short Story Group (VH) 1:00 <i>Brains and Balance! (2) (G)</i> 2:30 Connection Circle (VH) 2:30 <i>New! Intro to T'ai Chi (3)</i> 2:30 <i>Friends meeting (SP)</i>	9:30-11:30 Bingo (VH)* 10:00-12:00 Life Stories—Writing class (2) (SP) 11:00 Fit for the Future 11:30/1:45 - Watercolors (4) 12:30 <i>Friday Movie: Mozart on Tour</i> *Bingo will move to VH room

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Fitness Classes

Please register/pay at least one week in advance of class start 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!

Brains and Balance

8 Thursdays, 1:00-2:00 PM, \$64

Sep. 20-Nov. 8

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" exercises and equipment. Designed to improve your memory, reasoning, language, and problem solving skills, along with your overall fitness.



New!

Intro to Traditional T'ai Chi

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

Sep. 13-Nov. 1

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 many of the postures

and movements 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

An ancient system of movements designed to maintain strength, balance and focus as well as improve relaxation. Experienced students.

T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30, \$45

Sep. 11-Oct. 30

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

Build strength and balance!

Yoga for Living Well

8 Tuesdays, 9:40-10:40 or

11:00 AM—12:00 PM, \$56

Sep. 11-Nov. 6, no class 10/30

Add strength and calm to your life!

Beginner Tap Dance

8 Thursdays, 9:00-9:30 AM, \$35

Sep. 13-Nov. 1

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

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

Arts Classes

Please register and pay at the Senior Center least one week in advance of the start of the class session.

Wonderful Watercolors!

8 Fridays, 11:30 AM-1:30 PM or 1:45-

3:45 PM, \$64

Sep. 7-Oct. 26

Join our delightfully relaxing Watercolors workshop with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. Sandy provides weekly lessons and themes. Her students are currently showing their work at the Goodnow Library. Class minimum is 10 participants. If class does not meet minimum, classes may be combined.



Delightful Drawing Workshop! Focus on "Drapery"

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

Sep. 25-Oct. 23

Delve into a relaxing, engaging right brain activity with local artist and instructor Susan Funk! Beginners and more advanced artists are welcome. These classes will enhance your knowledge of how to actually "dress a figure" so that their clothes look like clothing! Class minimum is 6 participants. Please register at least one week in advance of start (Sep. 18).



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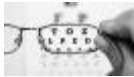
Respect for All Participants

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.

NEW!**Sudbury Dementia Family Connection**

3rd Monday, September 17, 1:00-2:30 PM

The Sudbury Dementia Family Connection is a monthly support group to help people that are caring for their loved one living with Dementia, who want to educate themselves with current information that will help improve the quality of life for both themselves and their loved one. It's a safe environment where they can learn, share and help each other through mutual understanding and support. Eric Kessler, LICSW from Hearthstone Alzheimer Care, an expert in the field of dementia, and Ana Cristina Oliveira, Outreach/Information Specialist, will be leading the support group providing reliable info that can be used to supplement and affirm the information discussed among participants. Please join us if you are caring for a loved one with memory challenges. Contact Ana Cristina Oliveira for more information and to sign up at 978-639-3268 or oliveiraa@sudbury.ma.us.

**Low Vision Support Group to Start Soon!**

The Sudbury Senior Center Outreach and Information Specialist is reaching out to **people with the common problem of vision loss** to form a group to discuss the emotional aspects of sight loss, investigate solutions, and to share resources. Support groups offer people an opportunity to meet with others who are experiencing similar challenges in their vision loss, as well as to hear presentations by health professionals and others on topics of interest. If you have experienced vision loss and would like to be part of or help lead a Low Vision Group, please contact Outreach and Information Specialist, Ana Cristina Oliveira at 978-443-3055.

~ Volunteer Program Coordinator ~

Reminder to all Senior Center Volunteers:

If you have not yet gotten your Volunteer Name Badge lanyard, please be sure to stop by the Senior Center front desk anytime during office hours to pick it up. As well, if you did not attend the Volunteer Appreciation Luncheon in June, please ask at the Front Desk for something special for you.

**Volunteers Are Needed - Can you help out?**

F.I.S.H. Drivers: Provide rides to medical, dental and therapy appointments for Sudbury residents. Flexible schedule. You choose which rides you want. No minimum/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. We especially need drivers on Thursdays and Fridays, and to be back-ups for any weekday. 11:00 AM- 12:30 PM.

To apply to become a volunteer, please contact Janet Lipkin at 978-639-3223, LipkinJ@sudbury.ma.us.

Home/Fire Safety Check: The Sudbury Fire Department, recipient of the Senior SAFE grant, is collaborating with the Sudbury Senior Center to offer a limited number of home safety checks to senior residents. The safety check may include installation of smoke and carbon monoxide alarms, testing/replacing batteries, and education. If you have not received a safety check in the past and would like to request one, please call the Senior Center at 978-443-3055 and leave your name, address, and phone number. There are a limited number of slots available.

**Medicare Open Enrollment-Health/Drug Plan Changes**

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed a packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During the annual Medicare Open Enrollment, you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you. Please call 978-443-3055 as of **Friday, Sep. 14** to schedule your appointment during the Open Enrollment from October 15 through December 7th!

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

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.



Legal Clinic

Tuesday, September 11 - 1:00-3:00 PM

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Arthur Bergeron. Our Volunteer Elder Law Attorneys provide free 20 minute appointments focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. Call 978 443-3055 to make your appointment.

Hearing Clinic

Friday, September 14, 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.

Caregiving/Dementia Friendly

Are you interested in caregiving and/or dementia issues? And/or would you like to help plan for a more age and dementia friendly community? Please contact Ana Cristina Oliveira at oliveiraa@sudbury.ma.us or 978-443-3055 for more information.

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. *Note time change.

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 buckets 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.



~ Intergenerational ~

There are Many Opportunities!

Programs range from LINC an after-school 6 week program with 4th/5th graders beginning in October, to Book Buddies with kindergarten/1st grade readers, to one time special Intergenerational events! Additionally, a new Sages and Seekers program in Concord and Wayland working with high school students has openings. Contact Intergenerational Coordinator Judy Battat at battatj@sudbury.ma.us or call Sharon Wilkes at 978-443-3055 to leave a message and get in on the fun!

~ Clubs and Groups ~

Stamp Club - 2nd Mon., Sep. 10, 10:00 AM

Canasta - Mon., 1:00-3:30 PM

Turn the Page-Book Group, 2nd Wed., Sep. 12, 1-2 PM

Veterans Coffee - 2nd Wed., Sep. 12, 9:30 AM

Connection Circle - Thu., 2:30 PM

Short Story Group - 2nd and 4th Thu., 1-2 PM

Current Events Group - Thu. at 10:00-11:30 AM

Senior Notes Singing Group - 1st/3rd Thu., 12:45 PM



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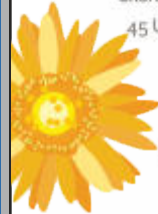
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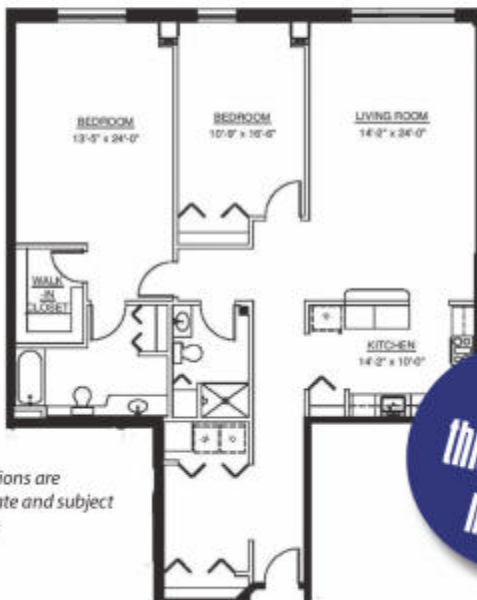
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Sudbury Senior Trips and Presentations

2019 Trips and Tours Presentation

Tuesday, September 11, 1:00 PM

Learn about upcoming 2019 tours from Collette's Tours' Vinny Brown at this entertaining presentation.

BayPath Lunch will be served at 12 noon. If you'd like to come early for lunch, please call by Thu., Sep. 6!

Iceland Presentation

Tuesday, September 11, 2:00 PM

Following the 2019 Tours Presentation, Iceland participants will learn details on the upcoming Trip to Iceland!

Upcoming Day Trips:

Granite State Chocolate & Wine Tour - \$79

Wed., Sep. 26, check payable to Fox Tours.

Norman Rockwell Museum/Red Lion Inn Day Trip - \$90

Wed., Oct. 3 – checks payable to Fox Tours.

Rod Stewart, The Ultimate Tribute Day Trip - \$93

Thu., Nov. 15 - checks to Best of Times by 10/15/18.

Holiday Reagle Players and Luncheon Day Trip - \$90

Sat., Dec. 8 - checks payable to Royal Tours by 11/1/18.

And, please don't wait until the last minute to sign up, trips may be cancelled if there is not early interest!

Foxwoods Trip

Mon., Nov. 5, before 7:00 AM - \$26

Join Deanna Sklenak and Ron Ragno for a great trip!

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

Heat Safety

Unfortunately, the heat of summer often lingers into fall. Play it safe - use your air conditioner, drink fluids, wear light colored, lightweight clothing, stay out of direct sun when it's really hot, use A/C, and/or take a break at the Senior Center or the library to cool off! Just a short time in a cooler environment can really make a difference. For more info on heat safety and symptoms go to : <https://www.nia.nih.gov/health/hot-weather-safety-older-adults>



Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

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



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