

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

Holiday Luncheon!

**With Entertainment by
John Fitzsimmons!**

Tuesday, December 18
12 PM, \$5

Please sign up by Tuesday,
December 11, via phone at
978-443-3055 or via email at
senior@sudbury.ma.us.
Sponsored by the Friends of
Sudbury Seniors. Please pay
\$5 at the door.

Looking Ahead to January!

Creative Writing Class - p. 3.

Caregiver Support Group -
Monday, Jan. 14, 1:00 PM

Soup's On! - Thu., Jan. 10

New Fitness Class Sessions -
P. 7.

**Thank you to the
Men's Breakfast Team!**

The Men's Breakfast team
offered another delicious
breakfast of pancakes and
sausage, fruit, juice and
coffee on Friday, Nov. 29.
Many thanks to them and to
our guest Bill Barletta!



Wishing you a wonderful holiday season!

Signing In: Just a reminder to sign in for every activity you participate in at the Senior Center. You can do it just once when you first come in for the day. Also, almost everyone should be checking "socialize/coffee/read" each time you visit.

Lunch and Learn: Put Food First! Tues., Dec. 4, 12:00 PM, p. 4.

Make a Boxwood Arrangement, Wed., Dec. 5, 9 AM, p. 4.

Soup's On! REAL ID - Mass. RMV - Thu., Dec. 6, p. 3.

Low Vision Support Group - Mon., Dec. 10 12:00 PM, p. 4.

LGBTQ and A - Tuesday, December 11, 2:00 PM, p. 8.

Sing A Long with Senior Notes - Wed., Dec. 12, 12:30 PM, p.

Sudbury Dementia Family Network - Mon., Dec. 17, 1:00 PM, p. 8.

Teen Tech Help - Wednesdays, Dec. 12 - by appointment, p. 5.

Families Helping Families - Thu., Dec. 27, 12:00 - 2:00 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

Reserve your ride at least 2 business days in advance at 508-820-4650.

Mondays - Dec. 3 - Market Basket Plaza - Hudson;

Dec. 10 - Wegman's - Northborough



Thank Yous are in Order!

Many thanks to Sudbury Farms, Shaw's of Sudbury, and Stop and Shop of Hudson for their generous donations of baked goods, and to our amazing volunteers who pick up the baked goods and deliver them to the Senior Center!

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.



There are many other activities and groups, come on in!



Respect for All Participants

A Message from Senior Center Director, Debra Galloway

Special Town Meeting is Tuesday, December 11

We hope to have transportation to the Lincoln-Sudbury High School available. Meeting starts at 7:30 PM. 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.

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. (Drinks are allowed in the Pines room, if the class involves sitting at tables.)

Donations - Any time you are considering donating books, medical equipment, or something else such as food, to the Senior Center, please ask us first whether we need it and have space for it.

Cell Phone Use - Please take your cell phone outside of the Senior Center when you are on a call.

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 open. Look for Information 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.



Thank you to our Veterans and to sponsors of the Veterans Appreciation Luncheon!

Veterans enjoyed a delicious chicken pot pie luncheon and stories from Cap. Mark Goudzwaard, U.S. Army, on Nov. 9 at the Fairbank Gym.

Many thanks to the Lt. Scott Milley Fund, the Wayside Inn, the many Sudbury volunteers and Senior Center staff who worked together to celebrate and thank our veterans and service members!



COUNCIL ON AGING

CHAIRPERSON:

John Beeler

BOARD OF DIRECTORS:

Carmine Gentile
Jeffrey Levine
Robert May
John "Jack" Ryan
Connie Steward
Dr. Patricia Tabloski
Amy Unckless

SENIOR CENTER STAFF

DIRECTOR

Debra Galloway

ADMINISTRATIVE COORDINATOR

Chery Finley

INTERGENERATIONAL COORDINATOR

Judy Battat

MEALSITE MANAGER

Debbie Peters

OUTREACH INFORMATION SPECIALIST

Ana Cristina Oliveira

PROGRAM COORDINATOR

Sharon Wilkes

RECEPTIONIST

Jean Taylor

S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald
Margaret Leidler

SUDBURY BOARD OF HEALTH NURSE

Phyllis Schilp 978-440-5477

TAX WORK-OFF COORDINATOR

Josephine King

TOWN SOCIAL WORKER

Bethany Hadvab 978-440-5476

TRIP COORDINATORS

Joe Bausk
Joanne Bennett

VAN DRIVERS

Linda Curran
Amy Snow
Steve Garanin
Ed Royce-Tolland
Ron DeMarco

VOLUNTEER PROGRAM COORDINATOR

Janet Lipkin

FRIENDS OF SUDBURY SENIORS

OFFICERS:

President Robert Diefenbacher
Vice President Jean Semple
Secretary Carolyn Markuson
Treasurer Joseph Bausk

DIRECTORS:

Jacqui Bausk
Judy Honens
Judy Merra
Ellen Morgan
Dottie Sears

Soup's On!**What is REAL ID and What do you need to do?**

Thursday, December 6
 12:00 Soup/Salad
 12:45 Presentation



Michelle Ellicks, Community Outreach Coordinator at the Mass. Registry of Motor Vehicles will offer a free workshop on license renewal and REAL ID as part of our Soup's On event.

Topics include:

- What is the difference between "Standard ID" and "Real ID" driver's licenses and ID cards;
- How to renew a Massachusetts Driver's License or Massachusetts Identification (ID) Card;
- What are the new federal and state requirements for renewing a Driver's License or ID card

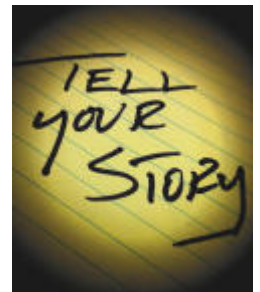
Please sign up for soup by Tuesday, December 4 at 12 noon. Contact the Senior Center at 978-443-3055 or at senior@sudbury.ma.us.

Creative Writing: Getting Your Stories on to the Page

Tuesdays, January 15, 22, 29, February 5
 10:00 AM-12:00 PM
 \$25



Week #1: Mining Your Life for Stories
 Week #2: Unleashing Your Writer's Voice
 Week #3: Finding Your Story's Universal Message
 Week #4: Polishing Your Story



If you've always wanted to write or return to writing, please join a small group of writers for a fun, supportive four-week creative writing adventure! Each week, you'll read a personal essay or short piece of fiction, write to 3 or 4 prompts, share your writing if you choose, and receive gentle feedback on the spot. Also provided will be a resource guide with recommended books, web sites and places that publish personal essays or fiction.

Instructor Giulietta Nardone's stories have been published in books, magazines, newspapers, and on radio. She's been leading writing and painting programs in-person and on-line for over ten years and enjoys connecting writers with the accumulated wisdom of their own lives. To learn more, visit her site: www.giuliettathemuse.com.

Please register and pay for this class by Tuesday, January 8 (either in person, or via mail). Make checks payable to "Town of Sudbury". Please direct any questions to Program Coordinator Sharon Wilkes, at wilkess@sudbury.ma.us or 978-443-3055.

**Families Helping Families
 Intergenerational Event**

Thursday, December 27
 12:00-2:00 PM

Open House event—Bring your grandkids or your younger neighbors! Join us for cookies and other goodies, coffee, tea, and cocoa. Those who would like to can contribute to a group donation to the Heifer International organization. Last year, we also donated toward Heifer International to fund two flocks of chickens and two beehives for families in Africa!

Continuing...***The Fall and Rise of China***

DVD Series

Wednesdays, December 5, 12, 9:30 AM

Planet Earth II

Monday at 11:00 AM

December 3

A Matter of Balance Workshop

Mondays, 9:00-11:00 AM

December 3, 10, 17

Low Vision Support Group With Lunch

Monday, December 10, 12:00 PM



Are you struggling with diminished vision? Kyle Robidoux, of Mass. Association for the Blind, will be here to share information and resources for those who are blind or visually impaired. Join others who are in a similar situation for a delicious lunch, the talk and time to chat. Lunch menu to be available soon. Please **sign up by Thu., Dec. 6** by calling Ana Cristina Oliveira, at 978-443-3055.

Sudbury Garden Club Make a Boxwood Arrangement to Give and Take

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 **Friday, Nov. 30, if possible.**

Note: If you are planning to make the larger boxwood, please make your \$15 check out to "Sudbury Garden Club".



Sudbury Shuttle on Route 20!

Our pilot, grant funded van shuttle runs Tuesdays and Thursdays 8:35 AM-3:30 PM along Route 20 from Stephen Anthony's restaurant to a stop at the Wayland Stop and Shop and then back again. This pilot project is funded in part by Older American's Act funds, awarded as a grant by BayPath Elder Services of Marlborough; targeted to serve people 60 and over, as well as younger persons with a disability. Confidential, voluntary suggested donation per ride is \$1 one way, though donations will not influence your ability to get a ride. Questions, please contact Ana Cristina Oliveira, Outreach, at oliveiraa@sudbury.ma.us or 978-443-3055. Schedule a ride on a regular van service and then hop on the shuttle!

Lunch and Learn Fighting 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 lunch menu to be available soon.



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 |

Comfort Food Caring Café

Monday, January 28
12:00-2:00 PM



The Comfort Food Caring Café returns in January! Continuing gratitude to our sponsors: Pleasantries Adult Day, Right at Home - Home Care, Orchard Hill Assisted Living of Sudbury and Sudbury Farms. Questions, please contact Ana Cristina Oliveira, Outreach and Information Specialist at oliveiraa@sudbury.ma.us or at 978-639-3268.

You May Be Spending Too Much on Prescriptions!

Tuesday, December 11
10:00-11:15 AM

Learn more about prescription drug costs from Sudbury resident Don Sherman, who has extensively researched drug costs and various options. He has graciously offered to share his research, compiled into a powerpoint presentation. Please make sure to contact us to let us know that you are coming, so that we can be prepared for the audience. Email at senior@sudbury.ma.us or call 978-443-3055.

**SHINE/MEDICARE HELP
OPEN ENROLLMENT/NEW PLANS
FOR 2019 through Dec. 7**

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., Dec. 12, 2:00-4:00 PM

Lincoln-Sudbury High School students are available to help with tech questions for your iphone, ipad, or other device at the Senior Center. Call to schedule your appointment!

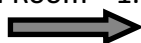
Chinese Happy Seniors Club-Tues., 9-11:30 AM

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 - 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

**Pizza and a Movie**

Thursday, December 13

12:00 Pizza
12:30 Movie

Calendar Girls

2003, Rated PG – 1 hour, 48 Minutes

The members of the Knapely Women's Institute of North Yorkshire are resourceful and refined - and they're about to shock the residents of their little English town with a daringly bare philanthropy project.

Starring Helen Mirren, Julie Walters

Please sign up for Pizza by 10:00 AM on Dec. 13, by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us. **\$1.50 per slice**

Friday at the Movies

Fridays, December 7, 28
12:30 PM

**Friday, Dec. 7 *Message in a Bottle***

1999 - Rated PG-13 – 2 hours

Newspaper researcher Theresa finds a letter in a bottle penned by grieving shipbuilder Garret (Kevin Cosner), who writes to ease the pain of his wife's death.

Friday, Dec. 28 *The Christmas Cottage*

Rated PG – 1 hour 43 mins

When his mother is in danger of losing her home, young Thomas Kinkade learns lessons about love and friendship as artist Glen Wessler leads the community to help save the house.

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, 9:00-11:30 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.

DECEMBER 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| Market Basket Plaza 3 | 4 | 5 | 6 | 7 |
| 9:00-11:00 A Matter of Balance (6) 11:00 Planet Earth II (6) 11:00 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (3) | 8:45-10:45 BP Clinic 9:40/11:00 Yoga* (3) 9:00 English Learner Class R1 9:00 Happy Seniors Club VH 12:00 Lunch and Learn: Put Food First: Chronic Inflammation 1-4 SHINE 1:30 Tai Chi 4 Healthy Living (5) | 9:30 Fall and Rise of China (11) 9:30-11:30 Boxwood Workshop w/ Sudbury Garden Club 11:00 Fit for the Future 1-3:30 Bridge Group (SP) Quilting (9) (VH) | 9-12 SHINE/Medicare 9/9:30 Tap Dance (4) 10:00 Current Events 12:00 Soup's On: Real ID with MA RMV Michelle Ellicks (SP) 12:45 Senior Notes Singing Grp 1:00 Brains and Balance *(2) 2:15 Intro to T'ai Chi (4) 2:30 Connection Circle (VH) 3:45 LINC Intergenerational at Noyes School (1) | 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (4) 12:30 Friday at the Movies: |
| Wegman's Northboro 10 | Special Town Meeting 7:30p 11 | 12 | 13 | 14 |
| 9:00-11:00 A Matter of Balance (7) 10:00 Stamp Club 11:00 Fit for the Future 12:00 Low Vision Group: Lunch and Speaker 1:00 Better Bones (2) 2:15 Tai Chi (4) | 8:45-10:45 BP Clinic 9:00 English Learner Class R1 9:00 Happy Seniors Club (VH) 9:40/11 Yoga* (4) 10:00 Prescription Costs! 1-3 Legal Clinic (R1) 1:30 Tai Chi 4 Healthy Living (6) 2:00 Grandparent LGBTQ and A (SP) | 9:30 Fall and Rise of China (12, last) 9:30 Vet Talk and Coffee 11:00 Fit for the Future 1-3:30 Bridge Group No Book Group 12:30 Sing a Long (SP) 1:00 Quilting (10) (VH) 2:15 Teen Tech | 9-12 SHINE/Medicare 9:00/9:30 Tap Dance (5) 10:00 Current Events (SP) 12:00 Pizza and a Movie: Calendar Girls 1:00 Short Story Group (VH) 1:00 Brains and Balance!* (3) 2:15 Intro to T'ai Chi (5) 2:30 Connection Circle No LINC today | 9:30-11:30 Bingo (SP) 9:30-11:00 Hearing Clinic 11:00 Fit for the Future 11:30/1:45 Watercolors (5) |
| 17 | 18 | 19 | 20 | 21 |
| 9:00-11:00 A Matter of Balance (8) 11:00 Fit for the Future 1:00 Better Bones (3) 2:15 Tai Chi (5) 1-2:30 Sudbury Dementia Family Network | 8:45-10:45 BP Clinic 9:00 Happy Seniors Club 9:00 English Learner Class 9:40/11 Yoga* (5) (SP) 12:00 Holiday Luncheon 1:30 Tai Chi for Healthy Living (7) (G) | 11:00 Fit for the Future No Bridge Group No Quilting today Senior Closes at 1:00 PM for Staff Holiday Celebration | 9-12 SHINE/Medicare 9/9:30 Tap Dance (1) 10:00 Current Events (SP) 12:45 Senior Notes Singing Grp 1:00 Brains and Balance!* (4) 2:15 Intro to T'ai Chi (6) 2:30 Connection Circle 3:45 LINC at Noyes School (2) | 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 - Watercolors (6) (VH) |
| 24 | 25 | 26 | 27 | 28 |
| 10:00 Fit for the Future No Better Bones No Tai Chi Senior Center Closing at 12:00 PM today | Christmas Holiday  Sudbury Senior Center Closed | 11 Fit for the Future 1-3:30 Bridge Group (SP) No Quilting today | No SHINE/Medicare No Tap Dance today 10:00 Current Events (SP) 12:00-2:00 Families Helping Families-Intergenerational Cookies and Cocoa 1:00 Short Story Group (VH) No Brains and Balance No Intro to T'ai Chi No Connection Circle today No LINC | 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 - Watercolors (7) 12:30 Movie: The Christmas Cottage |
| 31 | | | | |
| 11:00 Fit for the Future 1:00 Canasta No Better Bones today 2:15 Traditional T'ai Chi | *Yoga and "Brains and Balance" Dates adjusted due to missed classes on Nov. 6 (Yoga), Oct. 25 (B & B). | | VH—Van Houten room; SP—Sudbury Pines rm; R1-Room 1 (near stage) R2-Room 2 (billiards) | R3-Room 3 (Game rm.) G-Gym SHINE—Medicare Counseling |

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

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

**HELP PROTECT
 YOUR FAMILY & HOME**
 CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



Fitness Classes are Where It's At!



Intro to Traditional T'ai Chi

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

Nov. 8-Jan. 10; Jan. 17-Feb. 7

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 as well as basic concepts and deeper philosophies.

Traditional T'ai Chi

8 Mondays, 2:15-3:15 PM, **\$45**

Nov. 19-Jan. 14

No class 12/24, 1/21

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

Jan. 15-Feb. 5

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 the fun of balance and brain 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

Jan. 22-Mar. 5

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.

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 relaxed environment.



Sudbury Trips

Please sign up as soon as possible!

Beantown and Beaches - Repositioning Cruise

From **\$1,349 double occ.**

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.

British Landscapes - May 23-June 1, 2019

From **\$3,699 double occ.**

London, York, Edinburgh Castle, choices of: Lake Dist., Castle stay, No. Wales, Stratford-upon-



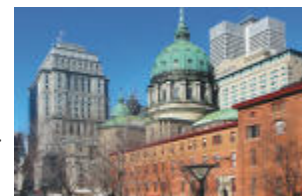
Avon, Stonehenge, Cotswolds. Payable to Collette Tours.

Best of Eastern Canada - June 18-25, 2019

From **\$3,009 double occ.**

(book early)

Montreal, Choices of Quebec City, Ottawa, 1000 Islands, Toronto, Niagara Falls, Niagara-on-the-Lake. Payable to Collette Tours.



See Trip Flyers at Senior Center for details!

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

FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED.

SUDBURY PINES EXTENDED CARE FACILITY

Short Term Rehabilitation • Long Term Care
Secure Behavioral Care Unit • Hospice Care
Short Term Respite Care

Family owned and operated since 1970

Come by and visit today

642 Boston Post Road • Sudbury, MA 01776

Phone# 978-443-9000 • www.sudburypines.com

admissions@sudburypines.com



DENTISTRY FOR ALL AGES

Emergencies Seen Promptly

Offering Dentures, Implants
Crowns & More!

www.SudburyFamilyDentalCare.com | 978-443-5194

370 Boston Post Rd., Sudbury



~ From our Outreach/Information Specialist ~

**Please join us for our LGBTQ & A
Tuesday, December 11 at 2:00 PM**

- Did a loved one “come out” to your family at Thanksgiving?
- Is one of your grandchildren asking you to use They/Them pronouns?
- What does “nonbinary” mean? In fact, what DO all those letters mean?

Please join us in a safe and welcoming space for an open, relaxed conversation about how to support our LGBTQ + loved ones, use affirming language, find resources, and become an awesome Ally!

Facilitators: Ana Cristina Oliveira, Outreach/Information Specialist and Julie Nowak, LGBTQ Initiative Coordinator for BayPath Elder Services.

~ From our Volunteer
Program Coordinator ~

With the weather turning colder, a wonderful way to warm your heart is by doing service for others. It truly is a “win-win.” The person you are helping is deeply appreciative, and you get the satisfaction of knowing you are making a difference in the life of someone. There is a tremendous variety of volunteer opportunities available ...something to match most interests and to fit into your schedule....please call Janet Lipkin (978-639-3223) to learn more about them.

**People often ask: What are the immediate needs?
Here they are:**

Fix-It Home Repair Volunteers: Help with minor home maintenance issues such as changing light bulbs and putting new batteries in smoke detectors.

Volunteer transportation for medical appointments (F.I.S.H.). There is no minimum time commitment- you can give a ride once a week, once a month or just a few times a year. You pick the rides you want.

Grocery Shopper Volunteer: Make weekly visits to the supermarket for your client and assist with putting away groceries.

Meals on Wheels (back-up) drivers: Hot lunches delivered by volunteers to older residents who are unable to leave home. (11AM-12:30PM)

Meals on Wheels Kitchen Helper (back-up): Help to package food (at 40 Fairbank Rd) for the Meals-on-Wheels clients. 9-11:00 AM.

Become a valued volunteer! It is a terrific way to meet others and to give back to our community. For more information or to apply to become a volunteer, please call Janet Lipkin at 978-639-3223 or email LipkinJ@sudbury.ma.us.

**Sudbury Commission on Disability
Seeks Members!**

Join the Sudbury Commission on Disability, advocate and plan for your needs or the needs of your family and friends. Call 978-639-3381 or see the webpage at <https://sudbury.ma.us/disability/> for info.

**Sudbury Dementia Family Connection
3rd, Monday, December 17th, 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. 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.



New Start Date!

Book Buddies and LINC - Bringing the Generations Together!

6 Thursdays, 3:45-5:15 PM, Dec. 6, 20, Jan. 3, 10, 17, 24



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 at wilkess@sudbury.ma.us or 978-443-3055 or Judy Battat, Intergenerational Coordinator at battatj@sudbury.ma.us.

Legal Clinic

Tuesday, December 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, December 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.

Stamp Club - 2nd Monday, Dec. 10, 10:00 AM

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.

Delightful Drawing - Expressive Landscapes

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

5 Tuesdays, January 15, 22, 29, Feb. 5, 12

Observing the physical world around us, not with a jaundiced eye, but with a "new" eye - seeing color, seeing shapes, seeing what is around us "differently" - that is what this class can be about. Combining perspective, composition, light source and color theory in a classical manner or as a Fauvist, an Impressionist, a German Expressionist or as anything you want to explore. You are welcome to dabble with choice of medium and expression to your hearts content. If you don't like what you are doing and want to rip it up and start over, go for it. If you want to "play" with composition and elements of design and try something totally out of character for you, feel free - this is a judge free class!! If you choose to come to class to learn the basics of how to draw a landscape, we can do that too. We work in a very relaxed atmosphere, so if you love to produce art, please come! Veteran artists as well as newly minted artists are always welcome. Medium is always your choice. Register by Wed., Jan. 8.

Wonderful Watercolors!

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

November 9 - January 4, January 11-March 1

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. Please register by January 2 for new session.

**Sing a Long with the Senior Notes!**

Wednesday, December 12

12:30 PM

Get into the holiday spirit with an old fashioned sing a long! Singing lifts the spirits! Our very own Senior Notes acapella group will lead us in some upbeat holiday songs. Enjoy coffee, tea and goodies!

Fit for the Future Schedule Change

Fit for the Future will meet from **10:00 -11:00 AM** on Monday, Dec. 24.

**Introducing the Care Dimensions Hospice House**

Combining the comfort of home
with the benefits of round-the-clock medical care

When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours - ask for Care Dimensions by name.

**Watch our video tour at CareDimensions.org
or call 781-373-6616 to learn more
about the new Care Dimensions Hospice House.**

**NOW OPEN!**

Discover why Bridges® by EPOCH at Sudbury is the only community your loved one will need - and the only one you'll want - through all stages of memory loss.

Bridges
BY EPOCH

MEMORY CARE ASSISTED LIVING
AT SUDBURY

Remarkable people. Exceptional care.

Schedule a private tour today!
978.451.7779

1 Farmstead Lane | Sudbury
(GPS: 528 Boston Post Road)
www.BridgesbyEPOCH.com

Mass Relay 711

MARY ANN MORSE
HEALTHCARE CENTER

Short-Term Rehabilitation, Memory & Long-Term Care
45 Union Street • Natick, MA • 508-433-4400
www.maryannmorse.org

HERITAGE
AT FRAMINGHAM

Independent Living, Assisted Living, Memory Care & Mental Health
747 Water Street • Framingham, MA • 508-665-5300
www.heritageassistedliving.org



*Our Care Provides You with the
Peace of Mind You Deserve*

Providing compassionate nursing care and
companionship in homes, hospitals, nursing homes
and retirement facilities.

Call us at: 978-369-0463

www.bullocksnursingservice.com

747 Main Street, Suite 316, Concord, MA



Sudbury's Affordable
Assisted Living
Community

www.orchard-hill.com

978-443-0080

Schedule a tour or simply drop in any time.
978-443-2722

—Family-Owned and Operated for Three Decades—
136 Post Road, Sudbury, MA 01776 | WingateHealthcare.com



GIVING BACK TO THE SENIOR COMMUNITY



Thank you, MP

Free Services to Help Seniors Prepare Their Homes for the Market, Sell and Transition to the Next Stage of Life

As real estate, legal and moving professionals dedicated to helping people transition from one home to another, we understand how stressful and overwhelming this process can be. We want to make it easier. Through the Maria Project, we are giving selected seniors and people with disabilities a package of free services that will include everything needed for a smoother transition.

The package includes:

- Organizing personal possessions
- 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.*

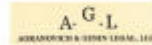
We will be there at every step of the process.

To apply or nominate someone,
visit mariaproject.org

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, Agnewitz & Goren Legal, LLC and Gentle Giant.



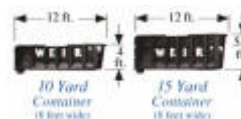
Steve Weir

Owner & Lifelong Sudbury Resident



DUMPSTERS

978-443-7632



Cleanouts • Construction Debris
Yard & Brush Debris • Scrap Metal
Reasonable Rates • Labor Available

**FREE DROP & PICK UP
SENIOR DISCOUNT**

Personal Care Assistance
in the Comfort of your own Home!

Keystone

HOMECARE &
PRIVATE DUTY NURSES



978-897-9000

www.KeystoneHomeCare.com



SENIOR TRANSITION SPECIALIST



- Downsizing Consulting
- Possession Management

- Professional Staging
- Clean Out Services

Louis Stephan, Broker Owner, 48+ yr. Resident

978-857-9147

**BERKSHIRE
HATHAWAY**
HomeServices

Stephan Real Estate



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Sudbury Council on Aging, Sudbury, MA 06-5177

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

U.S. POSTAGE
PAID
Sudbury, MA
PERMIT NO. 141
PRESORT STANDARD

The Senior Scene



Return Service Requested

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

Respect for All!

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

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



New Horizons *This is Home!*

The Meadows at New Horizons in Marlborough offers full service retirement for seniors. It's time to make your move and enjoy new friendships, an easy life style and a busy social calendar.

- Pets welcome
- Religious services
- Breathtaking views
- Five-year rate guarantee
- Computer learning center
- Delicious home cooked meals
- Fitness center & swimming pool
- Spacious one and two-bedroom apartment homes
- Walking trails on the abutting 100-acre conservation woodlands

*All of
this & much
more!*



Call 508-460-5200 or visit New Horizons any day at 400 Hemenway Street, Marlborough



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com Sudbury Council on Aging, Sudbury, MA 06-5177