

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

Sip and Reflect!

Thu., January 31
11:30-1:30



Reflecting on 2018, join us for a discussion about Senior Center programs, services, and events of the past year and looking to the future. We will be considering what went well, what needs improvement, what's missing and new ideas. Discussion will take place from 11:30-12:30, soup will be served 12:30-1:30.

Please sign up so that we can plan ahead! Contact us at 978-443-3055 or senior@sudbury.ma.us.



SHINE - Medicare Help

Need help with Medicare plans, or new to Medicare? Please contact Ana Cristina Oliveira at 978-443-3055 or oliveiraa@sudbury.ma.us.



Respect for All Participants



Welcome to 2019! Happy New Year!

Severe Weather and Emergency Planning - p. 2

Out of Town Newsletter Mailing Renewal - p. 2

Creative Writing - Tues., Jan. 15, 22, 29, Feb. 5, 10:00-12:00, p. 3.

Soup's On! - Thu., Jan. 8, p. 3.

The Fall and Rise of China - Pt. 2 - p. 3

Great Decisions Discussion Group - p. 2

Calming Coloring - Materials provided! - Wed., 12:00 PM; p. 3.

Making Valentine Bouquets with Sudbury Garden Club - p. 4.

Hearing Clinic - Fri., Jan. 11, 9:30-11, p. 3.

Informal Russian Speaking Conversation Circle - p. 4.

Pizza and a Movie: - Thursday, Jan. 24, 12:00 Pizza; 12:30 Movie, p. 5.

Sudbury Dementia Family Network - Mon., Jan. 14, 1-2:30 PM, p. 8.

Low Vision Group - Monday, Jan. 7, p. 4.

Teen Tech Help - Wednesday, Jan. 9 - by appointment, p. 5.

Fuel Assistance Information, p. 8.

Outreach and Information Specialist Report, p. 8.

Volunteer Program Coordinator Report, p. 8.

Intergenerational Programs - LINC and Book Buddies, p. 9

Sudbury Connection and Sudbury Shuttle - p. 9.

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

Signing In: Just a reminder to sign in for every activity you participate in at the Senior Center. Also, almost everyone should be checking "socialize/coffee/read" each time you visit. Thanks so much!

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.





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. 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.



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 and 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 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 (carpeted 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.

Newsletter Mailing List Renewal

If you live out-of-town, and are currently on or would like to be on our paper mailing list, please send a check for \$7.00 along with your name and address to the Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776, or add yourself to our online email list at the town's website www.sudbury.ma.us. From the homepage, click on "Email Lists" at the top of the page, enter your name and email address, and click on "Senior Center-General Information" to request our emails.



Trouble Hearing a Speaker, or a Movie?



The Senior Center has assistive listening headphones available for those who would like to have amplification for any programs in the Sudbury Pines room. Please feel free to use them, or ask for assistance! We also turn on the closed captioning for any movies that we show. Please ask!

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

SUPPORT GROUP FACILITATOR

Anne Manning

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

Jacqui Bausk

Judy Honens

Judy Merra

Ellen Morgan

Dottie Sears

Creative Writing: Getting Your Stories on to the Page

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

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.

*Thank you to our anonymous sponsor, who is helping to reduce the cost of the series for participants!

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

Soup's On!

Taking the Mystery Out of Hospice and Palliative Care

Thursday, January 10
12:00 Soup and Salad
12:45 Talk and Discussion



Hospice and palliative care can bring additional insurance covered benefits to you or your loved one when there is serious illness. Nicole Fox of Care Dimensions will be here to discuss the common myths and misconceptions of hospice care along with an overview of the benefits of hospice services and how to access this help.

Please contact the Senior Center via phone at 978-443-3055 or email at senior@sudbury.ma.us to register for this program by Tuesday, January 6, at 4:00 PM.

Great Decisions Discussion Group

Wednesdays, 9:30 AM - June 5-Sep. 4

This 8-session foreign policy program is designed to encourage thoughtful discussion relating to current global challenges. Created by the Foreign Policy Institute, the program model involves reading the Great Decisions Briefing Book (\$24-\$35.50), watching the DVD and meeting in a Discussion Group to discuss the most critical global issues facing America today.

If you are interested in joining this discussion group, please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us. Fee for the briefing book is based on enrollment. Max. enrollment is 18.

The Fall and Rise of China - Part 2

March 13 - May 29
Wednesdays 9:30 - 11:15 AM

The Great Courses DVD series continues thanks to coordinators Bill Allard, Jane Graham and Ruth Griesel, and to all of the amazing volunteer Facilitators!

Please sign up in advance by contacting the Senior Center at 978-443-3055, or senior@sudbury.ma.us.

Sip and Reflect!

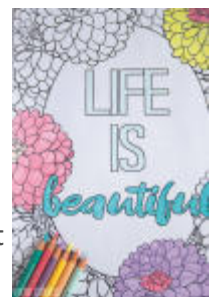
Thu., January 31, 11:30-1:30

Join us for soup and a chance to reflect on 2018 programs and events, and brainstorm about new ideas! Sign up in advance at senior@sudbury.ma.us or 978-443-3055.

Calming Coloring for Free Spirits!

Wednesdays at 12:00 PM

Join us for a half hour, an hour, or a few minutes of coloring with pencils. Do you love to color for fun or just enjoy a group setting to socialize and color with? Join us for this relaxing and therapeutic activity! We will provide colored pencils and coloring pages for all levels. You are welcome to bring your own materials also. Location for this group may vary between the Van Houten room, the Lounge and Room 1. Call Sharon at 978-443-3055 for information or to get on our list for schedule changes.



Sudbury Garden Club
**Make a Valentine Bouquet
 to Give and Take**

Wednesday, February 6
 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 Monday, Feb. 4.**

Hearing Clinic

Friday, January 11, 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.

Tax Season is nearly upon us!

Tax Return Help Schedule

February 21, 26, 28
 March 12, 14, 19, 21, 26, 28
 April 2, 4



As of Friday, February 1st -

Appointments can be scheduled at 9:00 AM, 10:30 AM, 1:00 PM, and 2:30 PM

Emil Ragones and Fred Taylor, our AARP trained and certified Tax Return Volunteers return this year, along with a new volunteer. Our AARP trained Tax assistants will provide free tax return preparation for low to moderate income taxpayers (generally with incomes below \$86,000/year).

For people who **don't** have brokerage accounts, help starts **Tuesday, Feb. 21**. For those with brokerage accounts, (including people with stocks) appointments will begin **Tuesday, March 12** because account paperwork is not mailed until after February 15.

Be sure to bring the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*.

Beginning February 1st, you may make an appointment by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Plan to arrive 15 minutes before your scheduled appointment time, for preregistration paperwork.



Comfort Food Caring Café

Monday, January 28
 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.



New!

**Informal Russian-Speaking
 Conversation Circle**

Tuesdays, January 8, 22, 11:30 AM

Russian speakers, whether native or non-native speakers, join us to speak Russian, get to know your neighbors, have a coffee or tea, plan an activity! Location will be in the Sudbury Pines room when available, but may move depending on availability. This is a new group, please drop in and/or call to put you name on our interest list at 978-443-3055.

Low Vision Group

Monday, January 7, 1:00-2:30 PM



Are you struggling with diminished vision? Loss of vision can be challenging, physically & emotionally. Join us for an informative and supportive meeting. Please sign up by calling Ana Cristina Oliveira, at 978-443-3055.

2019 Chinese New Year – Year of the Pig Celebration

Friday, February 8, 6:00-8:00 PM

Join us at the 2nd annual Chinese New Year Celebration! There will be performances by Chinese Youth, authentic Chinese Foods, and opportunities to learn and experience the culture and find out what the year of the Pig symbolizes. Last year's celebration was enthusiastically enjoyed by young and senior alike, families and friends, long time Sudbury residents, and those who just moved here. This celebration is supported by Older American's Act funds, through Title III, awarded as a grant by BayPath Elder Services. As an Older American's Act funded program, there is an opportunity for participants to make a voluntary, confidential suggested donation of \$5.00 toward the cost of the program. Please reserve your seat by calling the Senior Center at 978-443-3055 **by Fri., Feb. 1**. Space is limited.



Pizza and a Movie

Thursday, January 24, 2019

The Mouse That Roared

1959 NR 1h 23mins

In this adaptation of Leonard Wibberley's satirical novel, the world's smallest country, the Duchy of Grand Fenwick, stays afloat by exporting wine to America. But when California bottles a cheaper version, bankruptcy looms for the tiny Duchy. So, they take matters into their own hands by waging war against America. In a comic tour de force, Peter Sellers plays three separate roles. Jean Seberg co-stars and Jack Arnold directs.

Join us for a classic!

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. Pizza is \$1.50/slice.

12:00 Pizza
12:30 Movie

Earn a Property Tax Abatement!

There are opportunities to work for the town and "earn" a property tax abatement. The Transfer station, in particular, needs Put and Take monitors next spring. Other Town departments that participate include the Goodnow Library, many of the schools, the Town Clerk, the IT department, the Senior Center and more. Be social, use your skills and help the town! Please note: a slot is not guaranteed and the abatement is considered income for Federal tax purposes (but not State). Call for an application or leave a message for Coordinator Josephine King at (978) 443-3055.

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 - 12:30 PM



Friday, January 11, 2019

The Sand Pebbles

1966 PG-13 3 hours

An antagonistic loner, naval engineer Jake finds himself mired in conflict when he's assigned to an American gunboat in the Yangtze River during the 1920s Chinese revolution. Yet the tense political situation creates more questions than answers.

Friday, January 25, 2019

Tea with the Dames

2018 NR 1 hour 21 minutes

Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins all Dames of the British Empire, gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers.

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

Bridge Group

Most Wednesdays, 1:00-3:00 PM



We have an ongoing Bridge Group of intermediate players that meet on most Wednesday afternoons. To add your name to the contact list, please contact Barbara Clifton, Bridge Player and our volunteer Bridge Coordinator (thank you Barbara!) at 978-443-7898. New members with some knowledge of Bridge are always welcome. Free!

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.

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	New Year's Day Holiday  Senior Center Closed	11:00 Fit for the Future 12:00 Calming Coloring 1:00-3:30 Bridge Group No Quilting today	9:00 Beginner Tap Dance (7) 9:30 Tap Dance! (1) 10:00-11:15 Current Events (SP) 12:45 Senior Notes (R1 or VH) 2:30 Intro to T'ai Chi (7) 2:30 Connection Circle (VH) 3:45 LINC Intergenerational at Noyes School (3)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 and 1:45 - Watercolors (8, last)
7	8	9	10	11
11:00 Fit for the Future 1-3:30 Canasta 1:00 Low Vision Support Group 1:00 Better Bones (4) 2:15 Tai Chi (7)	8:45-10:45 BP Clinic 9:00 Chinese Happy Seniors 9:00 English Learners 9:40/11 Yoga (6) (G) 11:30 Russian Conversation Circle—New! 1-3 Legal Clinic (R1) 1:30 Tai Chi Healthy Living (8) 3:00 Council on Aging	9:30 The Science of Integrative Medicine (1) 9:30 Veterans Talk/Coffee 11:00 Fit for the Future 12:00 Calming Coloring 1-3:30 Bridge Group (VH) 1-2 Turn the Page (SP) No Quilting today 2:00 Teen Tech Help	9:00 Beginner Tap Dance (7) 9:30 Tap Dance! (8) 10-11:15 Current Events 12:00 Soup's On! 12:45 Taking the Mystery Out 1-2 Short Story Group (VH) 2:30 Intro to T'ai Chi (8, last) 2:30 Connection Circle 3:45 LINC Intergenerational (4)	9:30-11:30 Bingo (SP) 9:30-11:00 Hearing Clinic 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (1) 12:30 Friday Movie: The Sand Pebbles
14	15	16	17	18
10:00 Stamp Club (VH) 11:00 Fit for the Future 1-3:30 Canasta 1:00 Sudbury Dementia Family Connection 1:00 Better Bones (5) 2:15 Tai Chi (8, last)	8:45-10:45 BP Clinic 9:00 Chinese Happy Seniors 9:00 English Learners 10-12 Creative Writing (1) 9:40/11:00 Yoga (7) (G) 12:30-2:30 Drawing Workshop (1) (VH) 1:30 Tai Chi Healthy Living (1)	9:30 The Science of Integrative Medicine (2) 11:00 Fit for the Future 12:00 Calming Coloring 1-3:30 Bridge Group (SP or VH) No Quilting today	9:00 Beginner Tap Dance (1) 9:30 Tap Dance! (1) 10:00 Current Events (SP) 12:45 Senior Notes (R1 or VH) 2:30 Intro to T'ai Chi (1) 2:30 Connection Circle 3:45 LINC Intergenerational (5)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (2)
Market Basket trip 21	22	23	24	25
Martin Luther King, Jr. Holiday  Senior Center Closed	8:45-10:45 BP Clinic 9:00 Happy Seniors Club (VH) 9:00 English Learners (R1) 9:40-11 Yoga (8, last) 10-12 Creative Writing (2) 11:30 Russian Conversation Circle—New! 12:30-2:30 Drawing (2) (VH) 1:30 Tai Chi Healthy Living (2)	9:30 The Science of Integrative Medicine (3) 11:00 Fit for the Future 12:00 Calming Coloring 1-3:30 Bridge Group (SP) 1:00-3:30 Quilting (1)	9:00 Beginner Tap Dance (2) 9:30 Tap Dance! (2) 10:00 Current Events (VH) 12 Pizza and a 12:30 Movie: The Mouse that Roared 1-2 Short Story Group (VH) 2:30 Intro to T'ai Chi (2) 2:30 Connection Circle 2:30 Friends Meeting (TBD)** 3:45 LINC Intergenerational at Senior Center (6)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:00 or 1:45 Watercolors (3) 12:30 Friday Movie: Tea with the Dames
28	29	30	31	Feb. 1
11:00 Fit for the Future 12:00-2:00 Comfort Food Caring Cafe 1-3:30 Canasta 1:00 Better Bones (6) 2:15 Tai Chi (1)	8:45-10:45 BP Clinic 9:00 Happy Seniors Club (VH) 9:00 English Learners (R1) 9:40/11 Yoga (1) 10-12 Creative Writing (3) 12:30-2:30 Drawing (3) (VH) 1:30 Tai Chi Healthy Living (3)	9:30 The Science of Integrative Medicine (4) 11:00 Fit for the Future 12:00 Calming Coloring 1-3:30 Bridge Group (SP) 1:00-3:30 Quilting (2)	9:00 Beginner Tap Dance (3) 9:30 Tap Dance! (3) 10:00 Current Events (VH) 11:30-1:30 Sip and Reflect! 2:30 Intro to T'ai Chi (3) 2:30 Connection Circle	Tax Return Help can be scheduled beginning today! **Friends Meeting location or date may change.

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Lisa Templeton to place an ad today!
 ltempleton@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!

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.



Intro to Traditional T'ai Chi

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

Nov. 8-Jan. 10; Jan. 17-Mar. 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 of the forms as well as basic concepts and deeper philosophies.

Traditional T'ai Chi

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

Nov. 19-Jan. 14; Jan. 28-Mar. 25

No class 12/24, 31, 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

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

Nov. 6-Jan. 8, no class 12/25, 1/1;

Jan. 15-Mar. 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!

Brains and Balance will return in March!

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. 22, Jan. 29-Apr. 2
no class 12/25, 1/1, 2/5, 2/12

Add strength and calm to your life!

Beginner Tap Dance

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

Nov. 8-Jan. 17, Jan. 17-Mar. 7

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, Jan. 17-Mar. 7

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!



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. Pay Durgin Travel. From \$1,349 double occ. **Please note:** Purple registration form/payment to the Tour Company required. Please read the **Trip Guidelines**.

FitWalk Group!



We are hoping to start a walking group that will meet one to two times a week for 1/2 hour to walk in the Fairbank Gym. This group may gradually transition to walking at Haskell Field when the weather is more amenable to being outside. If you are interested in walking with us, please contact us to add your name to the interest list! We are also looking for 2 volunteers to help with planning and coordinating the walks. 978-443-3055 or senior@sudbury.ma.us.

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

Sudbury Family Dental Care

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 ~

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.



~ From our Volunteer Program Coordinator,
Janet Lipkin ~

Often, at this time of year, many people make new goals or New Year's resolutions for themselves. Some goals may involve trying something new or doing a kind deed for someone. Becoming a volunteer is a wonderful way to accomplish both of these things! We have a large array of volunteer opportunities which you can choose from to match your interests and fit nicely into your schedule.



We are currently in great need of:

Meals on Wheels drivers (Deliver a hot mid-day meal to seniors unable to get out. One day a week, 11:00AM- 12:30 PM.)

F.I.S.H. drivers (Provide rides to medical appointments for Sudbury residents. No minimum or maximum time commitment; you choose the ride(s) you wish to take.)

If you would like to learn more about the Senior Center's many volunteer opportunities, or would like to apply to become a valued volunteer, please call Janet Lipkin, Volunteer Program Coordinator, at 978-639-3223 or email her at LipkinJ@sudbury.ma.us.

Our **Medical Equipment Loan Closet** is an invaluable resource to residents of Sudbury. Each weekday, Monday through Friday, we take numerous requests from people looking to borrow needed equipment, such as wheelchairs, canes, shower chairs, walkers, rollators, and much more. ***We are in great need of donations of gently used (or brand new!) reachers, tub transfer benches, canes, baskets that attach to walkers, shower benches, and rollators.*** If you have any of these items, please consider donating them to our Loan Closet; the items are sure to be greatly appreciated by the new recipient. If you have borrowed an item from the Loan Closet and are no longer in need of it, please return it, cleaned, to the Loan Closet so that it can be utilized by others. Please note: All loaned equipment must be picked up and/or dropped off at the Senior Center from noon-4pm on Tuesdays and Fridays only.



Sudbury Dementia Family Connection Monday, January 14, 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.



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 1 and April 30 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 Commission on Disability Seeks Members!

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.

Please note: Although we make every effort to ensure that the information in our newsletter is accurate, sometimes we make an error, or information has changed since the publishing date. Please feel free to call us at (978) 443-3055 to verify information.

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. **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. 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. Next LINC session coming this spring!

Wonderful Watercolors!

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

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.

Drawing Workshop - 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, see-

ing 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. 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, if at all possible.

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.

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! Call 978-443-3055 for the latest meeting schedule.

Instructors and Entertainers Needed

We are always looking for credentialed instructors to teach academic, arts, and fitness classes, as well as experienced entertainers. If you are interested, please contact Sharon Wilkes, Program Coordinator at wilkess@sudbury.ma.us. Be sure to include information about your experience, credentials and references. Thank you!

Veterans Talk and Coffee - Wed., Jan. 9, 9:30 AM

Legal Clinic - Tuesday, Jan. 8, Appts. Available

Turn the Page Book Club - Wed., Jan. 9, 1:00 PM

Stamp Club - Monday, January 14, 10:00 AM



Teen Tech Help is Back!

Wed., January 9

2:00-4:00 PM

Lincoln-Sudbury High School students are available to help with tech questions. Contact Sharon Wilkes, Program Coordinator, to schedule your appointment, at wilkess@sudbury.ma.us, or 978-443-3055.

Save the Date!

Intergenerational Sing a Long with the Senior Notes

Thursday, February 7, 1:00 PM

Our informal singing group will lead a sing a long featuring popular songs, valentine songs and others! Please sign up to let us know how many to plan for.

Senior Center Wish List

- cart or table on wheels for heavy low-vision magnifier
 - small refrigerator with glass front
 - tall sturdy bookshelves for the Center's "library"
 - Newer Laptops for instructors/advisors
- Please call Chery Finley, Administrative Coordinator, to see if your donation fits our needs! Thanks!



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.



HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

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



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.*

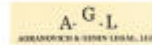
We will be there at every step of the process.

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, Stancovetz Real Estate Professionals, Agnew & Gelin Legal, LLC and Gentle Giant.



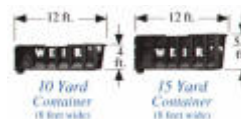
Steve Weir

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



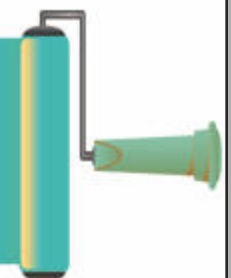
978-897-9000

www.KeystoneHomeCare.com

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

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



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



How would
you rather
spend your
time?



or



Why wait? Visit The Meadows today!

For new residents, we will guarantee NO INCREASE for five years to the basic monthly fee, which includes lodging, meals, water, heat, air conditioning, parking, cable, etc.

- Simplify your life
- Enjoy new friendships
- Eat delicious, home cooked meals
- Swim in our indoor, 82-degree lap pool
- Explore new activities; have new adventures
- Exercise in the on-site health and fitness club



Call 508-460-5200 or visit New Horizons any day at 370/420 Hemenway Street, Marlborough

