

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

**State Rep. Carmine Gentile
Office Hours**

Friday, Feb. 15, 9:00-10:00 AM
at the Senior Center



**St. Patrick's Day
Luncheon**

Tuesday, March 12
12:00 PM
\$5

Join us for traditional Irish dinner of corned beef, cabbage, potatoes, carrots and horseradish! Stay for the delightful Irish music of John Fitzsimmons!

Sign up begins on Friday, February 1.

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.



**Respect for All
Participants**



The Livable Sudbury Needs Assessment Presentation

Tuesday, February 12, at 6:30 PM - Goodnow Library Community Rm
(Snow Date: Tuesday, March 5, 6:30 PM) p. 2

Low Vision Group - Monday, Feb. 4, p. 4.

The Science of Integrative Medicine - Wed., Feb. 6, 13, p. 4.

Hot Lunch and Senior Notes Concert & Sing a Long- Thu., Feb. 7,
12PM - Lunch, 1PM Concert, p. 3.

Chinese New Year Celebration - Fri., Feb. 8, 6:00-8:00 PM, p. 4.

Lunch and Learn: American Archives of Public Broadcasting - p. 3.

Medicare - SHINE Report - p. 3.

Valentine's Day Speed Dating - Wed., Feb. 13, Lincoln COA, p. 3.

The Fall and Rise of China - Pt. 2 - p. 4.

Calming Coloring - Materials provided - Wednesdays, 12:00 PM; p. 9.

Informal Russian Speaking Conversation Circle - p. 4.

Chinese Happy Seniors Club/English Learner Classes - Tues., p. 5.

Sudbury Dementia Family Network - Mon., Feb. 11, 1-2:30 PM, p. 8.

Tax Return Help - p. 4.

Teen Tech Help - Wednesday, Feb. 13, 27 - by appointment, p. 10.

Fuel Assistance Information, p. 8.

Outreach and Information Specialist Report, p. 8.

Volunteer Program Coordinator Report, p. 8.

Great Decisions Discussion Group - p. 2

For The Fall and Rise of China students - The movie "To Live" p. 5.

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!

A special Thank you to **Bridges by Epoch at Sudbury** for the delicious dessert at the annual Holiday Luncheon on Tuesday, December 18th!

The Livable Sudbury Report at the Goodnow Library

Tuesday, February 12, at 6:30 PM
(Snow Date March 5)

Sudbury, along with several other surrounding towns, was accepted into the AARP Livable Communities network in April 2018. The process of working toward being a more livable community begins with a community assessment. Sudbury's assessment is complete. Conducted by UMass Boston John W. McCormack Institute for Policy and Global Studies conducted the needs assessment report will be presented at the Goodnow Library on February 12. Light refreshments and hors d'oeuvres will be available. We hope to have transportation available also, please call by Friday, February 8 to find out if transportation is available and to reserve a ride.

If you are unable to join us, you will be able to access a taping of the event at a later date on Sudbury cable TV or at their website at www.sudburyTV.org.



Severe Weather

The Senior Center will *cancel programs* when school is cancelled due to severe weather. 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 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.



Newsletter Mailing List Renewal for 2019

If you live out-of-town, and are currently on or would like to be on our paper mailing list, please send a check made out to the "Friends of Sudbury Seniors" 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!

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Lunch and Listen:

Senior Notes Valentines Day Concert

Thursday, February 7

12:00 PM - Lunch

1:00 PM - Concert



Sign up for lunch and stay for a lovely concert! The Senior Notes 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.

Lunch reservations should be made by Monday, February 4 at 10:00 AM; call 978-443-3055. BayPath Elder Services menu will be available soon!

Valentine's Day Speed Dating!



Wednesday, February 13, 10:30 AM in Lincoln

Speed Dating is the fun and efficient way to meet new people. The **Lincoln** COA teamed up with **Bedford, Concord, and Sudbury** for this **FREE** event for seniors aged 65 and up to be held at the **Lincoln Council on Aging (15 Bedford Road, Lincoln, MA 01773)**. You'll meet up to twelve other local, single seniors through a series of six minute "pre-dates." We facilitate the whole thing so there's no awkwardness, pressure, embarrassment, or games...just great fun! **FREE** popcorn will be served. After the event, we'll contact you to let you know if you've made a match (more than two-thirds of speed daters match at least one person). Space is limited! Call 781-259-8811 to register. All orientations welcome.

Lunch and Learn:

American Archives of Public Broadcasting

Tuesday, February 12

12:00 PM - Lunch

12:30 PM - Talk



The Sudbury Senior Center is excited to host an afternoon archival screening with WGBH, Boston's local public broadcasting station. At this screening, we'll be meeting WGBH's Media and Library Archives (MLA) staff, as well as the staff of the American Archive of Public Broadcasting (AAPB), a collaboration between WGBH and the Library of Congress to preserve public radio and television programs from across the nation. The AAPB staff will also introduce an online volunteer opportunity for seniors to practice their computer skills while helping to preserve public broadcasting.

Please sign up by Thursday, Feb. 6 so that we can order lunch. Contact us at 978-443-3055 or senior@sudbury.ma.us.

U.S. Rep. Katherine Clark's Office Hours

February 7, 10:00-11:00 AM

Join Jay Higgins, Senior Issue Liaison for U.S. Congresswoman Katherine Clark to share your questions and concerns about your Social Security and Medicare benefits. If you have an opinion to express or concern about your benefits, please drop in from 10-11 AM.

New Options for Changing Medicare Plans

The annual Medicare Open Enrollment period ended on Dec. 7, but you may still be able to change plans.

New! - Medicare Advantage Open Enrollment: For those who have a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March. You can switch to a different Medicare Advantage plan or go back to Original Medicare. If you go back to Original Medicare during this period, you will have the option to enroll in a Medicare drug plan and you could also enroll in a Medigap plan. Any changes made during this period will be effective the first day of the following month.

For Prescription Advantage members or those getting "Extra Help" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year. Those with Prescription Advantage can do this only **once** each year. New in 2019, those with "Extra Help" can no longer change monthly. Changes are allowed once per quarter during the first three quarters of the year.

5-Star Special Enrollment Period: Everyone on Medicare has an opportunity to enroll in a top-rated (5-Star) plan, **once** during the year. The two Blue Medicare Rx Part D drug plans, and the Tufts Medicare Preferred HMO Medicare Advantage plans have achieved the 5-Star rating again for 2019. You can switch from another Medicare Advantage or drug plan, or to enroll in one of these plans, even if you don't have other coverage.

The Senior Center's trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call Ana Cristina Oliveira at 978-443-3055 or oliveiraa@sudbury.ma.us.



Tax Season is here!

Tax Return Help Schedule

February 21, 26, 28

March 12, 14, 19, 21, 26, 28

April 2, 4



You may call 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.

The Science of Integrative Medicine-Continues

The Great Courses DVD Series

Last Classes: Wed., Feb. 6, 13 at 9:30 AM

Comfort Food Caring Café

Monday, February 25

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: **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.

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.

Low Vision Group

Monday, February 4, 1:00-2:30 PM

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



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 Giesel, 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.

See also the movie **"To Live"** about China during the Cultural Revolution, on Wed., Feb. 27, 9:30 AM, p. 5.

New!



Informal Russian-Speaking Conversation Circle

Tuesdays, February 12, 26, 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.



Pizza and a Movie

Thursday, February 14, 2019

12:00 Pizza

The Man from Snowy River

12:30 Movie

1982 PG 1hour 42 minutes

After his father's death, young cowboy Jim must earn money so he can keep his father's farm going. When he takes work breaking wild horses and falls in love with his boss's feisty daughter, Jim must prove his worth to keep both his job and his girl. Staring Kirk Douglas.

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.

At the Movies



Friday, February 15, 2019

The Loving Story

2011, NR, 1 hour 17 mins

Documentary profiling Mildred and Richard Loving, who were arrested hours after their 1958 wedding for breaking Virginia's laws against interracial marriage. In 1967, their case was heard before the Supreme Court and changed the nation. Stars Mildred and Richard Loving.

Wednesday, February 27, 2019, 9:30 AM

To Live

1994, Rated R, 2 hours 5 minutes

After Fugui and Jiazhen lose their personal fortunes, they raise a family and survive difficult cultural changes during 1940s to 1970s China. Suggested by "Fall and Rise of China" class participant Pao Chi. Thank you!

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 to get your name on the interest list. Fee for the briefing book is based on enrollment. Max. enrollment is 18.

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, 1:00-3:30 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 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



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.

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Monday T'ai Chi schedule adapted due to holiday schedule changes.			Sign up for AARP Tax Help and for St. Pat's Luncheon starts on Feb. 1!	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 Watercolors (4) 1:45 - Watercolors (4)
4	5	6	7	8
11:00 Fit for the Future 1-3:30 Canasta No Better Bones today 1:00-2:30 Low Vision Group 2:15 Tai Chi (1)	8:45-10:45 BP Clinic 9:00 Chinese Happy Seniors Club (VH) 9:00 English Learners (R1) No Yoga today 10:00 Creative Writing (4, last) 1:30 Tai Chi Healthy Living (4)	9:30 The Science of Integrative Medicine (5) 11:00 Fit for the Future 12:00 Calming Coloring 1-3:30 Bridge Group (SP) 1:00-3:00 Quilting (3)	9:00 Beginner Tap Dance (4) 9:30 Tap Dance! (4) 10 U.S. Rep. Katherine Clark's Office Hours 10:00 Current Events 12:00 HOT LUNCH! 12:45 Senior Notes Valentine Concert (R1 or VH) 2:30 Intro to T'ai Chi (4) 2:30 Connection Circle (VH)	9:30-11:30 Bingo (SP) 9:30-11:00 Hearing Clinic 11:00 Fit for the Future 11:30 Watercolors (5) 1:45 - Watercolors (5) 6:00-8:00 Chinese New Year
11	12	13	Happy Valentines Day! 14	15
10:00 Stamp Club (VH) 11:00 Fit for the Future 1-3:30 Canasta No Better Bones today 1:00-2:30 Sudbury Dementia Family Connection 2:15 Tai Chi (2)	8:45-10:45 BP Clinic 9:00 Chinese Happy Seniors Club (VH) 9:00 English Learners (R1) No Yoga today 11:30 Russian Conversation Circle 12:00 Lunch and Learn: WGBH Public Archives Talk 1-3 Legal Clinic (R1) 1:30 Tai Chi Healthy Living (5) 3:00 Council on Aging 6:30 Livable Sudbury Report at Goodnow Library	9:30 The Science of Integrative Medicine (6, last) 9:30 Veterans Talk/Coffee 10:30 Speed Dating at Lincoln COA 11:00 Fit for the Future 12:00 Calming Coloring 1:00-2:00 Book Group! (VH) 1-3:30 Bridge Group (SP) 1:00-3:00 Quilting (4) (VH) 2:00 Teen Tech Help (L)	Wear Your RED! 9:00 Beginner Tap Dance (5) 9:30 Tap Dance! (5) 10:00 Current Events (SP) 12:00 Pizza and a 12:30 Movie: The Man from Snowy River 1-2 Short Story Group (VH) 2:30 Intro to T'ai Chi (5) 2:30 Connection Circle (VH)	9:00-10:00 Rep. Carmine Gentile Office Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 Watercolors (6) 1:45 - Watercolors (6) 12:30 Friday Movie: The Loving Story
18	19	20	21	22
Presidents Day Holiday Senior Center Closed	8:45-10:45 BP Clinic 9:00 Chinese Happy Seniors Club (VH) 9:00 English Learners (R1 or VH) 9:40/11 Yoga (2) (TBD) 1:30 Tai Chi Healthy Living (6) (TBD)	11:00 Fit for the Future (VH) 12:00 Calming Coloring L 1-3:30 Bridge Group (SP) 1:00-3:00 Quilting (5) (VH)	9-4 AARP Tax Help No Tap Dance today as gym unavailable 10:00 Current Events (VH) 12:45 Senior Notes (Singing) (TBD) 2:30 Intro to T'ai Chi (6) (TBD) 2:30 Connection Circle (VH/SP)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future (TBD) 11:30 Watercolors (7) 1:45 Watercolors (7)
25	26	27	28	
11:00 Fit for the Future 12:00-2:00 Comfort Food Caring Cafe 1-3:30 Canasta 1:00 Better Bones (7) 2:15 Tai Chi (3)	9-4 AARP Tax Help 8:45-10:45 BP Clinic 9:00 Chinese Happy Seniors 9:00 English Learners (R1) 9:40/11 Yoga (3) 9:30-1:12:30 SHINE 11:30 Russian Conversation Circle 1:30 Tai Chi Healthy Living (7)	9:30 Movie: "TO LIVE" - China during Cultural Rev. 11:00 Fit for the Future 12:00 Calming Coloring 1-3:30 Bridge Group (SP or VH) 1:00 Quilting (6) (VH) 2:00 Teen Tech Help	9-4 AARP Tax Help 9:00 Beginner Tap Dance (6) 9:30 Tap Dance! (6) 10:00 Current Events (SP) 1-2 Short Story Group (VH) 2:30 Intro to T'ai Chi (7) (G) 2:30 Friends of Sudbury Seniors Meeting (SP) 2:30 Connection Circle (VH)	TBD - Room To Be Determined SP—Sudbury Pines Room VH - Van Houten Room R1 - Room 1 G - Gym L - Lounge



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IS IT TIME FOR YOUR NEXT MOVE?

We are here to help you through the process of selling your home and finding a new one!



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**

Jan. 17-Mar. 7; Mar. 14-May 2

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**

Feb. 4-Apr. 1, no class Feb. 18

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**

Jan. 15-Mar. 5; Mar. 12-Apr. 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**

Dec. 3-Mar. 4, no class 2/4, 2/11

Mar. 11-May 20

No class Apr. 29, May 6

Build strength and balance with instructor Leslie Worris!

Brains and Balance returns in

March! Discover the fun of 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**

Jan. 29-Apr. 2; No class 2/5, 2/12
Add strength, balance and calm to your life!

Beginner Tap Dance

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

Jan. 17-Mar. 14, no class 2/21; Mar. 21-May 16; No class Apr. 18

Learn the fundamentals of Tap Dance with instructor Susan Craver.

Intermediate Tap Dance

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

Jan. 17-Mar. 14, no class 2/21; Mar. 21-May 16; No class Apr. 18

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!

A Little Bit of Ireland at the Reagle Theatre

Sunday, March 17, 2:00 PM;

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!

Knowing the awesome benefits of walking...

we want 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 or some other location 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!

Please contact us at 978-443-3055 or senior@sudbury.ma.us.



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~ 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

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

F.I.S.H. drivers (Provide rides to medical appointments for Sudbury residents. No minimum/maximum commitment; 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 chairs, 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, February 11, 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.

Wonderful Watercolors!

8 Fridays, 11:30 AM-1:30 PM or 1:45-3:45 PM, \$64
January 11-March 1, March 8-April 26

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.

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.



Book Buddies and LINC

Bringing the Generations Together!

Older and younger generations getting to know each other, working together on projects, and teaching each other... join in on these fantastic programs!

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 coming this spring!

Trips 2019!

Thursday, March 21, 1:00 PM

Learn about a new National Parks trip along with many other fabulous trips this year! Vinny Brown of Collette Tours will have a wonderful slideshow! Please sign up so that we are prepared - call 978-443-3055.

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 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 business 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.

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 sugg. donation to cover cost.

Goodnow-to-Go- Volunteers bring library materials to residents unable to travel. Application on library web-site.

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 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 try to **be on time** for programs if possible. We recognize you may have a delay on an occasion, if so please sit near the back so as to disrupt as few participants as possible. Thank you.

Coffee - Please remember to drink your coffee outside of the Sudbury Pines room (carpeted room). And be 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.

Veterans Talk and Coffee - Wed., Feb. 13, 9:30 AM

Legal Clinic - Tuesday, Feb. 12, Appts. Available

Turn the Page Book Club - Wed., Feb. 13, 1:00 PM

Stamp Club - Monday, Feb. 11, 10:00 AM



Teen Tech Help at Senior Center and Goodnow Library!

Wed., Feb. 6 at library;

Wed., February 13, 27 at Senior Center

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.

Hearing Clinic

Friday, February 8, 9:30-11:00 AM



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

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. Thank you!



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

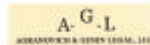
We will be there at every step of the process.

To apply or nominate someone,
visit mariaproject.org

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

We will meet with candidates at their homes
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Maria Project organizers include Home Ready Solutions, Stancovitz Real Estate Professionals, Agnew & Ginn Legal, LLC and Gentle Giant.



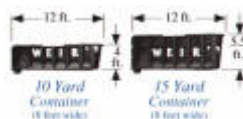
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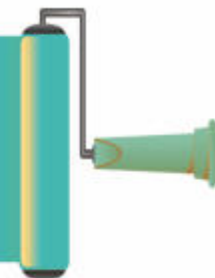
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