

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

Coming in May!

Repair Café

Sat., May 18

9:00 AM - 12:00



- ⇒ **Lunch and Learn: Public Archives of WGBH** – Tues., Apr. 23, p. 2
- ⇒ **Culture and Historical/Beatles**, Thu., Apr. 25, 12:30, p. 3
- ⇒ **Great Decisions Discussion Group** - June-Sep., p. 3.
- ⇒ **The Fall and Rise of China - Pt. 2**, Wed., Mar. 13-May 29, p. 3.
- ⇒ **Opera Lectures** - Tues., April 9, 16, p. 4
- ⇒ **Comfort Food Caring Café** - Mon., Apr. 29, 12-2 PM, p. 4.
- ⇒ **Pizza and a Movie and Friday Movies** - p. 4.
- ⇒ **Making Memories Café** - New! Tues., Apr. 11, p. 5
- ⇒ **Informal Russian Speaking Conversation Circle** - p. 5.
- ⇒ **Chinese Happy Seniors Club/English Learner Classes** - Tues., p. 5.
- ⇒ **Sudbury Dementia Family Network** - Mon., Apr. 22, p. 8.
- ⇒ **Teen Tech Help** - Wednesday, Apr. 10 - by appointment, p. 5.
- ⇒ **Outreach and Information Specialist Report**, p. 8.
- ⇒ **Volunteer Program Coordinator Report**, p. 8.
- ⇒ **Calming Coloring** - Wednesdays, 12:00 PM; p. 9.
- ⇒ **Stamp Club** - Monday, April 8, 10:00 AM
- ⇒ **Van Shopping Trip** - Monday, April 1 - WalMart/Hudson



**Semi-Annual
Men's Breakfast**

Thursday, April 11

9:00 AM

\$3 at the door

Join the Men's Breakfast team for hot off the griddle pancakes and sausage, fresh fruit, along with coffee/tea and juice! Special guest to be announced. You must reserve your spot by Tuesday, April 10 at 978-443-3055.

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 and visit!

Note: The Senior Center will be closed for the Patriot's Day holiday,

**New Technology/Internet Safety/Social Media Tech
Workshops With Troop 63 Scouts**

April 17, 19, 2019 - 1:00-2:30 PM



Colby Chung from Troop 63 is organizing these workshops for his Eagle Scout project. He will be here with a Special guest and a number of Scouts from Troop 63 with a presentation and workshop on the following topics:

- New Technology that may improve your life
 - Internet Safety and Social Media: Communicating with Friends and Family
- Each session will include light refreshments; with a presentation and hands-on learning time. This will be informative and a lot of fun—please sign up in advance by contacting us at 978-443-3055 or senior@sudbury.ma.us.



**Respect for All
Participants**



Rescheduled from February 12!

Lunch and Learn: The Public Archives of WGBH

Tuesday, April 23

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. This is sure to be a fascinating presentation! **Please sign up by Wednesday, Apr. 17** so that we can order lunch. Contact us at 978-443-3055 or senior@sudbury.ma.us.



Dana Farber Mammography Van

Phyllis Schilp, Board of Health Nurse, scheduled the mammography van at Haskell Field for Wed., May 1, call 978-440-5479 for information.

Fairbank Community Center Project Update

The plans for renovation/rebuild of the Fairbank Community Center, including the Senior Center, will not be presented at May 6, 2019, Town Meeting, but will be instead be presented at Sudbury's October Town Meeting.

Severe Weather/Emergencies

The Senior Center will share information about any emergency information on the Town and Senior Center websites, as well as the main phone line (978) 443-3055.

In case of emergency: Create 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.

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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Great Decisions - Discussion Group

Wed., 9:30 AM - 6/5, 6/19, 6/26, 7/10, 7/24, 8/7,
8/21, 9/4 - Reg./Pay Deadline is April 3

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 (see below), watching the DVD and meeting in a Discussion Group to discuss the most critical global issues facing America today. 2019 topics are:

- Refugees and Global Migration
- The Middle East: Regional Disorder
- Nuclear negotiations: Back to the Future?
- The Rise of Populism in Europe
- Decoding U.S.-China Trade
- Cyber Conflicts and Geopolitics
- The United States and Mexico: Partnership Tested
- State of the State Department and Diplomacy



You must register and pay the briefing book fee of \$24 by Wednesday, April 3 at 4:00 PM*. Max. enrollment is 18. Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us with questions.

*Financial scholarship needed? Please speak with Debra Galloway, Director.

Chair Yoga - Free Trial Class!

Thursday, April 11 1:30-2:15 PM

Stretch, twist and lengthen your body through a series of easy to follow repetitive movements. Most of the class is seated with a few standing exercises using the chair. The session ends with quiet relaxation. Rebecca has been teaching chair yoga at surrounding Senior Centers for over three years. One of her biggest fans is her 93 year old mom pictured here! You must register for this free trial class, by emailing senior@sudbury.ma.us, or calling 978-443-3055. Maximum of 12 students.



Foxwoods Trip - Monday, May 6 - \$30

Don't miss out on the fun! Your fee includes luxury bus transportation and a \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Note: checks payable to **Friends of Sudbury Seniors**. Please arrive before **7:00 AM** to check in, bus boards at **7:15 AM**, and return at approximately **5:00 PM**.



A Cultural and Historical Reflection of the 1960s Through the Music of The Beatles

Thursday, April 25
12:30 PM

The Beatles are the most influential band in history. In 1964, their breakout moment was on *The Ed Sullivan Show*, where an estimated 73 million viewers tuned in to see the "Lads from Liverpool" in their first live American television performance. On April 4, 1964, they became the only artists to ever occupy the top five spots of the *Billboard Hot 100* chart simultaneously. With landmark albums like *Revolver* and *Sgt. Pepper's Lonely Hearts Club Band*, they consistently broke musical barriers. They have sold more than one billion records. As a testament to their longevity and popularity, their album titled *1*, containing all their #1 hits, was the best-selling album of the 2000s. Their music is timeless and appeals to fans in every generation.

This performance combines live music with a multimedia presentation to explore, not only the music of The Beatles, but the influence they exerted in every area of the cultural landscape. The presenter is Fran Hart, founding member of the Beatles Tribute Band 4EverFab.

This program is supported in part by a grant from the Sudbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Call the Senior Center to sign up!



The Fall and Rise of China - Part 2 - Continues

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. Space is limited.

Elder Law for Couples

With Elder Law Attorney Arthur Bergeron
Tuesday, April 23
10:00 AM

The best way for a couple to ensure their estate planning goals are met is to develop an estate plan while you are both alive. The options, *and your goals*, may change if you do not have an estate plan in place should one of you pass away. Elder Law Attorney Arthur Bergeron will discuss best estate planning practices for tax minimization, asset protection, and probate avoidance. Please sign up in advance so that we are prepared for the audience. Contact us at 978-443-3055 or senior@sudbury.ma.us.

Middlesex District Attorney Marian Ryan The Latest Scams

Tuesday, April 30, 1:00 PM

Please join us for an informative and educational talk from DA Ryan about the latest scams on credit cards, home heating, roof work, landscaping, gift cards, and robocalls. Please sign up in advance by contacting the Senior Center at senior@sudbury.ma.us or 978-443-3055.

Comfort Food Caring Café

Monday, April 29
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:** Pleasantries Adult Day Care in Marlborough, Right at Home Senior Care of Westborough, Orchard Hill Assisted Living of Sudbury, who sponsor and coordinate the Café, and procure supplies and food. Reservations are requested, but drop-ins also okay. Questions, contact Ana Cristina at 978-443-3055 or oliveiraa@sudbury.ma.us for more information.

SHINE Medicare Help

Trained volunteers are available by appointment to assist with Medicare questions and planning. Please contact Ana Cristina Oliveira, Outreach Specialist, so she can assess your needs and schedule your appointment, at 978-443-3055 or oliveiraa@sudbury.ma.us.

Countess Maritza and the Magic Flute

Opera Lectures with Erika Reitshamer
Tuesdays, April 9, 16
12:30-2:00 PM - \$15*

Please join us for two fascinating lectures on popular operettas by Erika Reitshamer, an engaging teacher whose knowledge and love of opera will inspire all.

Emmerich Kálmán's **Countess Maritza** "Waltz Your Worries Away" - "Countess Maritza" is one of the greatest of all Silver Age Viennese operettas. Maritza, a wealthy landowner, is constantly besieged with proposals of marriage by impoverished noblemen.

Mozart's Die Zauberflöte or Magic Flute. Come and experience the great Ingmar Bergman's classic Swedish-language film adaptation (with English subtitles) of Wolfgang Amadeus Mozart's wonderfully whimsical fantasy opera! It's absolutely enchanting and sheer magic.

Please sign up and pay the fee by April 3 for these lectures. Checks are payable to "Town of Sudbury" and are used to pay for the class. *If you need financial scholarship help, please contact Ana Cristina Oliveira, Outreach Specialist.

Friday at the Movies - 12:30 PM

Showing April 5

The Bookshop - 2018 – PG – 2 hours

Free-spirited widow Florence Green follows her lifelong dream by opening a bookshop in a conservative coastal town. While bringing about a cultural awakening through works by Ray Bradbury and Vladimir Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support of a reclusive, book-loving widower. As Florence's obstacles amass, she reminds herself that a town without a bookshop is no town at all.

Showing April 12

The Wife – 2018 – R – 1hour 45 mins

The interwoven story of a couple's youthful passion and ambition with a portrait of a marriage, thirty-plus years later a lifetime's shared compromises, secrets, betrayals, and mutual love. Starring Glenn Close.

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



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.

Making Memories Café

Thursday, April 11, 12:00-1:30 PM



Join us for a new monthly Memory Café from **Bridges by Epoch** of Sudbury. Bring your loved one with memory loss to enjoy lunch, uplifting entertainment and companionship with others. These events are perfect opportunities for you to take a break, socialize with other family caregivers and simply enjoy spending time with your loved one.

Space is limited. Kindly RSVP to Cindy at 978-261-7007 or by email at cgerant@bridgesbyepoch.com.

Thank you to *Bridges by Epoch* of Sudbury!

Bridge Group

Most Wednesdays, 1:00-3:30 PM

No meeting on April 17



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 **Marilyn Tromer**, Bridge Player and our volunteer Bridge Coordinator (thank you Marilyn!) at mattie_66@yahoo.com. New members with knowledge of Bridge are always welcome. Free!

AARP Smart Driver Course

~At the Coolidge at Sudbury~

Wednesday, April 24, 10:00 AM –3:00 PM

Sugg. Donation \$3



Take the AARP Smart Driver course! You'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment.

The Sudbury Senior Center in collaboration with the Coolidge at Sudbury, and funded in part by Older American's Act funds, through a BayPath Elder Services Area Agency on Aging grant, is offering this valuable **AARP!** Smart Driver course.

Informal Russian-Speaking Conversation Circle

Tuesdays, April 2, 30, 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.

Teen Tech Help at Senior Center

Wed., April 10 - 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.

Participants have a voluntary, confidential opportunity to contribute to the cost of the program with a suggested donation of \$3.00. This course is open to all, not just Coolidge residents, but space is limited. Please contact **Julie Benoit, Resident Coordinator** at Coolidge at 978-443-3388 or rsc@coolidgeatsudbury.com to **register by Friday, April 19 at 4pm.**

APRIL 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| Wal-Mart/Hudson 1 | 2 | 3 | 4 | 5 |
| 11:00 Fit for the Future <i>12:15-1:30 Social Time in VH Room</i> 1:00 Better Bones (3) 2:15 Tai Chi (7) <i>1-2:30 Low Vision Group (SP)</i> | 9-4 AARP Tax Help (R1) 8:45-10:45 BP Clinic 9:00 –11:30 English Learner/ Happy Seniors Club SP 9:40/11 Yoga (8, last) <i>12:15 Social Time (L)VH</i> <i>11:30 Russian Conversation SP</i> 1:30 Tai Chi 4 Healthy Living (3) | 9:30 Rise and Fall of China (4) 11:00 Fit for the Future <i>12-12:45 Calm Coloring VH</i> <i>12:00-1:30 Social Time (L)</i> 1-3:30 Bridge Group (SP) 1:00 Quilting (1) (VH) 2:30 Intergenerational (L) | 9-4 AARP Tax Help (R1) 9/9:30 Tap Dance (1) 10:00 Current Events 12:45 Senior Notes Singing Group <i>2:30 Intro to T'ai Chi (3)</i> 2:30 Connection Circle | 9:30-11:30 Bingo (SP) <i>9:30 FISH Coord. Mtg. VH</i> <i>10:30 Rep. Carmine Gentile Office Hours (L)</i> 11:00 Fit for the Future 11:30/1:45 Watercolors (5) <i>12:00 Social Time (L)</i> <i>12:30 Movie: The Bookshop</i> |
| 8 | 9 | 10 | 11 | 12 |
| 10:00 Stamp Club 11:00 Fit for the Future <i>12:15-1:30 Social Time in VH Room</i> 1:00 Canasta 1:00 Better Bones (5) 2:15 Tai Chi (8, last) (VH?) | 9-4 AARP Tax Help (R1) 8:45-10:45 BP Clinic 9:40/11 Yoga (1) 9:00 English Learner/ Happy Seniors Club SP <i>12:30 Opera Lecture (1)</i> 1-3 Legal Clinic (VH) 1:30 Tai Chi for Healthy Living (4) | 9:30 Rise and Fall of China (5) 11:00 Fit for the Future <i>12:00 Calming Coloring Vh</i> <i>12:00-1:30 Social Time (L)</i> 1 Turn the Page Bk Grp R1 1-3:30 Bridge Practice (SP) 1:00 Quilting (2) 2:00 Teen Tech Help | 9-4 AARP Tax Help (R1) <i>9:00 Men's Breakfast!! (SP)</i> 9/9:30 Tap Dance (2) (G) 10:00 Current Events VH/R1 <i>12 Making Memories Café (VH)</i> 1:00 Short Story Group (SP) <i>1:30-2:15 Chair Yoga Free Class</i> <i>2:30 Intro to T'ai Chi (4) (G)</i> 2:30 Connection Circle (VH) | 9:30-11:30 Bingo (SP) <i>9:30-11:00 Hearing Clinic</i> 11:00 Fit for the Future 11:30/1:45 Watercolors (6) <i>12:15 Social Time (L)</i> 12:30 Friday Movie: <i>The Wife</i> |
| SCHOOL 15 | VACATION 16 | WEEK 17 | 18 | 19 |
| Patriot's Day  | 8:45-10:45 BP Clinic 9:00 English Learner Class/ Happy Seniors Club TBD 9:00/11 Yoga (2) (SP/VH) <i>12:30 Opera Lecture (2)</i> 1:30 Tai Chi for Healthy Living (5) (VH) | 9:30 Rise and Fall of China (6) 11:00 Fit for the Future VH <i>12:00 Calming Coloring VH</i> <i>12:00-1:30 Social Time (L)</i> No Bridge Group today 1:00 Quilting (3) 1:00-2:30 New Technology Internet Safety Wrkshp SP | No Tap Dance today 10:00 Current Events (SP) 12:45 Senior Notes Singing Group-location TBD 12:00 Pizza and a <i>12:30 Movie: Green Book SP</i> <i>2:30 Intro to T'ai Chi (5) VH</i> 2:30 Connection Circle SP | 9:30-11:30 Bingo (SP) 11:00 Fit for the Future- Location TBD 11:30/1:45 Watercolors (7) <i>12:15 Social Time (L)</i> 1:00-2:30 New Technology and Internet Safety Workshop SP |
| 22 | 23 | 24 | 25 | 26 |
| 11:00 Fit for the Future <i>12:15-12:45 Social Time in VH Room</i> 1:00 Canasta VH 1:00 Better Bones (6) 2:15 Tai Chi (1) <i>1-2:30 Sudbury Dementia Family Network* (SP)</i> | 8:45-10:45 BP Clinic 9:00 Happy Seniors Club/ English Learner Class R1 9:40/11 Yoga (3) (G) 10:00 Elder Law for Couples SP <i>12:15 Social Time (L)</i> 12:00 Lunch and Learn: <i>12:30 WGBH Archives VH/SP (rescheduled from February)</i> 1:30 Tai Chi 4 Healthy Living (6) | 9:30 Rise and Fall of China (7) 11:00 Fit for the Future <i>12:00 Calming Coloring</i> <i>12:00-1:30 Social Time (L)</i> 1-3:30 Bridge Group 1:00 Quilting (4) 2:30 Intergenerational (L) ----- Smart Driver Course* - at Coolidge at Sudbury Apts. | 9/9:30 Tap Dance (3) 10:00 Current Events (SP) <i>12:30 The 1960s through the Beatles</i> 1:00 Short Story Group (VH) <i>2:30 Intro to T'ai Chi (6)</i> 2:30 Connection Circle | 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH or R3) <i>12:15 Social Time (SP)</i> 11:30//1:45 - Watercolors (8) (VH) |
| 29 | 30 | | | |
| 11:00 Fit for the Future No Better Bones <i>12:00-2:00 Comfort Food Caring Café VH</i> <i>12:15-12:45 Social Time in SP Room</i> 1:00 Canasta SP 2:15 Tai Chi (2) | 8:45-10:45 BP Clinic 9:00 Happy Seniors Club/ English Learner Class R1 No Yoga today <i>11:30 Russian Conversation VH</i> <i>1:00 DA Ryan –How to Handle the Latest Scams SP</i> 1:30 Tai Chi for Healthy Living (7) (G) | *Repair Café is coming on Sat., May 18 from 9-12! *Smart Driver course 10AM-3PM at Coolidge at Sudbury, 189 Boston Post Rd., p. 5. | <i>Please note:</i> <i>Dates for T'ai Chi, Better Bones and Tap Dance have been adjusted due to weather or other cancellations.</i> <i>Social time after exercise - we are able to accommodate a group in the Lounge most days, sometimes in SP or VH room.</i> | <i>Please Note:</i> Many Fitness Classes move to Senior Center rooms this week. VH - Van Houten room TBD-location to be determined L- Lounge SP - Sudbury Pines room |



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Fitness Classes are Where It's At!

Please register and pay at the Senior Center - except for Fit for the Future, which is \$3 drop-in.
Questions, call 978-443-3055 or email senior@sudbury.ma.us.



Intro to Traditional T'ai Chi

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

Jan. 17-Mar. 14; Mar. 21-May 16

No class May 9; dates adjusted.

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. 8*, no class Feb. 18;

*class cancelled due to snow, 3/4

Apr. 22-Jun. 24*, no 4/15, 5/6, 5/27

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. 19; Mar. 26-May 21

No class May 7; dates adjusted due to cancelled class 1/29, 2/12

For those who want a slower pace; work on improved balance and mobility, while 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!

Yoga for Living Well

8 Tuesdays, Classes at 9:40-10:40 and 11:00 AM-12:00 PM, \$56

1/29-4/2; Apr. 9-Jun. 11; no class 4/30, 5/7

Add strength, balance and calm to your life!

Better Bones, Senior Strength

8 Mondays, 1:00-2:00 PM, \$56

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

Mar. 18-June 3; No class 4/29, 5/6

Build strength and balance with instructor Leslie Worris!

Beginner Tap Dance

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

Jan. 17-Mar. 28*; Apr. 4-May 30*;

No class 4/18; *dates adjusted

Learn the fundamentals of Tap Dance with instructor Susan Craver.

Intermediate Tap Dance

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

Jan. 17-Mar. 28*; Apr. 4-May 30*;

No class 4/18

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

Sudbury Trips 2019

Please sign up as soon as possible!



DIAMOND'S & PEARLS/CASH & KINGS ULTIMATE TRIBUTE SHOW - August 27 - \$93

Experience some of the greatest hits from some of the greatest performers of all time. The renowned ship-board duo, Jose and Patti, will wow you with their tribute to Neil Diamond along with some Janis Joplin, Carole King and Johnny Cash. Voted Musicians of the Year by Norwegian Cruise Line. Includes transportation and lunch. Please make checks out to Best of Times. Payment due: July 1, 2019

LAKE GEORGE BALLOON FESTIVAL 2019 - Sep. 20-22

This 3-Day trip is a perfect time to enjoy the spectacular Balloon Festival while enjoying a stop at the Norman Rockwell Museum, dinner cruise on Lake George. Checks payable to Best of Times. Cost is \$449 pp double Payment due: 8/20/19

CANYON COUNTRY WITH COLLETTE TOURS-Oct. 18-25

Travel to Sedona, the Grand Canyon, Lake Powell, Zion National Park, and more. See the wonders of the Southwest on one of Collette's most popular trips. Make checks out to Collette Tours. Cost is \$2999 pp double

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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 978-443-3055.



Sudbury Senior Center Dementia Family Connection

Monday, April 22, 1:00-2:30PM

Why do people join a Support Group?

Caregivers often feel like they are alone. A Support group can act like a family, where members feel supported, cared for, and accepted for who they are. Over time, members feel protected and safe to express their feelings, whether positive or negative. A sense of community and connection develops which can assist members in addressing their personal concerns and their need to ask questions. Members can have a good laugh and rejuvenate through inspiring, and often comical stories that are shared. Come join us if you're caring for a loved one with memory loss. We hope to see you there! To sign-up please call the Senior Center at 978-443-3055 or email Ana Cristina Oliveira at oliveiraa@sudbury.ma.us.

Low Vision Support Group

Monday, April 1 from 1:00-2:30pm



The Mass. Commission for the Blind will be visiting the group this month. Come with any questions you have that are related to vision loss. 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. Sign up with Ana Cristina Oliveira at 978-443-3055, oliveiraa@sudbury.ma.us.

~ From our Volunteer Program Coordinator,
Janet Lipkin ~

We have a huge range of volunteer programs in place to help seniors continue to live at home safely and independently. If you have a family member or friend that you feel might benefit from any of the Volunteer Programs below, please call the Senior Center (978-443-3055) and ask for Janet Lipkin.

- Transportation to/from medical appointments ("F.I.S.H.")
- Help with minor home maintenance and repairs
- Visits, weekly, from a Friendly Visitor
- Shopping, weekly, for groceries
- Pick-up and drop-off of library materials
- Delivery of a hot mid-day meal (Mon-Fri)
- Exchange a malfunctioning/dangerous space heater
- Installation of a lock box
- Loan of medical equipment for as long as is needed

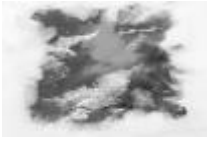
Would you like to get involved?

We are always looking for people who are interested in becoming part of our valued team of volunteers. If you have some spare time, whether it be often or only a few times a year, we can use your help. *(Our greatest current needs are additional volunteer drivers for Meals on Wheels and F.I.S.H., as well as back-up volunteers to help package hot meals in our on-site kitchen [9-11 AM]).* To apply to become a volunteer, please contact Janet Lipkin, Volunteer Program Coordinator, at 978-639-3223.

The Medical Loan Closet is a highly utilized program that lends medical equipment to residents of Sudbury, free of charge, for as long as is needed by the individual. If you have any gently used or brand-new equipment to donate to our Medical Loan Closet, please call Janet Lipkin (978-639-3223). Our immediate needs include rollators, shower chairs, shower benches, transport chairs, walker baskets, wheelchairs, and over-the-bed tables. Our pick-up and drop-off days for the Loan Closet are from noon-4pm on **Tuesdays and Fridays only.**

Volunteer Program Highlight: In-Home Fix-It Program

Volunteers that are handy help Sudbury seniors with minor home repairs and maintenance. Examples of repairs include changing batteries in smoke/carbon monoxide detectors, replacing a light bulb, turning a mattress over, hanging a picture, installing grab bars, changing storm windows to screens and back, and fixing door hinges and knobs. If you are handy and want to put your skills to use to help others, or if you are in need of some small home repairs, please contact Janet Lipkin, 978-639-3223.



Wonderful Watercolors!

8 Fridays, 11:30 AM-1:30 PM or 1:45-3:45 PM, **\$64/\$72**

March 8-April 26; May 3-June 28*

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. *Class fee increases to \$72 as of May 3.

Calming Coloring for Free Spirits!

Wednesdays at 12:00 PM

Join us for a half hour, or a few minutes of coloring with pencils or markers. 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! Call Sharon at 978-443-3055 for information or to get on our list for schedule changes.



Bringing the Generations Together!

Older and younger generations getting to know each other, working together on projects, and teaching each other... join in! New intergenerational activities with elementary students will be piloted this spring. These special programs will take place at the Senior Center. For information, Judy Battat at battatj@sudbury.ma.us.

Coming Soon!

May 1 - Mammography Van at Haskell Field
 May 6 - Foxwoods Day Trip
 May 6-June 17- Bereavement Support Group
 May 7 - Spring Tea Party!
 May 16 - History of Jazz and Blues by Paul Speidel
 May 21 - Music of World War II with John Clark

Instructors and Entertainers Needed

We are always looking for credentialed and/or volunteer instructors to teach academic, arts, and fitness classes, as well as experienced entertainers. Please contact Sharon Wilkes, Program Coordinator at wilkes@sudbury.ma.us. Thank you!

Use our Suggestion Box or send an email!

We are always interested in your Suggestions and Feedback! It's easier for us to remember them all if they are in writing. Thank you!

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 website.

Pizza and a Movie - Thursday, April 18



Green Book—2018—PG-13 – 2 hrs, 12 min

12:00 Pizza
12:30 Movie

When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger as well as unexpected humanity and humor they are forced to set aside differences to survive and thrive on the journey of a lifetime. **Please** sign up to order your pizza by 10:00 AM, by contacting the Senior Center at 978-443-3055/senior@sudbury.ma.us. Pizza \$1.50/slc.

Hearing Clinic

Friday, April 12, 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.

Legal Clinic - Tuesday, Apr. 9, Appts. Available
Turn the Page Book Club - Wed., Apr. 10, 1:00 PM
Stamp Club - Monday, Mar. 11, 10:00 AM
Connection Circle - every Thurs., 2:30 PM
State Rep. Carmine Gentile Hours-Fri., April 5, 10:30 AM

Lunch and Listen at St. John's: Live Music of Nancy Day
 Tuesday, April 9
 12 to 2 p.m.

Come for a hot lunch, with live music provided by Nancy Day, an exceptional pianist and vocalist who sings a wide array of music. The luncheon will be held at St. John Lutheran Church in Sudbury. Our menu will feature Chicken Cordon Bleu, roasted potatoes, green beans, and tossed salad. A suggested donation of \$8 is asked. To sign up, call the church office at 978-443-8350 before Monday, April 1. St. John is located at 16 Great Road.

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 contact us at (978) 443-3055 to verify information.



Introducing the Care Dimensions Hospice House

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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.



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GIVING BACK TO THE SENIOR COMMUNITY

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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; Stinson Real Estate Professionals; Agronovich & Gerin Legal, LLC and Gentle Giant.



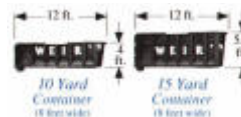
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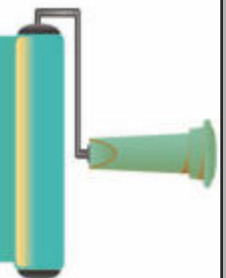
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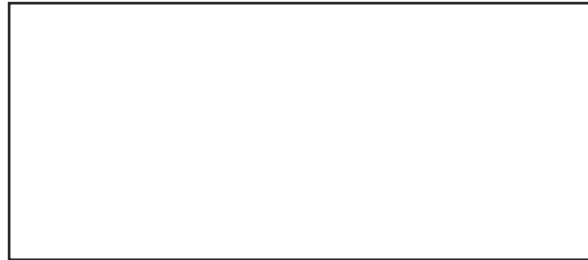
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Respect for All!

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