

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



St. Patrick's Day Luncheon

Tuesday, March 12
12:00 PM
\$5 in advance

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

Please pay when you sign up!
Let us know if you have special diet needs.

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 Presentation

Rescheduled to:

Thursday, March 21, at 6:00 PM - Sudbury Senior Center, p. 2

- ⇒ **Great Decisions Discussion Group** - June-Sep., p. 3.
- ⇒ **Lunch and Learn: Sudbury Police on Scams**, Thu., Mar. 14, p. 3.
- ⇒ **Classical Piano with Archie Richards**, Tues., Mar. 19, p. 3.
- ⇒ **The Fall and Rise of China - Pt. 2**, Wed., Mar. 13-May 29, p. 3.
- ⇒ **Soup's On! All about Trips and Tours** - Mar. 21, p. 3.
- ⇒ **Comfort Food Caring Café** - Mon., Mar. 25, 12-2 PM, p. 4.
- ⇒ **Pizza and a Movie and Friday Movies** - p. 4.
- ⇒ **Making Memories Café** - New! Tues., Mar. 12, p. 5
- ⇒ **Calming Coloring** - Wednesdays, 12:00 PM; p. 9.
- ⇒ **Informal Russian Speaking Conversation Circle** - p. 5.
- ⇒ **Chinese Happy Seniors Club/English Learner Classes** - Tues., p. 5.
- ⇒ **Sudbury Dementia Family Network** - Mon., Mar. 18, p. 8.
- ⇒ **Tax Return Help** - p. 4.
- ⇒ **Teen Tech Help** - Wednesday, Mar. 13, 27 - by appointment, p. 5.
- ⇒ **Outreach and Information Specialist Report**, p. 8.
- ⇒ **Volunteer Program Coordinator Report**, p. 8.

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

Save the Dates!

Social Media Tech Workshops With Troop 63 Scouts

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

Colby Chung from Troop 63 is organizing this workshop 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:

- Social Media and the Internet; Facebook and Communicating with Family
- Individualized Workshops

Each session will include light refreshments; with a presentation and hands-on learning time.

Livable Sudbury Community Needs Assessment Report

Thursday, March 21, 2019

6:00 PM Refreshments

6:30 PM Presentation

at the Sudbury Senior Center

Jan Mutchler, Director, UMass Boston Gerontology Institute will present a report on the Livable Sudbury community needs assessment, conducted in 2017-18 by UMass Boston Center for Social and Demographic Research on Aging, Gerontology Institute, part of the John W. McCormack Graduate School of Policy and Global Studies, in conjunction with the Sudbury Council on Aging/Senior Center and Town Manager Melissa Murphy-Rodrigues.

Sudbury, as of April 2018, is part of a regional Metropolitan Area Planning Council initiative with 13 local towns, that has been accepted into the AARP World Health Organization network of Livable communities. (A Livable Community being defined as a "great place for people of all ages".)

The presentation will be recorded by Sudbury TV and available on their website at a later date. The written report will be available on the Town website and at various locations in town. Questions, please call Debra Galloway, Director, Sudbury Senior Center, at 978-443-3055.

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.

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

**Wednesdays, 9:30 AM - June 5, 19, 26, July 10, 24,
Aug. 7, 21, Sep. 4**

Registration 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



To be a part of this special discussion group, you must register and pay the briefing book fee of \$24 by Wednesday, April 3 at 4:00 PM. Your payment seals your reservation. First come, first served. If you do not sign up by the reservation date, you may still find a spot, but will need to pay a higher fee to order your book separately from the group. Fee for the briefing book is based on enrollment —between \$24-\$35.50 each. Max. enrollment is 18. Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us with questions.

Soup's On!

All about Trips and Tours for 2019!

Thursday, March 21
12:00 Soup and Salad
1:00 Presentation



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.

You must register for soup and salad by Tuesday, March 19 at 4:00 PM, please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Lunch and Learn:

Sudbury Police - Latest Scams and Spoofs

Thursday, March 14

12:00 Lunch;

12:45 Sudbury Police Talk



Join us for a delicious lunch from BayPath and stay for an informative talk and discussion with our Sudbury Police! Please bring your questions, this is always a fun program with a lot of back and forth!

You must reserve your lunch by Monday, March 11 at 4:00 PM. There is a \$3 suggested donation for lunch. The menu includes: vegetable gumbo soup, turkey with cinnamon sweet potatoes and gravy, dinner roll and strawberry cup.

Classical Pianist Archie Richards

Tuesday, March 19, 1:00 PM

Suggested Donation \$3*

Archie Richards will perform a one-hour classical piano concert of 19th Century Piano Masterworks, including music of Chopin, Rachmaninov, Schumann, and Liszt. The concert will include the original work from which the popular song "I'm Always Chasing Rainbows" was derived.



Archie was a stockbroker and weekly newspaper columnist on money matters. Having played the piano as a child, he became a professional musician in 2008, when he was 72 and lives in a retirement home in Concord, NH. **Please register** for this performance at the Senior Center or contact us at 978-443-3055 or senior@sudbury.ma.us. *Donation at the door.

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.





Comfort Food Caring Café

Monday, March 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:** 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 to Sudbury Farms for supporting the café with 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.

At the Movies - 12:30 PM

Friday, March 8, 2019

Finding Your Feet

2018 PG-13, 1 hour 35 minutes

When 'Lady' Sandra Abbott discovers that her husband of forty years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, as Bif drags her along to a community dance class, where she starts finding her feet.

Friday, March 22, 2019

Maudie

2017 PG-13, 2 hours

This affecting biopic charts the story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast and finds a passion for painting, becoming a beloved Canadian folk artist in the process.

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



Do You Miss Reading?

Monday March 4th from 1:00-2:30pm
Low Vision Support Group



The Perkins Library serves over 25,000 patrons across Massachusetts, yet many potentially eligible people do not know about the program. This free service is available to anyone who has difficulty reading standard print due to: loss of vision, a physical condition making it difficult to hold a book and turn pages, or a reading disability. There are thousands of people who could benefit if they knew about the program! Come and listen to Erin Fragola, the Marketing/Outreach Coordinator for the Perkins Library, talk about the myriad of offerings available through the Library. Sign up with Ana Cristina Oliveira at 978-443-3055, oliveiraa@sudbury.ma.us.

Tax Return Help Schedule

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

April 2, 4



Appointments can be scheduled at 9:00 AM, 10:30 AM, 12:30 PM, and 2:00 PM

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 those with brokerage accounts, (including people with stocks) appointments will begin **Tuesday, March 12.**

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.*

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.

Pizza and a Movie



12:00 Pizza

12:30 Movie

Old Man and a Gun

Thursday, March 28, 2019

2018 PG-13 1 hours 35 minutes

Based on the true-life exploits of bank robber Forrest Tucker, this comic tale recounts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78.

Please sign up to order your pizza by 10:00 AM, by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us. Pizza is \$1.50/slice.

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.



Making Memories Café

Tuesday, March 12, 12:00-1:30 PM

Join us for a new Memory Café from **Bridges by Epoch** of Sudbury. As with our Comfort Food Caring Café on the 4th Monday of each month, this Café welcomes caregivers and their loved ones with memory challenges for a light meal and some lovely entertainment. For this inaugural café, enjoy Brian Kane, a Berklee College grad who plays beautiful saxophone and flute! Please contact Ana Cristina Oliveira, at 978-443-3055 or oliveiraa@sudbury.ma.us to sign up and with questions. Thank you to *Bridges by Epoch* of Sudbury!

Learning about Intergenerational Programs
Sages and Seekers, LINC, and Book Buddies
Wednesday, March 6, 10:00 AM

Learn about intergenerational programs in Sudbury and Concord working with high school or elementary age students. Sages and Seekers representative Susan Blumenfeld will be here to talk about this program at the Weston School in Concord working with 10th graders (ages 15-16). You can also learn more about LINC, an afterschool program offered by Sudbury Senior Center/Sudbury Public Schools working with 4th and 5th graders (ages 9-12), and Book Buddies a reading program with new readers (ages 5-6) in Sudbury schools.

Information about LINC and Book Buddies is available by contacting Judy Battat, Senior Center Intergenerational Coordinator at battatj@sudbury.ma.us, or leave her a message at 978-443-3055. For information about Sages and Seekers, please contact Susan Blumenfeld for more information at 508-277-0669, or email her at sages.seekers@gmail.com.

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

**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 **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!

**Teen Tech Help at Senior Center and Goodnow Library!**

Wed., March 13, 27 at Senior Center
March 6 at Goodnow; 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.

**Informal Russian-Speaking Conversation Circle***New!*

Tuesdays, March 5, 19, 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 your name on our interest list at 978-443-3055.

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.

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
*Tues. and Thu. T'ai Chi class numbers are adjusted due to cancelled classes on 1/29, 1/31, 2/12;	Note: T'ai Chi will be in Van Houten room on March 11; and both Yoga and T'ai Chi will be at Congregation Beth El (CBE) on March 12.	Please Note: Tues., Mar. 12, Yoga and T'ai Chi will be at Congregation Beth El, 105 Hudson Rd., Sudbury		9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (8, last)
4	5	6	7	8
11:00 Fit for the Future 1-3:30 Canasta 1:00 Better Bones (8, last) 1:00 Low Vision Group 2:15 Tai Chi (4)	8:45-10:45 BP Clinic 9:00 Chinese Happy Seniors VH 9:00 English Learners (R1) 9:40/11 Yoga (4) 11:30 Russian Conversation Circle (SP) 1:30 Tai Chi Hlthy Living (6)*	9:30 Veterans Talk/Coffee 10:00 Learn about Intergenerational Programs 11:00 Fit for the Future 12-1:00 Calming Coloring 1-3:30 Bridge Group (VH) No Quilting today	9:00/9:30 Tap Dance (7) 10-11:15 Current Events 12:45 Senior Notes: Singing Group (R1 or VH) 2:30 Intro to T'ai Chi (7)* 2:30 Connection Circle	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 Movies: <i>Finding Your Feet</i>
Market Basket trip 11	12	13	14	15
10:00 Stamp Club (VH) 11:00 Fit for the Future 1-3:30 Canasta 1:00 Better Bones (1) 2:15 Tai Chi (5) (VH)	9-4 AARP Tax Help (VH) 8:45-10:45 BP Clinic 9 Chinese Happy Seniors (SP) 9:00 English Learners (R1) 9:40/11:00 Yoga (5) (CBE) 12:00 St. Patrick's Day Luncheon with Glenshane 1-3 Legal Clinic (R1) 12-1:30 Making Memories Caring Café 1:30 T'ai Chi Hlthy (7)* (CBE) 3:00 Council on Aging	9:30 The Fall and Rise of China Part 2 (1) 11:00 Fit for the Future 12:00-1:00 Calming Coloring VH 1:00-2:00 Turn the Page - Book Group! (VH) 1-3:30 Bridge Group (SP) No Quilting today 2:00 Teen Tech Help	9-4 AARP Tax Help (R1/VH) 9:00 Beginner Tap Dance (8) 9:30 Tap Dance! (8, last) 10:00 Current Events (SP) 12:00 Lunch and Learn: 12:45 Sudbury Police: Latest Scams and Spoofs 1-2 Short Story Group (VH) 2:30 Intro to T'ai Chi (8)* 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 Watercolors (2) 1:45 Watercolors (2)
18	19	20	21	Gym Setup for Election 22
11:00 Fit for the Future 1-3:30 Canasta 1:00 Better Bones (2) 2:15 Tai Chi (6) 1:00 Sudbury Dementia Family Connection	9-4 AARP Tax Help (R1) 8:45-10:45 BP Clinic 9:00 Chinese Happy Seniors (SP) 9:00 English Learners (R1) 9:40-11 Yoga (6) 11:30 Russian Conversation Circle (SP) 1:00 Pianist Archie Richards 1:30 Tai Chi Hlthy Living (8)*	9:30 The Fall and Rise of China Part 2 (2) 11:00 Fit for the Future 12:00-1:00 Calming Coloring 1-3:30 Bridge Group (SP) No Quilting today	9-4 AARP Tax Help (VH/R1) 9:00 Beginner Tap Dance (1) 9:30 Tap Dance! (1) 10:00 Current Events (SP) 12:00 Soup's On! Trips and Tours with Collette Travel 12:45 Senior Notes Group (VH) 2:30 Intro to T'ai Chi (1) 2:30 Connection Circle (VH) 6:00 Livable Sudbury Presentation!	9:30-11:30 Bingo (SP) 11:00 Fit for the Future (R3/TBD) 11:30 or 1:45 Watercolors (3) 12:30 Friday at the Movies: <i>Maudie</i>
Town Election 25	26	27	28	29
11:00 Fit for the Future VH 12:00-2:00 Comfort Food Caring Café SP 1-3:30 Canasta 1:00 Better Bones (3) VH 2:15 Tai Chi (7) VH	9-4 AARP Tax Help (R1) 8:45-10:45 BP Clinic 9:00 Chinese Happy Seniors VH 9:00 English Learners (VH) 9:40/11 Yoga (7) 1:30 Tai Chi Hlthy Living (1)*	9:30 The Fall and Rise of China Part 2 (3) 11:00 Fit for the Future 12:00-1:00 Calming Coloring 1-3:30 Bridge Group (SP or VH) No Quilting today 2:00 Teen Tech Help	9-4 AARP Tax Help (R1) 9:00 Beginner Tap Dance (2) 9:30 Tap Dance! (2) 10:00 Current Events (SP) 12:00 Pizza and a Movie: <i>Old Man and a Gun</i> 1-2 Short Story Group (VH) 2:30 Intro to T'ai Chi (2) 2:30 Connection Circle 2:30 Friends Meeting (SP)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (4)



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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. 14; Mar. 21-May 16

No class May 9; dates adjusted due to cancelled class on 1/30

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

Apr. 8-Jun. 17, 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!

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 4/29, 5/6

Build strength and balance with instructor Leslie Worris!

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!



The Edwards Twins - Lake Pearl, Wrentham, MA - May 19, 2019 - \$93 - All your favorite legendary superstars come alive: Sonny & Cher, Billy Joel, Elton John, Neil Diamond, Lionel Richie, Stevie Wonder, Ray Charles, Lady Gaga, Andrea Bocelli, Tom Jones, many more. Includes lunch/transportation. Payable to **Best of Times**.

British Landscapes - May 23 - June 1, 2019, \$3699 pp double; travel to England, Scotland, and Wales. 10-day trip starts in London, travels to York, to the Border Regions of Scotland visiting the "Athens of the North" Ed-

inburgh, continuing to Wales, Stratford-upon-Avon and then to Stonehenge. Payable to **Collette Tours**.

The Best of Eastern Canada - June 18 - 25, 2019 - \$3099 pp double; Enjoy your visits to Montreal, Quebec City, Ontario, Toronto, and Niagara Falls. This 8-day trip will charm you with many wonders that Canada has to offer. Make checks payable to **Collette Tours**.

Royal Caribbean's Serenade of the Seas Repositioning Cruise - Oct. 27 - Nov. 8, 2019 - Prices begin at \$1349 PP double; Join this repositioning cruise right out of Boston. Includes 12 night cruise, and return air from Ft. Lauderdale. Pay **Durgin Travel**.

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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 Dementia Family Connection
Monday, March 18, 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 chart 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

~ From our Volunteer Program Coordinator,
Janet Lipkin ~

The cold weather still surrounds us outdoors....how to combat it? Well, a wonderful way to stay warm and toasty is to stay active by volunteering. Not only does it get you out and about, it results in you making a difference in the lives of others, something that, as they say, "warms the heart." How can you help?

**Consider...**

- *Making a weekly 1-2 hour long visit to a senior (Friendly Visitor)
 - *Delivering a hot mid-day meal to a homebound senior
 - *Making a small home repair like changing a lightbulb or putting a new battery in a smoke detector
 - *Purchasing and delivering groceries to a homebound senior
 - *Delivering materials from the Goodnow Library to a Sudbury resident unable to get to the library on their own
 - *Driving a Sudbury resident to a medical appointment
 - *Helping with special events at the Senior Center by assisting with decorating the gym, setting the tables, serving the food or cleaning up
 - *Helping to package food for the Meals on Wheels program
 - *Affixing mailing labels to our newsletter
- If you have some spare time and want to become a member of our valued volunteer team, please contact Janet Lipkin at 978-639-3223; LipkinJ@sudbury.ma.us It is a wonderful way to make new friendships!

Medical Loan Closet: The inventory of our Medical Loan Closet fluctuates week by week. Our immediate needs include shower chairs, shower benches, transport chairs, walker baskets, walker trays, wheelchairs, over-the-bed tables, and tub transfer benches. If you have any gently used or brand-new equipment for our Medical Loan Closet, please call Janet Lipkin (978-639-3223). Our pick-up and drop-off days for the Loan Closet are from noon-4pm on Tuesdays and Fridays only.


Volunteer Program Highlight: Goodnow-To-Go

This program supplies library materials to Sudbury residents unable to travel to the Library due to a temporary or permanent disabling condition. A Senior Center volunteer delivers the requested books/library materials to their matched patron's residence at a mutually convenient day/time. The volunteer returns the materials to the library when due. If you are interested in becoming a volunteer for this program, please call 978-639-3223. If you are a resident who wants to utilize this free service, fill out an application by going to: <https://goodnowlibrary.org/how-do-i/goodnow-to-go/>



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! Call Sharon at 978-443-3055 for information or to get on our list for schedule changes.



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!

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! Next LINC coming this spring!

FitWalk Group!

Knowing the awesome benefits and the joys of walking... we plan to start a walking group that will meet one to two times a week for 1/2 hour to walk in the Fairbank Gym. If you are interested in walking with us, please contact us to add your name to the interest list!



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. If you are interested, please contact Sharon Wilkes, Program Coordinator at-wilkess@sudbury.ma.us. 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 web-site.

Hearing Clinic

Friday, March 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.

Countess Maritza and the Magic Flute

Opera Lectures with Erika Reitshamer

Tuesdays, April 9, 16

12:30-2:00 PM

\$15*

Ms. Reitshamer says, "After listening to the operetta **Countess Maritza**, people might want to put on their dancing shoes, and Mozart's fairytale opera is always irresistible!"

Please sign up and pay the fee in advance for these lectures, sign up begins on March 1. Checks are payable to "Town of Sudbury" and are used to pay for the class. *More information* will be available in the April newsletter. *If you need financial scholarship help, please contact Ana Cristina Oliveira, Outreach Specialist

Legal Clinic - Tuesday, Mar. 12, Appts. Available
Turn the Page Book Club - Wed., Mar. 13, 1:00 PM
Stamp Club - Monday, Mar. 11, 10:00 AM

Complimentary Showing-ECMS Theatre Troupe

Anne of Green Gables, The Musical

Tuesday, March 12, 3:00 PM

Curtis Middle School

No tickets are needed but please **RSVP** to the Senior Center by noon on **Monday, Mar. 11**.

Transportation may be available but must be planned ahead – registered van riders may reserve a ride by Friday, March 8, 4:00 PM. If not registered, please complete the MWRTA application form, set up a debit account by calling 508-860-4650 (MWRTA Call Center). Call Ana Cristina Oliveira if you need assistance at 978-443-3055 or oliveiraa@sudbury.ma.us.

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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Watch our video tour at CareDimensions.org
or call 781-373-6616 to learn more
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GIVING BACK TO THE SENIOR COMMUNITY



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.

Maria Project organizers include Home Ready Solutions, Stokorz Real Estate Professionals, Agnew & Ginn Legal, LLC and Gentle Giant.



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.

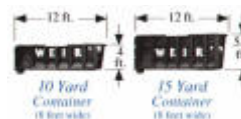
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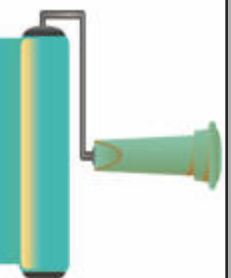
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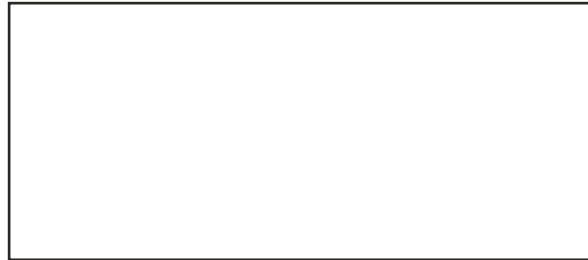
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