

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



**Sudbury Board of Health
Dana Farber
Mammography Van
And Health Fair**

Wed., May 1

Van 8:00-3:30

Fair 10:00-12:00

- Emerson Hospital Blood Pressure Monitoring and Sunscreen Station
- Impact Melanoma Facial Skin Evaluations
- Senior Center Resource Table
- Sudbury Police
- MCDC
- Goodnow Library
- Sudbury Park and Rec

Sign up for Mammogram at
617-632-1974

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**



Celebrate Older Americans Month - join us!

- ⇒ **Getting Around Using Uber and Lyft**, Thu., May 2, 1:00 PM, p. 3.
- ⇒ **Paul Speidel Duo - History of Jazz** - Thu., May 16, p. 3.
- ⇒ **Calming Chair Yoga** - Fridays, 1:15 PM, p. 3.
- ⇒ **FitWalks**, Fridays, 12:15-1:00 PM, Fairbank Gym, p. 3.
- ⇒ **Chinese American Family Fun Night** - Thu., May 9 - p. 3.
- ⇒ **The Music of World War II**, Tues. May 28, p. 4.
- ⇒ **Making Memories Café** - New! Thurs., May 9, p. 5.
- ⇒ **Sudbury Caregiver Support Group** - Mon., May 13, p. 8.
- ⇒ **Nourish Your Nutrition Know-how**, May 29: 12, 1, 2 PM, p. 4.
- ⇒ **Springtime Tea Party and Trivia**, Tues., May 7, p. 4.
- ⇒ **Elder Law for Singles** - Tues., 10:00 AM; p. 4.
- ⇒ **Soup's On - Livable Sudbury** - Thu., May 30, p. 5.
- ⇒ **Van Shopping Trip** - Monday, May 13 - Market Basket/Hudson

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

The Senior Center will be closed for Memorial Day on Mon., May 27.

Sudbury Town Meeting

Monday, May 6, 7:30 PM

Lincoln-Sudbury High School Auditorium

For transportation info, call 978-443-3055, by Wed., May 1 at 4:00 PM.

Free Repairs at the Repair Café

Sat. May 18, 2019 — 9:00 AM - 12:30 PM

Most items are welcome for free repair. Volunteers will be here who can help with mendable clothing, lamps, small appliances, computers, electronics, sewing machines, bikes, toys, outdoor equipment, and sharpening dull knives or garden tools. If your item needs a part, save time and bring the new part with you.



Enjoy a free drink and a snack, have fun, and work with a volunteer who will repair your broken possession.

For information or to volunteer: Contact Howard Kendall at 978-261-5264 or howard.kendall@comcast.net, or call the Senior Center at 978-443-3055.

Learn more at Repair Cafes at www.repaircafe.org.

Town of Sudbury - Master Plan Public Forum

Wednesday, May 22, 2019
Lincoln-Sudbury Regional High School Cafeteria
390 Lincoln Road



Registration is from 6:30 to 7:00 PM and the forum is from 7:00 to 9:00 PM. Those who attend will have the opportunity to speak with other residents about the future of Sudbury. Group discussions will touch on what makes Sudbury a great place to live and work, and how to maintain the community's high quality of life. Participants will be asked how they envision the town in 10 to 20 years, how to make that vision take shape, and how to overcome specific barriers to achieving the vision. Transportation may be available, call Ana Cristina Oliveira, at 978-443-3055 for info.



Dementia Friendly

Are you interested in Dementia Friendly issues? We are! We know that many people in Sudbury are living with dementia, or are caregivers for someone with dementia. People who are not in this situation may not understand what it's like, or how to interact with someone with dementia. Dementia friendly communities foster the ability of people living with dementia to remain in the community and engage and thrive day to day*. Wouldn't it be great to help everyone in our community understand a little more about this disease? Caregivers are often uncomfortable going out in public, afraid that others won't understand. If you are interested in exploring this topic, please contact Ana Cristina Oliveira, CDP, Outreach Information Specialist, oliveiraa@sudbury.ma.us or 978-443-3055. *From Dementia Friendly America at www.dfaamerica.org

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. 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, please call 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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Getting Around Using Uber & Lyft

Thursday, May 2

1:00 PM



Are you looking for ways to save on transportation costs but go further? Do you want to keep healthy & stay active in your community? Are you curious how rideshares (like Uber & Lyft) might work for you? Learn to use your smartphone intelligently and ride-share. We will introduce participants to ride-sharing, answer questions, and download the app during class. **Bring your smartphone and your Apple ID/Google password.**

Presenter: Jane Gould, PhD is the author of "Aging in Suburbia," a book about transportation choices and future mobility. She is trained as a transportation planner and has more than fifteen years of experience developing change-agent campaigns for transit and public agencies. She keeps an interactive blog on technology, DearSmartphone, and has been an active trainer for Rideshare and On-Demand mobility since 2016.

Please sign up by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us. **Sign up early**, space is limited—don't forget your smartphone and password.

Calming Chair Yoga

4 Fridays, 1:15-2:00 PM

May 10, 24, 31, June 7

No class May 17 - \$30



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!

Please bring your own yoga block and a strap or belt (a limited number are available to borrow). You must register and pay in order to reserve your spot, by emailing senior@sudbury.ma.us, or calling 978-443-3055. Maximum of 15 students, minimum of 6 students.



FitWalk!

Like to walk? Stop in for a fun walk around the Fairbank Gym with other walkers and some live music! Fridays at 12:15 PM. Please register at Park and Rec. *A Senior Center and Park and Rec Program*

Paul Speidel Duo

"History of Jazz"

Thursday, May 16, 1:00 PM



The Paul Speidel duo will share a lively mix of melodies and rhythms from the 20's through the 50's, interwoven with enlightening historical descriptions of the style and how the guitar was used from Country Blues to the Big Band era and beyond. They will take listeners on a musical journey through the history of Jazz, playing some well-known tunes which made the style famous.

Paul Speidel has performed at major clubs and festivals in the Greater Boston area, such as Scullers, Ryles, Johnny D's, Acton Jazz Cafe, and many others. He taught Jazz and Blues in the Newton Public Schools for many years, and has presented programs at public and private venues in the area. Last year, he had the privilege of performing live on WBUR's "Radio Boston" program to nearly 500,000 listeners. He has performed with Patti Page, Jay Geils, Duke Robillard, James Montgomery and Shirley Lewis, among others.

Please join us for this entertaining and educational performance! This program is **sponsored by the Friends of Sudbury Seniors** – there is no fee, though donations are welcome. Please register at senior@sudbury.ma.us or 978-443-3055. *You don't want to miss this!*

Chinese American Association

Family Fun Night

Thursday, May 9, 6:00-8:00 PM



The Senior Center and the Chinese American Association will be holding an Intergeneration game night. This social night is partly funded by Older American's Act funds, through a grant from BayPath Elder Services. There is a voluntary, confidential opportunity to make a donation to this event. Suggested donation is \$3. Please sign up at 978-443-3055.

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 at wilkess@sudbury.ma.us.

Use our Suggestion Box or send an email!

We are always interested in your Suggestions and Feedback! Email at senior@sudbury.ma.us.

John Clark and his Great American Music Experience



The Music of World War II

Tuesday, May 28
1:00 PM

This multi-media presentation features some of the most popular music of the war years. Performances and recordings of the songs that comforted, entertained and inspired Americans during this terrible global conflict. There are love songs like **As Time Goes By**, **Don't Sit Under the Apple Tree** and **I'll Be Seeing You** and songs of longing for the war to end like **(There'll Be Bluebirds Over) The White Cliffs of Dover** and **When the Lights Go On Again All Over the World**. Featured artists include the Andrews Sisters, Glenn Miller, Johnny Mercer, Frank Sinatra, Judy Garland, Vera Lynn, Kate Smith and Spike Jones.

Space is limited, Sudbury residents sign up as of May 1; others as of May 15, at 978-443-3055 or via email. Sponsored by the **Friends of Sudbury Seniors**.

Springtime Tea Party and Trivia!

Tuesday, May 7, 2:00 PM



Put on your fancy clothes, bring your favorite teacup and saucer, as well as your manners! Join the ladies, and gentlemen, for tea and delicious treats prepared by Judy Honens of Judy's Desserts. We will have some fun trivia to work on while we sip!

Please register at senior@sudbury.ma.us or at 978-443-3055. Sponsored by the **Friends of Sudbury Seniors**.

Friday at the Movies at 12:30 PM

May 10

Joy Luck Club

1993 – R – 2 hours 20 minutes



This drama, based on a novel by Amy Tan, follows four Chinese women living in California who gather weekly to play mah-jongg and share stories. They also enjoy sharing stories about their daughters, lamenting some of the younger generation's choices. Please sign up at 978-443-3055 or senior@sudbury.ma.us.

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.



Nourish your Nutrition Know-How

Wednesday, May 29

Consultations at 12:00, 1:00, 2:00 PM

Traci Robidoux, RD, LDN, BayPath Elder Services Nutritionist, will offer individual one to one consultations on any dietary concerns, questions or planning. Please contact the Senior Center to sign up for a consultation at senior@sudbury.ma.us or 978-443-3055.

Elder Law for Singles

With Elder Law Attorney Arthur Bergeron

Tuesday, May 7

10:00 AM



Estate planning is not just for couples! Everyone should have an estate plan in place to protect you and your assets should you become frail, incapable of caring for yourself, or to simplify things should you pass away. Elder Law Attorney Arthur Bergeron will discuss best estate planning practices for singles.

Please sign up in advance so that we are prepared for the audience. Contact us at 978-443-3055 or senior@sudbury.ma.us.

Comfort Food Caring Café

Is cancelled for May due to the Memorial Day Holiday.

Bereavement Support Group

6 Mondays, 9:30-11:00 AM

May 6-June 10



In conjunction with the Senior Center, Care Dimensions will be offering a 6-week bereavement support group focused on coping with the loss of a loved one. This group is for people whose loss was at least 3 months prior to the start of the group.

Space is limited so pre-registration is required by May 1. RSVPs to Laurel Mauroy at 781-373-6530 or email grief@CareDimensions.org. There is no meeting on May 27 due to the holiday.

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**.

Soup's On!**Livable Sudbury Needs Assessment on DVD**

Thursday, May 30
12:00 Soup and Salad
12:45 DVD Viewing/Discussion



See the taping of the presentation of the Livable Sudbury Needs Assessment Results by UMass Boston Gerontology Professor Jan Mutchler. A facilitated discussion will be held following the showing.

You must register for soup and salad by Tuesday, March 28 at 4:00 PM, please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Making Memories Café

Thursday, May 9, 12:00-1:30 PM

Join us for the monthly Memory Café from **Bridges by Epoch** of Sudbury at the Senior Center. 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 Ana Cristina Oliveira, Outreach Specialist at 978-443-3055 or by email at oliveiraa@sudbury.ma.us.

Informal Russian-Speaking Conversation Circle

Tuesdays, May 7, 21, 11:30 AM

Russian speakers, native or non-native speakers, join us to speak Russian, and get to know your neighbors.

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

**AARP Smart Driver Course 55+**

~At the Goodnow Library~

Wednesday, May 8, 10:30 AM –3:30 PM

Sugg. Donation \$3*-Lunch included



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.

This program is funded in part by Older American's Act funds, through a BayPath Elder Services Area Agency on Aging grant.

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, but space is limited. Please contact **the Senior Center** at 978-443-3055 or senior@sudbury.ma.us to **register by Monday, May 6** at 4pm. *Donations may be made at the time of registration.

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!

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.

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
We offer social time for participants in various programs. Sometimes we have space in a program room, but if not, please enjoy the lounge!	*Quilting is offered through L-S Adult Ed program	8:00-3:30 Mammography Van 10-12 Health Fair/Haskell Fld. 9:30 Fall and Rise of China (8) 11:00 Fit for the Future G 12:00-12:45 Coloring (VH) 12-12:45 Social Time (L) 1-3:30 Bridge Group (SP) 1:00 Quilting (5)* (VH)	9:30 Tap Dance! (4) 9:30-11:15 Current Events (SP) 12:45 Senior Notes: Singing Group (R1 or VH) 1:00 Getting Around Using Uber/Lyft Workshop (SP) 2:30 Intro to T'ai Chi (7) 2:30 Connection Circle (VH)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 Watercolors (1) 12:00 Social Time (SP) 1:45 - Watercolors (1) 12:15-1 FitWalk in the gym!
Foxwoods Trip 6	7	8	9	10
9:30-11 Bereavement Group (SP) (1) 11:00 Fit for the Future 12-12:45 Social Time (VH) 1-3:30 Canasta (VH) 1:00 Low Vision Support Group (SP) No Better Bones today No Tai Chi today 7:30 Town Meeting	8:45-10:45 BP Clinic 9:00-11:30 Happy Seniors Club/English Learners (R1) No Yoga today 10:00 Elder Law for Singles 11:30 Russian Speaking VH 11:30-12:45 Social Time (VH) 1-3 Legal Clinic (SP) No Tai Chi Healthy Living 2:00 Spring Tea Party	9:30 Fall & Rise of China (9) 9:30 Veterans Coffee VH 11:00 Fit for the Future 12:00-12:45 Social Time (L) 12:00-12:45 Coloring 1-3:30 Bridge Group (SP) 1:00-2:00 Book Group! (R1) 1:00 Quilting (6)* (VH) ----- AARP Smart Driver at Goodnow Library 10:30-3:30	9:30 Tap Dance! (5) 9:30-11:15 Current Events (SP) 12:00-1:30 Making Memories Café (SP) No Intro to T'ai Chi today 1-2 Short Story Group (VH) 2:30 Connection Circle (VH) 6:00-8:00 PM - Chinese-American Intergenerational Game Night	9:30-11:30 Bingo (SP) 9:30-11:00 Hearing Clinic 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (2) 12:00 Social Time (L) 12:15-1 FitWalk in gym! 12:30 Friday Movie: Joy Luck Club 1:15 Chair Yoga (1) (G)
Market Basket Trip 13	14	15	16	17
9:30 Bereavement Grp 2 10:00 Stamp Club (VH) 11:00 Fit for the Future G 1-3:30 Canasta VH 1:00 Better Bones (6) 1:00 Sudbury Caregiver Support Group SP 2:15 Tai Chi (3) G	8:45-10:45 BP Clinic 9:00-11:30 Happy Seniors/English Learners (VH) 9:40/11:00 Yoga (4) (SP) 12:00 Social Time (L) 1:30 Tai Chi Healthy Living (7) (VH) 3:00 Council on Aging (SP)	9:30 Fall & Rise of China (10) 11:00 Fit for the Future 1-3:30 Bridge Group (VH) 1:00 Quilting (7)*	9:30 Tap Dance! (6) 9:30-11:15 Current Events (SP) 1:00 PM History of Jazz with Paul Speidel Duo 12:45 Senior Notes: Singing Group (R1 or VH) 2:30 Intro to T'ai Chi (8, last) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future No Watercolors today 12:15-1 FitWalk in gym No Chair Yoga today ----- Sat., May 18, Repair Café - 9-12:30
20	21	22	British Trip 23	24
9:30-11 Bereavement Group (SP) (3) 11:00 Fit for the Future No Comfort Food Caring Café this month 1-3:30 Canasta 1:00 Better Bones (7) 2:15 Tai Chi (4)	8:45-10:45 BP Clinic 9:00-11:30 Happy Seniors Club/English Learners 9:40-11 Yoga (5) 11:30 Russian Speaking VH 1:30 Tai Chi Hlthy Living (8) ----- 3:00-7:00 Sudbury Water Dist. Election/7:00 Meeting	9:30 Fall & Rise of China (11) 11:00 Fit for the Future 12:00-12:30 Social Time (VH) 1-3:30 Bridge Group (SP) 1:00 Quilting (8, last)* (VH) ----- Master Plan Public Hearing 7:00-9:00 PM - LS High School Registration 6:30-7:00 PM	9:30 Tap Dance! (7) 9:30-11:15 Current Events (VH) 12:00 Pizza and a 12:30 Movie! 1-2 Short Story Group (VH) 2:30 Intro to T'ai Chi (1) 2:30 Connection Circle 2:30 Friends Meeting	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (3) 12:15-1 FitWalk in the gym! 1:15 Chair Yoga (2) (G)
27	28	29	30	31
Memorial Day Holiday  Senior Center Closed	8:45-10:45 BP Clinic 9:00-11:30 Happy Seniors Club/English Learners (R1) 9:40/11 Yoga (6) 9:30-1:12:30 SHINE 1:00 Music of World War II with John Clark 1:30 Tai Chi Hlthy Living (1)	9:30 The Fall and Rise of China (12, last) 11:00 Fit for the Future 12-3 Nutritionist Consultations 1-3:30 Bridge Group (SP or VH) No Quilting today	9:30 Tap Dance! (8, last) 9:30-11:15 Current Events (SP) 12:00 Soup's On! Livable Sudbury Report DVD 1-2 Short Story Group (VH) 2:30 Intro to T'ai Chi (2) (G) 2:30 Connection Circle (VH)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (4) 12:15 FitWalk in the gym! 1:15 Chair Yoga (3) (G)




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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
Mar. 21-May 16; No class May 9;
May 23-July 11; no class 7/4

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements. Learn postures and movements, basic concepts and deeper philosophies.

Traditional T'ai Chi

8 Mondays, 2:15-3:15 PM, \$45
Apr. 22-Jun. 24, no 5/6, 5/27
July 8-Aug. 26

A 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
Mar. 26-May 21; No class May 7
May 28-July 23; No class July 2

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

Apr. 9-Jun. 11; no class 4/30, 5/7
Jun. 18-Aug. 13; No class July 2
Add strength, balance and calm to your life!

Better Bones, Senior Strength

8 Mondays, 1:00-2:00 PM, \$56
Mar. 18-June 3; No class 4/29, 5/6
Jun. 10-Aug. 19; No class 6/24, 7/1
Build strength and balance with instructor Leslie Worris!

Beginner/Intermediate Tap Dance

8 Thursdays, 9:30-10:30 AM, \$55
Apr. 4-May 30; No class 4/18
Tap Dance returns in September!

Chair Yoga

4 Fridays, 1:15-2:00 PM
May 10, 24, 31, Jun. 7 - \$30

Sudbury Trips 2019





EDWARDS TWINS - May 19 - \$93

Two brothers impersonate over 100 stars! Checks to Best of Times. Sign up as soon as possible.

NEWPORT PLAYHOUSE - "Funny Money"- Jul. 10 - \$95
Lobsterfest and Cabaret Show in Newport RI!
Checks to Royal Tours LLC, due as soon as possible.

DIAMOND'S & PEARLS ULTIMATE TRIBUTE - 8/27 - \$93
Experience some of the greatest hits from some of the greatest performers of all time. Jose and Patti will wow you with their tribute to Neil Diamond, Janis Joplin, Carole King and Johnny Cash. Includes transportation

and lunch. Checks to Best of Times. Due: 7/1/19
LAKE GEORGE BALLOON FESTIVAL 2019 - Sep. 20-22
This 3-Day trip to enjoy the spectacular Balloon Festival with a stop at the Norman Rockwell Museum, dinner cruise on Lake George. Checks to Best of Times. \$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
Payment due: 5/15/19

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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 Caregiver Support Group

Monday, May 13, 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, May 6 from 1:00-2:30pm



Loss of vision can be challenging, physically & emotionally. Let's support each other. Come with any questions you have that are related to vision loss. Join us for an informative and supportive meeting. Please sign up by calling Ana Cristina Oliveira, at 978-443-3055 or email at oliveiraa@sudbury.ma.us.

~ From our Volunteer Program Coordinator,
Janet Lipkin ~

Much research has been done on the **benefits of volunteering**. Mark Horoszowski's *5 Surprising Benefits of Volunteering* (Forbes, March 19, 2015) reported that "When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness, they found the more people volunteered, the happier they were. Volunteering builds empathy, strengthens social bonds and makes you smile..." Other benefits of volunteering mentioned by Horoszowski include helping you to have a healthier body, build your experience, and develop new skills.

DON'T MISS OUT! If you would like to become part of our valued team of volunteers, please contact Janet Lipkin via email at LipkinJ@sudbury.ma.us or at 978-639-3223. Our opportunities are many! You can choose your own schedule, and there is no minimum or maximum time commitment.

Our greatest needs right now are:

- Volunteers to assist at the Senior Center welcoming seniors as they arrive and helping them to "scan in," pointing people in the right direction to get to classes and programs, and answering phones. We are looking for volunteer coverage on a weekly basis on either Tuesdays, Wednesdays or Thursdays from 9-11 AM.

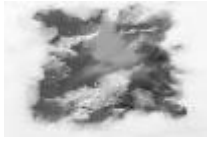
- Volunteers as back-up Meals on Wheels drivers. These volunteers receive a call either well in advance or sometimes the day before or day of, to which they can accept or simply say they are not available to help out. If the person is able to help out, we would need him/her from 11AM-12:30 PM, picking up the meals at the Senior Center kitchen and then delivering them to the clients on the set route. It is an extremely rewarding experience.



If interested, please contact Janet Lipkin, Volunteer Program Coordinator, at 978-639-3223.

Medical Loan Closet: A reminder that our Medical Loan Closet has medical equipment available for you to borrow for as long as is needed, at no cost. **Pick-up and drop-off of medical equipment is now on Tuesdays and Thursdays from noon-4:00PM.** To request equipment, please call the Senior Center Monday through Friday, 9AM-4PM. Please note that in order to have the equipment ready, requests must be made at least 24 hours before the next designated pick-up day. Consider donating items we are in greatest need of: new or gently used shower chairs, shower benches, rollators, crutches, and wheelchairs.

Volunteers! Please save the date for our Volunteer Appreciation Event: June 5th, 2019. More details to come.



Wonderful Watercolors!

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

May 3-June 28* -No Class May 17

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. If you have a financial challenge, please speak to Ana Cristina Oliveira, Outreach Specialist, about a possible scholarship (978-443-3055).

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. For information, contact Judy Battat at battatj@sudbury.ma.us or leave a message for her with Sharon Wilkes at 978-443-3055.

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 or senior@sudbury.ma.us to verify information.



Calming Coloring for Free Spirits!

Wednesdays at 12-12:45 PM

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

Senior Notes Singing Group



Enjoy the freedom and delight of singing with a group! 1st and 3rd Thursdays of the month.

Bingo - Fridays at 9:30 AM

Canasta Group - Mondays at 1:00 PM

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. & Thu. 12:00-4:00. Free medi-

cal 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, May 23
Mamma Mia! Here We Go Again
 2018-PG-13 – 2 hours



In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about facing motherhood minus her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences.

Join us for a slice and stay for the entertainment... Pizza is \$1.50 per slice. Exact Change Please!

Please reserve your slice by Thurs., May 23 at 10:00 AM. Sign up at 978-443-3055 or senior@sudbury.ma.us.

12:00 Pizza
12:30 Movie


Senior Notes Singing Group - Thu., May 2, 16
Legal Clinic - Tuesday, May 7, Appts. Available
Turn the Page Book Club - Wed., May 8, 1:00 PM
Stamp Club - Monday, May 13, 10:00 AM
Connection Circle - every Thurs., 2:30 PM

Sudbury Food Pantry
 The Sudbury Community Food Pantry, located in Our Lady of Fatima church, is seeking volunteers. If interested, please contact Mary Novak, Volunteer Coordinator, at 978-443-8565.

National Letter Carriers' "Stamp Out Hunger" Food Drive is Saturday May 11
 Kindly consider placing NONperishable NONexpired food items or toiletries near your mailbox that morning — they will be delivered to your local food pantry.

Hearing Clinic


Friday, May 10, 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.

Classical Piano Concert
 Friday, June 7, 3:00 PM

Sudbury's Abba Shocair will give a piano concert at Bemis Hall, 15 Bedford Rd, Lincoln. She's playing works by Beethoven, Bartok and Chopin. Her two grandchildren will play Mozart. All ages are welcome.




Introducing the Care Dimensions Hospice House

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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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The package includes:

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- 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.



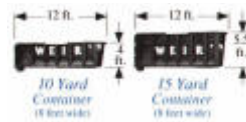
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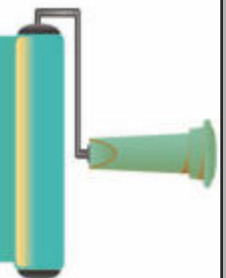
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