

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

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Join us for one of our special programs...

Soup's On!

Collette Tours Presents: Discover Scotland and Explore Africa Tours

Thursday, October 17

12:00 Soup

12:45 Talk

You must sign up in advance at 978-443-3055 or senior@sudbury.ma.us. See pg. 7.



F. Scott Fitzgerald

with Prof. Larry Lowenthal

Thursday, October 24 at 1:00 PM

\$5

Please register by Tuesday, October 22 at 978-443-3055 or senior@sudbury.ma.us. See pg. 3.



Celebrating LGBT+ History Month

and Connecting Generations

at Goodnow Library

Wednesday, October 23

6:00 PM

Please join us for refreshments and a showing & discussion of *Gen Silent*. Pg. 9.



Sudbury Police Association

Picnic!

Saturday, October 19 - 12:00-2:00 PM

No charge, lunch sponsored and served by the Police Association

Please make your reservation by Tuesday, October 15. Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us. See page 12.



**Respect for All
Participants**

FROM DIRECTOR DEBRA GALLOWAY

October is here! Cooler temperatures, fall leaves, and pumpkins...The Senior Center staff and volunteers welcome you to the Senior Center for an event or program or to utilize one of our services. If you are new to the Center, please talk to us, ask questions, get a tour. We will be happy to see you!

Senior Center participation continues to grow and as it does, we are finding we need to refine our policies and procedures to make sure programs and events flow smoothly and are implemented in an organized manner. You, as participants here, may not realize how busy it can get sometimes! Please note that when we have a popular program, such as the *Understanding Russia* series, those who are not confirmed as participants will be asked to step aside and wait until confirmed participants are checked in. Please listen to our staff or volunteers who are responsible for checking in. We want to be fair to all our participants. Thank you so much for understanding.

We also find many people wait until the last minute, or day of a program, to sign up. We have found ourselves on the verge of cancelling a program, only to find that there are indeed people coming! Please register in advance and pay attention to registration due dates. Thank you!

Look for information about a new **Transportation pilot** coordinated by the Sudbury Transportation Committee, coming soon! For information, please contact Ana Cristina Oliveira, Outreach Specialist, at 978-443-3055.

Even in the fall, there is potential for severe weather... on stormy days - stay aware of the weather forecast. Sign up to receive **Emergency Alerts** on both your **home and cell phones and keep your cell phone charged!** You or a family member can sign up for Emergency Alerts on the Town of Sudbury website at www.sudbury.ma.us. Click on the red Emergency button and supply your name and phone numbers. (And don't forget to have an emergency Go Bag ready.)



- Debra



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SPECIAL PROGRAMS AND CLASSES

Save Money on Medicine!**With Sudbury Resident Don Sherman**

Tuesday, October 8

10:00-11:30 AM



Sudbury resident Don Sherman, a retired dentist and lifelong learner, has done extensive research on medication costs and ways to minimize them. He will present information on saving costs from his research using a powerpoint slideshow.

Please note: The information shared at this presentation will be Don's own and reflects his opinions and research and not the Senior Center's.

Please sign up by Monday, October 7 by contacting 978-443-3055 or senior@sudbury.ma.us.

**Whitney Place Welcomes Fall...*****Pumpkin Spice and other Delights!***

Thursday, October 3

9:00 AM

Stop in for a delicious treats, including pumpkin spice bread and other goodies, along with special coffee! Provided by Whitney Place Assisted Living and Memory Care of Natick.

Intergenerational Programs!

We are excited to be offering two different opportunities for you to work with Sudbury's students! We are working with the Sudbury Park and Recreation Department to provide an intergenerational group activity for their Wild Wednesday Early Release Day program on certain Wednesday afternoons. Join a small group of students who will work with you on a simple "STEAM" (Science-Technology-Engineering-Arts-Math) project. Or participate in the LINC program in an afterschool program for 6 weeks, with a special curriculum that fosters intergenerational interaction and culminates in a final class at the Senior Center. For information about LINC and other Fall Intergenerational opportunities, please contact Judy Battat, Intergenerational Coordinator at BattatJ@sudbury.ma.us.

**Dr. Larry Lowenthal Presents****F. Scott Fitzgerald**

Thursday, October 24

1:00 PM

\$5



At the time of his death at the early age of 44, Fitzgerald's works were out of print and his reputation in shadow. Today all his works are available in multiple languages, and he is one of the most beloved of American writers. His novels and short stories elucidated the flamboyance and excess of the "jazz age"--the "roaring 20's"--and his masterpiece--the Great Gatsby--has been hailed by many critics as the "great American novel."

We welcome back Dr. Larry Lowenthal with another excellent presentation. Dr. Lowenthal received an M.A. in English Literature from Northwestern and Ph.D. in Drama from NYU. He taught at several colleges in the U.S. and Israel. More recently, he taught in the English and Jewish Studies Departments at Northeastern as an adjunct professor. Please register with your fee by Tuesday, October 22.

**Getting the Help You Need to Stay Independent**

Tuesday, October 29

10:00 AM

What will it take to keep your independence in your community? Perhaps, a little help from your kids? Maybe a lot of help from a local agency? A few home modifications? Will you need to move to a new "home" where more services are available? Join Elder Law Attorney Arthur Bergeron and his guests, a local geriatric care manager and a representative from Bay-Path Elder Services, as they explain the resources available within our community.

**Legal Clinic**

2nd Tuesday, October 8

1:00-3:00 PM

Schedule a free 20 minute consultation at the Senior Center with one of our volunteer Elder Law Attorneys. Elder Law Attorneys provide assistance focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. Contact the Senior Center at 978- 443-3055 or senior@sudbury.ma.us.

SPECIAL PROGRAMS AND CLASSES



OCTOBER IS WHITE CANE AWARENESS MONTH

The white cane is a symbol of independence and blindness. The white cane allows an Individual who is legally blind to travel independently. In 1931, the Lions Club began promoting the use of white canes for people who are blind as a national identification program. International **White Cane Day is October 15**. All states and many other countries have White Cane laws, which allow pedestrians, who are legally blind, the right of way at street crossings. Most people who are legally blind have some usable vision.

When in doubt, ask if the person needs assistance. Do not grab the person, cane or guide dog! Do not distract or pet a guide dog. **Massachusetts White Cane Law states that** All motorists, when they see a pedestrian who uses a guide dog or a white cane at a street crossing, **must come to a complete stop.**

Low Vision Support Group

Monday, October 7 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.



Men's Breakfast!

Thursday, October 24, 9:00 AM
\$3

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, October 22 at 978-443-3055 or senior@sudbury.ma.us.



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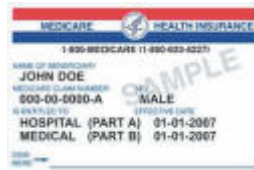
MEDICARE/CAREGIVER SUPPORT

Information from the MetroWest SHINE Program:

MEDICARE OPEN ENROLLMENT

October 15 – December 7

Medicare plans change every year—
This is the time to decide on your
coverage for 2020. **SHINE Can Help!**



The Senior Center's trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, contact Ana Cristina Oliveira, Outreach Specialist at 978-443-3055 or at senior@sudbury.ma.us*. SHINE volunteers are available by appointment only.

*If all of the Sudbury Senior Center SHINE Counselor slots fill, the Senior Center may refer you to the Framingham MetroWest SHINE offices at Callahan Center.

REMINDER: Please bring your Medicare card, any other insurance cards and information from your current plan, as well as a detailed drug list of all of your prescriptions to your SHINE appointment!



Sudbury Caregiver Support Group

Monday, October 21, 1:00-2:30PM

Why do people join a Support Group?

Caregivers often feel like they are alone. A Support group can provide support, caring, and understanding. Over time, 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, as well as share valuable information about resources. 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.



Please note: The Senior Center will be closed for the Columbus Day holiday on **Monday, October 14**. And the Senior Center will not open until 10:30 AM on **Wed., October 9**.



Comfort Food Caring Café

Monday, October 28

12:00-1:30 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 fun event, with activities or entertainment, a delicious lunch and lots of laughs! Take a break and come on down!

***Thank you** to: **Pleasanties 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.



Making Memories Café

Thursday, October 10

12:00-1:30 PM

Join us for this monthly Memory Café at the Senior Center. Bring your loved one with memory loss to enjoy lunch, uplifting entertainment or an activity, 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.

***Thank you to Bridges by Epoch** of Sudbury for offering this café. Reservations are helpful, but not required. Kindly RSVP to Ana Cristina Oliveira, Outreach Specialist at 978-443-3055 or at oliveiraa@sudbury.ma.us.

Lunch and Learn:

Effective Communication Strategies

A Presentation by the Alzheimer's Association

Tuesday, October 22 at 12:00PM

The program explains the communication challenges that people with Alzheimer's face at each stage of the disease, offers ideas on how to decode their verbal, nonverbal and behavioral messages, and offers strategies for caregivers and others to most effectively connect to the person with Alzheimer's. Please reserve your seat by Friday, October 18th by calling 978-443-3055 or by email at senior@sudbury.ma.us.



ARTS , CREATIVE PROGRAMS, AND CARDS



Wonderful Watercolors!

Next Session: 8 Fridays
November 8 - January 10, no class Nov. 29
11:30-1:30; 1:45-3:45
Class fee payable at registration: \$72

Join our delightfully relaxing Watercolors workshop with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. Class minimum is 10 students; maximum is 18 students.

Class fee is \$72 and payable at the time of registration. Please register by Nov. 1. If you have a financial challenge, please speak to Ana Cristina Oliveira, Outreach Specialist, about a possible scholarship (978-443-3055).

*You must register by

Nov. 1.

Bridge Group

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 at mattie_66@yahoo.com. New members with intermediate knowledge of Bridge are always welcome. Free!



Intermediate Canasta

Mondays, 1:00-3:45 PM

The Canasta group is looking for experienced Canasta players to join them on Monday afternoons. If you have a question, or are not sure if you are an intermediate, please call 978-443-3055 and leave a message for Canasta Facilitator Bonnie Klein.

Senior Notes Singing Group

1st and 3rd Thursdays

October 3, 17

12:45-2:00 PM



Did you know that singing with a group can improve your health? And, it's FREE. No auditions. No need to read music. Coed. Everyone suggests songs to share. Both lyrics sheets and music notation are supplied. We find recorded versions to accompany most of our selections. Often, we have interesting background info on songs we share. And last but not least, we love to share stories and socialize during our sessions. Our mission is to have fun singing. Senior Notes meets on the first and third Thursdays of the month from 12:45 to about 2:00 PM at the Sudbury Senior Center. Please feel free to drop in!

Drop-in Calming Coloring

Tuesdays, 12:00-12:45 PM

Join us for drop-in coloring! Relaxing, destressing and low key fun. Contact the Senior Center for more information, or to add your name to the contact list. This activity is often in the Van Houten room, but sometimes in the lobby, or another room. Please check with the Front Desk for location. If interested, feel free to ask us to bring out our game collection; Mexican Train, Scrabble, Rack-o, etc.



Pizza and a Movie!

Thursday, October 3

First Man (PG-13)
2018

12:00 Pizza
12:30 Movie



Director Damien Chazelle and star Ryan Gosling re-team for the riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. A visceral and intimate account told from Armstrong's perspective, based on the book by James R. Hansen, the film explores the triumphs and the cost—on Armstrong, his family, his colleagues and the nation itself—of one of the most dangerous missions in history. **Please sign up and order** your pizza slice by Oct. 3 at 10:00 AM! Pizza is \$1.50/slice



Continuing...

Robert and Clara Schumann The Great Courses DVD Series

Tuesdays, September 24, October 1, 8, 15
1:00-2:50 PM; \$3 suggested donation

In this course by Professor Robert Greenberg you meet the Schumanns—brilliant, gifted, troubled, and unique in the history of music. Two 47 minute lectures with a short break between. Contact us at 978-443-3055.

SPECIAL PROGRAMS

Soup's On!

Collette Tours

Discover Scotland and Explore Africa!

Thursday, October 17

12:00 Soup

12:45 Presentation



Join us for delicious soup and salad - freshly made by volunteers Claire, Lorraine and Judy! After lunch, learn about two amazing trips from Collette Tours.

Scotland - Encounter storybook castles, magical islands, legendary lakes and one mythical sea creature in majestic Scotland.

Africa - Experience the Big 5 animals of Africa, along with people who call this place home on this 19 person, small group trip.

Both trips will be brought to life by Vinnie Brown, Business Development Manager at Collette Tours. Please register by Tues., Oct. 15 and let us know if you are coming for lunch or just the presentation. Please contact us at 978-443-3055 or senior@sudbury.ma.us.

Discover Scotland Trip - June 8, 2020 - 10 days - \$3999

Explore Africa - Sept. 9, 2020 - 14-15 days - \$7,499



English Learner Classes

Tuesdays, 9:00-11:30

English Learner Classes are available Tuesday mornings again in September.

Classes are open to anyone learning English as a non-native speaker. Additionally, join us for coffee/tea and snacks, during and after the class.

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.

SAVE THE DATE!

Our 9th Annual

Veterans Appreciation Luncheon

Wednesday, November 6, at 12:00 PM

Sign up begins on **October 4**. Contact 978-443-3055 or senior@sudbury.ma.us.



Save the Date!

Dementia Friendly Sudbury

Kick-off Event

Tuesday, November 12, 8:30 AM

The Dementia Friendly Sudbury action team invites you to learn more about Dementia Friendly initiatives and how we are hoping to help families and individuals affected by dementia, as well as bring more awareness to the community about the incidence of dementia and what we can all do about it. Please join us for coffee, tea, breakfast goodies and a short presentation. Contact us to RSVP by Friday, November 8, at 978-443-3055 or senior@sudbury.ma.us.



Informal Russian-Speaking Conversation Circle

2 Tuesdays

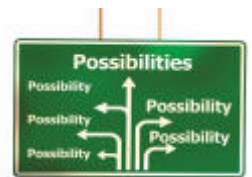
October 8, 22, 11:30-12:30

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

Metrowest Aging and Disability Resource Consortium

Long Term Care Options Counseling Program

Tuesday, October 29 at 1:00PM



Know your options before you need them. Susan Cote, Options Counselor, from BayPath Elder Services, will be here to answer any questions you may have about planning for your long term needs at home. Long-term care includes an ever-changing array of services aimed at helping people live as independently as possible, meeting medical, social, financial, and housing needs. Whether you have an immediate concern or are planning for future needs, an options counselor can ensure you understand all available options, make an informed decision, and make a plan for next steps.

Please sign up by Monday, October 28 by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Rosh Hashanah 1	2	3	4
Please Note: Senior Center Opens at 10:30 AM on Wed., Oct. 9 for Staff meeting and training	8:45-10:45 BP Clinic 9:00 English Learner Class R1 9:40/11:00 Yoga (4) 12-12:45 Calming Coloring 1:00 Schumann (3 & 4) 1:30 Tai Chi 4 Hlthy Living (4)	9:30 Understanding Russia (4) 11:00 Fit for the Future 1-3:30 Bridge Group (SP) 1:00-3:00 Quilting (4) (VH)	9:00 Welcome Fall/Pumpkin Spice! 9:30 Tap Dance (4) 9:30-11:15 Current Events 12:00 Pizza and a Movie 12:45 Senior Notes (R1) 2:30 Connection Circle	9-9:45 Chair Yoga (4) 9:30-11:30 Bingo (VH*) 10:00 Digital Photography (2) (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (4)
7	8	Yom Kippur 9	FLU CLINIC IN GYM! 10	11
10:00-11:30 Grief Support Group (4) (SP) 11:00 Fit for the Future 1:00 Better Bones (4) 1:00 Canasta (VH) 1-2:30 Low Vision Group (SP) 2:15 Tai Chi (5) (G)	8:45-10:45 BP Clinic 9:40/11:00 Yoga (5) 9:00 English Learner Class R1 10:00 Reducing Drug Costs 11:30 Russian Speaking SP 12-12:45 Calming Coloring 1-3 Legal Clinic (R1) 1:00 Schumann DVD (5 & 6) 1:30 Tai Chi 4 Hlthy Living (5) 3:00 Council on Aging Mtg.	Senior Center Opens at 10:30 AM due to Staff Meeting No Russia Class this week 11:00 Fit for the Future 1-3:30 Bridge Group (SP) 1:00-3:00 Quilting (5) (VH)	No Tap Dance today 9:30-11:15 Current Events 10:30 JFS Ally Patient Navigator Coffee Hour -p. 9 12:00 Making Memories Café (VH) 1:00 Short Story Group (SP) 2:30 Connection Circle (VH)	9-9:45 Chair Yoga (5) 9:30-11:30 Bingo (VH*) 9:30-11:00 Hearing Clinic 10:00 Digital Photography (3) (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (5) 12:30 Friday Movie
14	Medicare Open Enrollmt. Begins 15	16	17	18
Columbus Day Holiday  Senior Center Closed	8:45-10:45 BP Clinic 9:00 English Learner Class R1 9:40/11 Yoga (6) 12-12:45 Calming Coloring 1:00 Robert and Clara Schumann (7 & 8, last) 1:30 Tai Chi for Healthy Living (6)	9:30 Understanding Russia (5) 11:00 Fit for the Future 1:00 Turn the Page Book Group (R1) 1-3:30 Bridge Group (SP) 1:00-2:00 Turn the Page - Book Group! No Quilting today	9:00-1:30 Health Care Proxy/ Power of Atty. (R1) (appts. needed) 9:30 Tap Dance (5) 9:30-11:15 Current Events 12:00 Soup's On! (VH/SP) 12:45 Senior Notes Singing Group (R1) 2:30 Connection Circle	9-9:45 Chair Yoga (6) 9:30-11:30 Bingo (VH*) 10:00 Photography (4) 11:00 Fit for the Future 11:30/1:45 Watercolors (6) ----- Police Association Picnic! Sat., Oct. 19, 12PM Gym
Market Basket Trip 21	22	23	24	25
10:00 Grief Support Group (5) (SP) 10:00 Stamp Club (VH) 11:00 Fit for the Future 1-2:30 Caregiver Support Group (SP) 1:00 Canasta (VH) 1:00 Better Bones (5) 2:15 Tai Chi (6)	8:45-10:45 BP Clinic 9:00 English Learner Class 9:40/11 Yoga (7) 11:30 Russian Speaking 12:00 Lunch and Learn: Effective Communication Strategies - Alz. Assoc. 12-12:45 Calming Coloring 1:30 Tai Chi 4 Hlthy Living (7)	9:30 Understanding Russia (6) 11:00 Fit for the Future 1-3:30 Bridge Group (SP) 1:00-3:00 Quilting (6) (VH) 6:00 Celebrating LGBTQ+ - at Goodnow library	9:00 Men's Breakfast! 9:30 Tap Dance (6) 9:30-11:15 Current Events (SP) 1:00 Short Story Group (VH) 1:00 F. Scott Fitzgerald 2:30 Connection Circle	9-9:45 Chair Yoga (7) 9:30-11:30 Bingo (VH*) 10:00 Digital Photography (5, last) (SP) 11:00 Fit for the Future 11:30/1:45 - Watercolors (7) (VH) 12:30 Friday Movie
28	29	30	Happy Halloween! 31	
10:00-11:30 Grief Support Group (6) 11:00 Fit for the Future 12:00 Caring Café (VH) 1:00 Better Bones (6) 1:00 Canasta (SP) 2:15 Tai Chi (7)	8:45-10:45 BP Clinic 9:00 English Learner Class 10:00 Getting Help You Need No Yoga today 12-12:45 Calming Coloring 1:30 Tai Chi 4 Hlthy Living (8, last) 1:00 LTC Options Counseling	9:30 Understanding Russia (7) 11:00 Fit for the Future (VH???) 1-3:30 Bridge Group (SP) 1:00-3:00 Quilting (7) (VH)* *L-S Adult Ed program	Wear your favorite Halloween hat or shirt! 9:30 Tap Dance (7) 9:30-11:15 Current Events 11:00-2:00 Volunteer Celebration Open House 2:30 Connection Circle	



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~ From our Outreach/Information Specialist, Ana Cristina Oliveira ~

Celebrating **LGBT+** History Month and Connecting Generations

October 23, 2019

6:00 PM **Goodnow Library,**
Sudbury, MA



Please join us for a showing & discussion of *Gen Silent*, a powerful documentary focused on the challenges, conundrums, and celebrations of LGBT+ elders in the Greater Boston area. Brought to you by Sudbury Senior Center, Pathways of Baypath Elder Services, and Generations Law Group of Sudbury. Refreshments will be provided. Please reserve your seat by calling the Senior Center at 978-443-3055 or at oliveiraa@sudbury.ma.us.

Introducing..

JFS Patient Navigator LGBT+ Expansion: The Ally Navigator, a free service

Ally Navigators are trained volunteers who help clients from the LGBT+ older adult community

- prepare for upcoming medical appointments
- serve as a companion to medical appointments and procedures
- provide transportation to & from the appointment
- facilitate communication between doctor and client
- take notes during the visit
- assist in scheduling needed follow-up and picking up prescriptions
- support independent living.

Allly Navigators are respectful of clients' varied wishes regarding their identity and their medical care and seek to empower LGBT+ older adults to make informed decisions about their health care.

To learn more about the Ally Navigator program or to volunteer, please contact JFS of MetroWest: 508-875-3100 ext 110.

*The Senior Center and JFS-MW staff will be hosting a Coffee Hour on **Thursday, October 10 from 10:30-12** to discuss this wonderful service.*

**JFS-MW is Jewish Family Services-MetroWest*

Note: For other programs supported by our Outreach Specialist, see page 4, 5, 7: SHINE Medicare Assistance, Ethnic minority programming, Caregiver programs, etc.

Free Health Care Proxy/ Power of Attorney Filing

Thursday, October 17



Attorney Vera Ochea from Metro West Legal Services will execute **Health Care Proxy and Power of Attorney** documents by appointment only, free of charge. Sudbury residents who are requesting a Health Care Proxy and/or Power of Attorney must first complete a "client Intake sheet." The forms are available at the Sudbury Senior Center and must be completed and returned to Ana Cristina Oliveira, Outreach/Information Specialist no later than Mon., October 7th. When returning your intake forms, you will need to schedule a 20 minute appointment to meet with the Attorney at the Sudbury Senior Center on Thursday, October 17th.

At your October 17th appointment, the attorney will review your document(s) with you and clarify any concerns you may have before signing it. You will leave with a signed original plus additional copies of your document(s). For further questions, please contact Ana Cristina Oliveira at 978-443-3055. All intakes will be stored in a secure location and kept confidential.

Respect for All Participants



The Senior Center is committed to respect and service for all LGBT+ 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 LGBT+ 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.

Neighbor Brigade (Sudbury Chapter) is dedicated to helping individuals and families who have found their lives impacted by a sudden tragedy or illness. Our dedicated volunteers can provide free and temporary assistance to help individuals and families experiencing a crisis. We are currently seeking volunteers to join our team. If you are interested in working with us, or experiencing a crisis, please visit our website (www.neighborbrigade.org).

~ From our Volunteer Program Coordinator, Janet Lipkin ~

A huge thank you to all of our volunteers, a most kind, caring and giving team of individuals! We look forward to having all volunteers join us for our **Volunteer Celebration on Thursday, October 31st from 11:00AM to 2:00PM**, at the Senior Center. The Celebration will be an Open House; please be sure to stop by so we can thank you in person for all you do! Refreshments will be plentiful! To help us know how much food to order, **please RSVP by October 23rd** by calling the Senior Center at 978-443-3055.



The fall brings cooler weather and the gorgeous change in color of the leaves. Many people decide that autumn is a time to “turn over a new leaf” as they find themselves with newfound free time and/or the desire to connect with others. If you are looking for a way to get involved with your community and help others, the Senior Center can use your assistance, as volunteer opportunities abound! Some opportunities take place weekly, others monthly or just a few times a year...it is completely up to you as to how much time you want to give. To learn about volunteer opportunities or to apply to become a volunteer, please contact Janet Lipkin (978-639-3223).



Our greatest needs:

Kitchen Volunteers: We are in need of volunteers to help package prepared food for the Meals on Wheels program. The hours are 9:00 -11:00 AM every Tuesday OR every Wednesday starting in mid-October. The work is done in an easy-going and friendly environment.

Baked Goods Pick-Up: We are in need of a volunteer to pick up surplus baked goods at the Hudson Stop & Shop each Thursday morning between 9:00-10:00AM, and bring it to the Sudbury Senior Center.



LINC: We are In need of volunteers for the LINC (Learning Intergenerational Community) program. This is a 6-session series of meetings for senior volunteers and a group of 4th or 5th graders that takes place after school at one of the Sudbury Elementary Schools. LINC (this Fall) will meet either on Tuesday or Thursday afternoons from 3:15-5 pm. Projected dates are Thursdays, November 7-December 19th. (No meeting Nov. 28).



Fix- It Volunteers: We are in need of volunteers that are able to do simple home repairs like changing light bulbs, replacing batteries in smoke detectors, and installing grab bars.



Meals on Wheels Drivers: We are in need of a Meals on Wheels driver each Thursday from 11:00AM -12:30PM. As well, we are in need of *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 11:00 AM - 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.

Can you help out with any of the above? If so, please contact Janet Lipkin 978-639-3223; LipkinJ@sudbury.ma.us.



I am starting a collection of (long or short) notes, poems, and/or stories that describe how volunteering has impacted your life, either as a recipient or as the person doing the giving. Feel free to share a favorite memory about volunteering. To protect privacy, please do not include any clients' names in your submission. Please email me at LipkinJ@sudbury.ma.us or feel free to drop it off at the front desk of the Senior Center. I look forward to hearing from you! - Janet Lipkin



Senior Center Wish List

- newer Laptops for instructors/advisors
- cart or table on wheels for low-vision magnifier
- small refrigerator with glass front

Please call Chery Finley, Admin. Coordinator, to see if your donation fits our needs! Thanks!

New! Arthritis Exercise Program with Geralyn Stella

Exercises designed specifically for people with arthritis or related rheumatic diseases or conditions, ranging from sedentary with limited joint mobility to only mild joint issues. Improve joint flexibility; reduce their pain and stiffness. Schedule to be announced, please check with the Senior Center Front Desk as of mid-October. And check out our other amazing Fitness classes!

SUDBURY SENIOR CENTER FITNESS CLASSES



FITNESS CLASSES

Please register and pay at the Senior Center-except Fit for the Future, \$3 drop-in. ***Checks payable** "Town of Sudbury". **Please sign up early**, one week before the class start date is ideal - some classes have minimum participation levels to run. Note: Please wear comfortable clothing that you can move in.

NEW! Arthritis Ex

8 Wed., 2:00-2:45 PM; **\$48**; Starts in November-**dates available mid-Oct.**; Arthritis exercise class for those with limited motion. Great class for those who are rehabbing, or have long term limitations.

Better Bones, Senior Strength

4 Mondays*, 1:00-2:00 PM, **\$29 Oct. 21-Nov. 18**; No class 10/14, 11/11; Build strength and balance with instructor Leslie Worris! **Bring** your mat, 2 sets of weights, resistance band, and water.
(*special mini-session)

Chair Yoga **Sign up early!**

8 Fridays, 9:15-10:00 AM; **\$48 Nov. 8 - January 10**; Stretch, twist and lengthen your body through a series of easy to follow repetitive movements. Most of the class occurs seated but there are some standing exercises using the chair as a prop and for balance. Finish with a relaxing Savasana. Please bring a block and strap with you to class.

Fit for the Future with Lois

Monday, Wednesday, Friday 11:00 AM; **\$3 Drop-in-Exact change!** Aerobics, grace, balance & strength with Lois Leav.

Intro to T'ai Chi

4 Thursdays, 2:30-3:30; **\$24 Nov. 14-Dec. 12**; no class Nov. 28 Learn many of the postures/movements of the forms as well as basic concepts and deeper philosophies.

T'ai Chi for Healthy Living

8 Tuesdays, 1:30-2:30, **\$48 Nov. 5 - Jan. 7**; No class Dec. 24, 31

For those who want a slower pace; work on improved balance and mobility, while practicing T'ai Chi forms.

Traditional T'ai Chi

8 Mondays, 2:15-3:15 PM, **\$48 Nov. 18-Jan. 13**, no class Dec. 23 A system of movements designed to maintain strength, balance and focus as well as improve relaxation.

Tap Dance

Beginner 9:00 AM - **\$25**; 4 Thursdays, **Nov. 14-Dec. 12**; ; Learn the fundamentals of Tap Dance.
Intermediate 9:30 AM - **\$55**; 8 Thurs., **Nov. 14 - Jan. 16**, no class Dec. 26 ; Learn new steps and practice what you know in a fun, relaxed atmosphere with Susan Craver.

Yoga for Living Well

8 Tuesdays, 2 Classes: 9:40-10:40 and 11:00 AM-12:00 PM, **\$58*** **Sep. 10-Nov. 5**; No class 11/1; Add strength, balance and calm to your life! **Please bring** a yoga block, yoga mat, and water.



SUDBURY SENIOR TRIPS - More Info on Page 7

JOHNNY MATHIS CHRISTMAS - Wed., Dec. 4 - \$93

Come experience a "Mirror of Mathis" starring David Robbins. David has been thrilling audiences all over the country with his incredible tribute show of Johnny Mathis. You'll be in complete awe, as soon as he hits center stage. Enjoy the biggest hits Johnny has become known for and enjoy our favorite Christmas songs only the way Johnny, uh...we mean David can do! Checks to Best of Times Travel.

SPOTLIGHT ON THE FRENCH RIVIERA/Nice's Carnival-Feb. 15-23, 2020 - Double Occ. \$2,999

Highlights include: Nice, Antique Market, Grasse, Fragonard Perfumery Workshop, St. Tropez, Vineyard Tour and Wine Tasting, Monaco, Cannes, Antibes, Villa Ephrussi de Rothschild, Nice Carnival, and more.

CANYON COUNTRY WITH COLLETTE TOURS - June 5-12, 2020 - Cost is \$2974 pp double; Collette Tours.

Behold the mighty Grand Canyon, stand in awe of the panoramas and layers of vibrant color that tell the story of the earth's geological past. Also visit Lake Powell, Bryce Canyon, Zion National Park and Las Vegas.

SPOTLIGHT ON SAN ANTONIO - October 11-15, 2020 - Double Occ. \$1,999 pp - Book Now and save.

Along the San Antonio river sit five Spanish colonial era Catholic missions... in the 18th century, these Spanish-built missions were established in an effort to convert the native inhabitants to Spanish allegiance. Explore the missions, including Mission San Antonio de Valero (aka the Alamo) and learn about the Battle of the Alamo. This mission was listed as a UNESCO World Heritage site in 2015. Checks to Collette Tours. **Sudbury Trips are planned and coordinated by Volunteers Joanne Bennett and Joe Bausk!**



HEALTH CLINICS

Weekly Blood Pressure Clinics

Tuesdays, 8:45-10:45 AM



Sudbury Board of Health Nurse Phyllis Schilp holds blood pressure clinics on Tuesdays at the Senior Center. She will also take blood glucose screenings, and discuss other wellness/health issues. This is a drop-in clinic, please arrive by 10:30, if possible, and sign in. For more information, please call Phyllis at the Board of Health, at 978-440-5477.

Fall Flu Clinic at the Fairbank Gym

Thursday, October 10

11:00 AM - 2:00 PM for Ages 60+

5:00 - 7:00 PM for Ages 5+

Registration for this clinic is through the Senior Center, please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us **to schedule your appointment.**

Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, runny or stuffy nose.

Flu vaccine can:

1. Prevent you from getting flu.
2. Make flu less severe if you do get it.
3. Keep you from sharing flu with your family & friends.



A yearly flu vaccine is the best way to prevent flu illness. For more information go to: <http://www.cdc.gov/flu/protect/keyfacts.htm>. <https://www.mass.gov/influenza>

- Phyllis Schilp BSN, RN, Sudbury Town Nurse

**Monthly Hearing Clinic**

2nd Friday, October 11 - 9:30-11:00 AM

Many thanks to Michael Drennan of *Rogers Hearing Solutions* in Marlborough who offers complimentary wax and hearing screenings at the Senior Center. Appointments necessary! Call 978-443-3055 to make an appointment.

RECREATION/TRANSPORTATION

Sudbury Police Association**Picnic!****Saturday, October 19 - 12:00 PM**

Enjoy a delicious lunch provided and served by your local Sudbury Police officers! Delightful music and door prizes. Please sign up at 978-443-3055. No charge - sponsored by the Sudbury Police Association.

Stamp Club

2nd Monday of the month-except for

Monday holidays

October 21 - 10:00 AM



The Stamp Club wishes to thank those other anonymous persons who regularly drop off current US stamps they have saved from their incoming mail. Drop in and learn more or for information, please leave a message for Doris Soule at 978-443-3055.

Friday at the Movies at 12:30 PM!**October 11 and 25**

Sign up at 978-443-3055 or senior@sudbury.ma.us. Movie descriptions will be available at the Front Desk.

Foxwoods Trip - Monday, Nov. 4 - \$30

Join Deanna and Ron on a fabulously fun trip to Foxwoods Casino and Resort in Connecticut! Your fee includes luxury bus transportation and a \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Note: checks payable to **Sudbury Senior Trips**. Please arrive before **7:00 AM** to check in, bus boards at **7:15 AM**, and returns at approximately **5:00 PM**.

**Van Shopping Trip**

Monday, October 21

Market Basket/Hudson



Please sign up by contacting the MWRTA Call Center at 508-820-4650 at least 2 business days in advance. You must be a registered rider. For information, please contact Ana Cristina Oliveira, at 978-443-3055. Minimum participation is 5 riders.

FRIENDS OF SUDBURY SENIORS/ACTIVITIES/NOTES

**Who are the Friends?**

The Friends are the “Friends of Sudbury Senior Citizens, Inc.”, a non-profit organization that raises funds and supports Sudbury Senior Center activities and infrastructure. The Friends meet monthly at the Senior Center (except December and July) and plan activities to fundraise and to help promote the Senior Center. If you would like to learn more, please leave a message at the Senior Center at 978-443-3055 or email *Friends* President Bob Diefenbacher at denbrook@verizon.net.

Friends of Sudbury Seniors, Inc.**Officers:**

President Robert Diefenbacher
Vice President Jean Semple
Secretary Carolyn Markuson
Treasurer Josephine King

Directors:

Jacqui Bausk
Judy Honens
Judy Merra
Ellen Morgan

Monthly Activities

Stamp Club - Monday, October 21, 10:00 AM

Turn the Page Book Club - Wed., October 16, 1 PM

Weekly Activities

Connection Circle - every Thurs., 2:30 PM

Calming Coloring - Tuesdays, 12:00-12:45 PM

Canasta - Mondays, 1:00-3:30 PM

Bingo - Fridays, 9:30 AM

Use our Suggestion Box or send an email!

We are always interested in your Suggestions and Feedback! Leave a note, or email at senior@sudbury.ma.us.

Trouble Hearing a Speaker, or a Movie?

The Senior Center has **assistive listening headphones** available for the Pines room. Just ask 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 or senior@sudbury.ma.us to verify information.

SUDBURY SENIOR CENTER SERVICES

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).

Consultation

Outreach and Information— 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 Everyone on Medicare)- Free consultation on Medicare 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— Pick-up and donations-Tues. & Thu. 12:00-4:00 only. 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 resident's 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.

Nutrition

Meals on Site—Scheduled lunch at the Senior Center. \$3 suggested donation.

Home Delivered Meals- Hot lunch delivered to older residents who are unable to leave home. \$3 suggested donation. Registration through BayPath Elder Services: 508-573-7200.

COMMUNITY/SENIOR CENTER INFORMATION

My Life, My Health

Chronic Disease Self-Management Workshop

October 10– November 21

Free! 6 sessions, 1:00-3:30 PM

At **Coolidge at Sudbury**

Are you living with a physical or mental health condition such as diabetes, heart disease, asthma or shortness of breath, high blood pressure, cancer, arthritis, fibromyalgia, depression, anxiety, chronic pain, fatigue, or other ongoing health condition? Learn how to manage your ongoing health condition and improve your wellbeing. Sponsored and coordinated by BayPath Elder Services Healthy Living Center. Please contact Renee D'Argento at 508-573-7251 to sign up.

Lunch with Live Music at St. John, Sudbury

Tuesday, October 8, Noon to 2 p.m.

Hot lunch, live music provided by Tony Funches of The Platters. Roast pork/gravy, mashed potato. Suggested donation of \$8. To sign up, call 978-443-8350 by 9/30.

Order Your Thanksgiving Pies and Support L-S Education Fund

FELS, the Foundation for Educators at Lincoln-Sudbury, will hold its annual Thanksgiving Pie Sale beginning on October 15. Pies - pecan, pumpkin, apple and chocolate - will be \$20 a pie and can be picked up at LSRHS or delivered for local pick-up right to the Senior Center on Tuesday, November 26. Pies can also be donated and delivered to LSRHS teachers and staff, the local Food Pantry or town Public Safety officials and their families. From October 15, pies are available for order online at www.FELSGrant.org and paper forms will be available to complete and mail at the Senior Center. For more information and payment instructions, on or after 10/15/19, go to www.FELSGrant.org or call Nancy Marshall, 781.771.3659.

Longfellow Club - Wayland

Water Exercise Class special - 6 classes for \$60. Call Longfellow at 508-358-7355 for more info.



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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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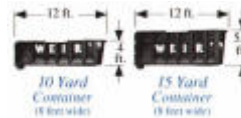
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Respect for All! Senior Center hours: Monday through Friday, 9 AM to 4 PM
 Van Service Hours: Monday through Friday, 8:30 AM to 4:00 PM sudburyseniorcenter.org

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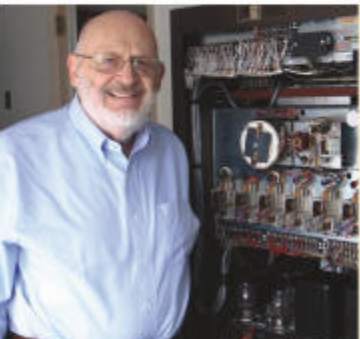
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