

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...



Veterans Appreciation Luncheon **with Special Guest General John Hammond**

Wednesday, November 6

12:00 PM

For Veterans and Veteran's Spouses. Please sign up by Nov. 1 at 978-443-3055 or senior@sudbury.ma.us.

Town of Sudbury Master Plan **Community Conversation**

Monday, November 4, 2:00-4:00 PM

More detailed conversation about the town's future.
Please sign up! Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us. See page 3.



Dementia Friendly Sudbury **Kick-off Event**

Tuesday, November 12, 8:30-10:00 AM

Please make your reservation by Friday, November 8.
Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.
See page 5.

Light Lunch and Presentation **Explore Tropical Costa Rica and Spectacular San Antonio** **With Collette Tours**

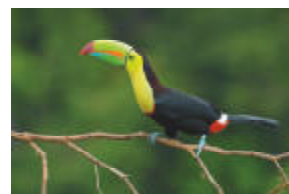
Tuesday, November 12

12:30 Light Lunch

1:00 Presentation

You must reserve a lunch by Thursday, November 7!

Contact 978-443-3055 or senior@sudbury.ma.us. See page 7.



**Respect for All
Participants**

FROM DIRECTOR DEBRA GALLOWAY

November is a time to huddle in our homes and be warm... take time to appreciate our family and friends... to give thanks... to appreciate and thank our Veterans and Service members... to reach out to those who are not as fortunate, lend them a hand. It is also a time to take care of ourselves as well... If you find yourself in need of anything... social time, a movie, support... please call us or stop by!

We continue to work on planning for a new Senior Center/Community Center and the new pilot Transportation service. Both projects require a lot of collaboration and planning and are making their way forward. We hope to provide more information in the next newsletter.

Another project we are working on is Dementia Friendly Sudbury. We are holding a special Kick-off Event to share information about Dementia Friendly efforts here and across Massachusetts. We also hope to garner interest in special Dementia Friendly projects for Sudbury. Please join us at this event and learn more! (See page 5.)

We hope to see all of our local veterans and veteran's spouses at the annual Veterans Appreciation Luncheon on Wednesday, November 6. Please register in advance. Many thanks to the community volunteers associated with the Lieut. Scott Milley Fund who assist with planning and sponsorship of this event, as well as the Wayside Inn for their continued support with a delicious meal!

If you would like to share comments, questions or requests with us, please leave a note in our Suggestion box, email us at senior@sudbury.ma.us, or call 978-443-3055.

Wishing you a wonderful Thanksgiving Day holiday!

-Debra



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SPECIAL PROGRAMS AND CLASSES

Town of Sudbury Master Plan

Community Conversation**Monday, November 4****2:00-4:00 PM**

Join the lively discussion about the town's near and far future. What are the priorities for open space, Community and Senior Center, housing, Route 20, and beyond? This is an opportunity to discuss all the topics that are scheduled for the evening Community Conversations. Please join in! Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to sign up!

Habitat for Humanity
Home Repair Program
Tuesday, November 19, 1:00 PM

Tanya Clark, Family Services Coordinator from Habitat for Humanity will be here to highlight Habitat's Home Repair Program in a short presentation and meet with people who might qualify. This program is for low to moderate-income homeowners, including Veterans who are struggling to maintain their homes due to age, disability or family circumstances. Habitat might be able to help with roof repairs, siding, renovations and upgrades to help with accessibility (i.e....ramps) and/or deck repair. Applications will be available on the 19th. Appointments will be available on a first come first serve basis after the presentation. Please sign up by contacting 978-443-3055 or senior@sudbury.ma.us.

Protect Yourself From Medicare Fraud!**Tuesday, November 5, 1:00 PM**

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

A representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program will discuss how to prevent, detect, and report healthcare errors, fraud and abuse. This **free** information workshop will provide you with the tools to become a more informed and engaged health care consumer including information about the new Medicare cards. Although new cards have random numbers, no longer Social Security numbers, you still need to be vigilant and protect yourself from deceptive marketing and medical identity theft.

*For information and to reserve your seat please contact us, at 978-443-3055 or at senior@sudbury.ma.us.

**From The Great Courses*****Great Masters:*****Brahms-His Life and Music**

4 Tuesdays, November 5,

19, 26, December 3

9:30-11:15 AM

In both his life and his music, Johannes Brahms (1833–1897) was a man of contrasts. He composed serious Teutonic music and joyful dance music. He was miserly with himself and exceedingly generous with family and associates. He was kind to working people and known for his biting, malicious wit in artistic and aristocratic social circles.

This is the next series in our continuing Great Courses classes on Classical Composers. Many thanks to Barbara and Brian Clifton for the idea for this series and for helping to plan them. Please sign up by Nov. 4 by contacting us at senior@sudbury.ma.us or 978-443-3055.


Making the Last Year of Your Life
as Good as It Can Be
Tuesday, December 10**10:00 AM**

Oftentimes, prior to death, seniors start to decline in the last year or so of their lives. The good news is that with modern medical technology, doctors are now able to detect a decline in health well in advance. How do we plan to make this remaining time as good as it can be? Join Elder Law Attorney Arthur Bergeron and his guests, including a geriatric care manager and other professionals in your area, as they discuss the options available within your community.

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

**Legal Clinic****2nd Tuesday, November 12****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 to make your appointment.

SPECIAL PROGRAMS AND CLASSES

John Clark Returns...
with Music of World War II
 Friday, **December 6**, 1:00-2:00 PM

John Clark returns to share history and music! Everyone loved him when he was here last time. Please register in advance by contacting us at 978-443-3055 or senior@sudbury.ma.us. Sponsored by the *Friends of Sudbury Seniors, Inc.*

Lincoln-Sudbury High School
Martin Luther King Action Project
Thanksgiving Luncheon

Wed., November 27, 12 noon-1:30PM

Join the L-S MLK Project for their traditional festive holiday treat for seniors in Lincoln & Sudbury. Turkey and all the fixings, donated by **Sudbury Farms** will be served in the high school cafeteria. Entertainment is included, & there is **no charge**. Reservations are expected! Call the Senior Center at 978-443-3055 by **Thursday, November 14**.

Notary Public Services

15 min. appts. available -
 Thursday, November 14
 10:00-11:00 AM



Joe Bausk, longtime Sudbury resident as well as longtime Town and Senior Center volunteer, is also a Justice of the Peace and Notary Public. He has volunteered to offer Notary Public services by appointment once per month. Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to schedule your appointment.

Senior Center Wish List

- Laptops for facilitators and volunteers to use; I-7 or better, 2016 or newer
- Small refrigerator with glass front

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



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SPECIAL EVENTS/CAREGIVER SUPPORT

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 in Sudbury and Massachusetts. Find out about our goals 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 presentation. Please contact us to RSVP by Friday, November 8, at 978-443-3055 or senior@sudbury.ma.us.

**Sudbury Caregiver Support Group**

Monday, November 18, 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, 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.

Comfort Food Caring Café

Monday, November 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 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, November 14

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.

CLUBS/ARTS

Stamp Club

2nd Monday of the month
except for Monday holidays
November 18 - 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.

Drop-in Calming Coloring

Most Tuesdays, 12:00-12:45 PM

Join us for drop-in coloring! Relaxing, de-stressing 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.

ARTS , CREATIVE PROGRAMS, AND CARDS

Holiday Macramé Fun

Thursday, November 21

10:00-11:30 AM

\$8



Join us for a introductory Macrame project hosted by Dottie Walsh. Dottie will supply materials (see fee) and copies of the pattern, as well as guidance. Please register for this program by Thursday, November 14. Fee is required at registration. Possible follow-up project in December! Minimum: 3 students; Max: 5 students.

Wonderful Watercolors!

Next Session: 8 Fridays
November 8-January 10,
no class Dec. 20
11:30-1:30; 1:45-3:45

*Please register by
Nov. 6.

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

Senior Notes Singing Group

1st and 3rd Thursdays

November 7, 21

12:45-2:00 PM



Did you know that singing with a group can improve your health? It can ease stress, create friendly relationships, boost immunity in cancer patients, improve heart rhythm, reduce asthma symptoms, and curb snoring! So, if you enjoy singing in the shower or singing along with your favorite tunes in the car, drop everything and join Senior Notes to get all those special health benefits – *wink, wink*. 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!

Sudbury Garden Club Project
Making Bouquets to Share!

Wednesday, November 27

9:00-10:00 AM



Join Sudbury Garden Club members who will be here to work with you to make small flower bouquets to be delivered to Meals on Wheels recipients. Come and make one for yourself and one or more to share. All materials will be provided. *Signing up is a must* so that the Club will have enough supplies. Free to all who would like to help! **Please sign up** by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us by **Wednesday, November 20**.


Sudbury Garden Club
Boxwood Arrangements
Wednesday, **December 4**

9:30-11:30 AM

Sudbury Garden Club members will host a workshop for those who would like to learn to put a Boxwood arrangement together. Make a small one for yourself free of charge; make one to give away; and/or if you like, make a large one for yourself with a supplies fee of \$25. Signing up is a must so that the club knows how many supplies to bring! **Please sign up** by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us by **Wednesday, November 27**.

Bridge Group

Wednesdays, 1:00-3:30 PM

NOTE: No Bridge on November 6, 27



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.

SUDBURY SENIOR TRIPS

JOHNNY MATHIS CHRISTMAS - Wed., Dec. 4, 2019 - \$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. Enjoy the biggest hits Johnny has become known for and enjoy our favorite Christmas songs! Checks to **Best of Times Travel**.

DISCOVER SCOTLAND - June 8-17, 2020 - Double Occ. \$3,999*

Highlights include: Scottish Cooking Experience, Edinburgh Castl, St. Andrews, Sheepdog demonstration, Dun-robin Castle, Orkney Islands, Loch Ness, Isle of Skye, Armadal Castle, Whisky Distillery, Bagpipe lesson!

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

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

DISCOVER CANYON COUNTRY - June 5-12, 2020 - Double occ. \$2,999 pp*

Highlights include: Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Bryce Canyon National Park, Zion National Park, Las Vegas.

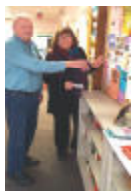
EXPLORE SOUTH AFRICA, VICTORIA FALLS AND BOTSWANA - Sep. 19-Oct. 2, 2020 - Double Occ. \$7,509*

Highlights include: Cape Town, Table Mountain, Cape Winelands, Pilanesberg National Park, Victoria Falls, Chobe National Park, 9 Wildlife Safaris!

TROPICAL COSTA RICA - Nov. 2-10, 2020 - Double occ. \$2,299 pp.***SPOTLIGHT ON SAN ANTONIO - Oct. 11, 15, 2020 - Double occ. \$1,999 pp.***

*per person, air included, subject to change. **Checks payable to Collette Tours.**

Sudbury Trips are planned and coordinated by Volunteers Joanne Bennett and Joe Bausk!



TRIPS PRESENTATION/MEDICARE

Lunch and Learn:**Collette Tours - Two Amazing Trips!****Tropical Costa Rica and Spectacular San Antonio**

Tuesday, November 12

12:30 Light Lunch

1:00 Presentation

Join us for sandwiches, chips and a drink... After lunch, learn about two amazing trips from Collette Tours.

Tropical Costa Rica - 9 days - Discover Costa Rica's good life on a rendezvous with abundant wildlife, exotic fauna, lush rainforests, and endless coastlines.

Spotlight on San Antonio - 5 days - Say Howdy to Texas as you take in San Antonio's enchanting River Walk, the legendary Alamo and the LBJ Ranch.

Please register by Thursday, November 7 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.

**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!** It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. To best help you compare, you should have a [MyMedicare.gov](https://www.medicare.gov) account. If you don't have one already, you can go to [MyMedicare.gov](https://www.medicare.gov) to easily create one, or it can be done at your SHINE appointment.

To schedule a SHINE appointment, contact Ana Cristina Oliveira, Outreach Specialist at 978-443-3055 or at senior@sudbury.ma.us. *If the Sudbury Senior Center SHINE Counselor slots are full, the Senior Center will refer you to the Framingham MetroWest SHINE offices at Callahan Center.

NOTE: Please bring your Medicare card, any other insurance cards, information from your current plan, and a detailed drug list, to your SHINE appointment!

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
*Sign up for fitness classes early! Space may be limited/some classes have minimums.	Note: Chair Yoga changes to 9:15-10:00 AM this session *LINC Intergenerational is at Noyes school	November is Alzheimer's Awareness Month and National Caregiver Month	Please note: Blood Pressure Clinic is Cancelled on November 5 and 12	9:00 Chair Yoga (8, last) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 -Watercolors (8)
4	5	6	7	8
10:00 Grief Support Grp 11:00 Fit for the Future G 1-3:30 Canasta (R1/L) 1:00 Low Vision Grp (VH) 1:00 Better Balance/Better Bones (7) (G) 2-4 Master Plan Community Conversation! (SP) 2:15 Tai Chi (8, last) (G)	No BP Clinic today 9:00 English Learners (R1) 9:30-11:15 J. Brahms (1) 9:40/11 Yoga (8, last) 12:00 Calming Coloring 1:00 Protect Yourself from Medicare Fraud! 1:30 Tai Chi Hlthy Living (1) 3:00 Council on Aging Mtg.	9:15-11 Understanding Russia (8) *Note Time! 11:00 Fit for the Future R3 12:00 Veterans Appreciation Luncheon No Bridge Group today 1:00-3:00 Quilting (8) (VH)	9:00/9:30 Tap Dance (8, last) 9:30-11:15 Current Events 12:00 Pizza and a Movie: Break Through 12:45 Senior Notes: Singing Group (R1 or VH) 2:30 Intro to T'ai Chi (8, last) 2:30 Connection Circle	9:15 Chair Yoga (1) 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 Movie: The Brinks
11	12	13	14	15
Veterans Day Holiday  Sudbury Senior Center Closed	No BP Clinic today 8:30-10 Dementia Friendly Kickoff Event 9:00 English Learners (R1) 9:40/11:00 Yoga (1) No Russian Conversation 12:00 Calming Coloring (L) 12:30 Light Lunch and 1:00 Collette Tours Presentation 1-3 Legal Clinic (R1) 1:30 Tai Chi Hlthy Living (2)	9:30 Understanding Russia (9) 11:00 Fit for the Future 1-3:30 Bridge Group (SP) 1:00-3:00 Quilting (9) (VH)	9:00 Beginner Tap Dance (1) 9:30 Tap Dance! (1) 9:30 Current Events (SP) 10:00 Notary Public - Appts. 12 Making Memories Cafe 1-2 Short Story Group (VH) 2:30 Intro to T'ai Chi (1)* 2:30 Connection Circle 3:30 LINC intergenerat'l at Noyes School (1) *	9:15 Chair Yoga (2) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (G) 11:30 or 1:45 - Watercolors (2)
Market Basket trip 18	19	20	21	22
10:00 Stamp Club 11:00 Fit for the Future 1-3:30 Canasta 1:00 Better Balance/Better Bones (8, last) 2:15 Tai Chi (1) 1:00 Sudbury Caregiver Support Group	8:30 Family Caregiver Coffee 8:45-10:45 BP Clinic 9:00 English Learners (R1) 9:30-11:15 J. Brahms (2) 9:40-11 Yoga (2) 12:00 Calming Coloring 1:00 Habitat for Humanity Home Repair Program 1:30 Tai Chi Hlthy Living (3)	9:30 Understanding Russia (10) 11:00 Fit for the Future 1:00-2:00 Turn the Page - Book Group! (VH) 1-3:30 Bridge Group (SP) No Quilting today	9:00 Beginner Tap Dance (2) 9:30 Tap Dance! (2) 9:30-11:15 Current Events 10:00 Holiday Macrame 12:45 Senior Notes: Singing Group (R1 or VH) 2:30 Intro to T'ai Chi (2) 2:30 Connection Circle 3:30 LINC intergenerat'l (2)*	9:15 Chair Yoga (3) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (3) 12:30 Friday Movie: Woman at War
25	26	27	28	29
11:00 Fit for the Future VH 12:00-2:00 Comfort Food Caring Café SP 1:00 Better Bones (1) 1 Canasta 2:15 Tai Chi (2)	8:45-10:45 BP Clinic 9:00 English Learners (R1) 9:30-11:15 Johannes Brahms (3) 9:40/11 Yoga (3) 11:30 Russian Conversation 12:00 Calming Coloring 1:30 Tai Chi Hlthy Living (4)	No Russia Course today 9:00-10:00 Make a Thanksgiving Bouquet! 11:00 Fit for the Future 12:00 MLK Thanksgiving Dinner at LSRHS No Bridge Group today No Quilting today	Thanksgiving Holiday Senior Center Closed 	Thanksgiving Holiday  Senior Center Closed



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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!

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

November is National Family Caregivers Month

This annual observance is a time to honor family caregivers across the country. The theme this year is “Caregiving Around the Clock,” recognizing the challenges that family caregivers face and how they manage them day and night.

This special observance enables us to do the following:

- raise awareness of family caregiver issues,
- celebrate the efforts of family caregivers,
- educate family caregivers about self-identification, and
- Increase support for family caregivers.



“Caregiving can be a 24-hours-a-day, seven-days-a-week job,” states the Caregiver Action Network, which spearheads National Family Caregivers Month.

“Providing care around the clock can crowd out other important areas of life.”

What challenges do family caregivers face, and how do they manage them day and night?

Morning: The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what they need for the day, and then getting yourself out the door for work.

Throughout the Day: Up to 70 percent of the time, the family caregiver manages the medications. The more serious the condition, the more likely it is that the family caregiver manages the medications for the patient. This means ensuring their loved one is taking medication correctly and maintaining an up-to-date medication list.

During the Workday: Six out of 10 family caregivers work full or part time in addition to juggling their caregiving responsibilities at home. Most say they have to cut back on working hours, take a leave of absence, or quit their job entirely.

Evening: Evenings are for family time and mealtime. Nutrition is as important for caregivers as it is for their loved ones. Proper nutrition helps maintain strength, energy, stamina and a positive attitude.

Late at Night: This might be the only time that family caregivers get a few minutes for themselves to rest and recharge. The chance to take a breather and re-energize is vital so they can be

as good a caregiver tomorrow as they were today.

Middle of the Night: If loved ones need to go to the emergency room in the middle of the night on occasion, family caregivers have to be prepared ahead of time with what they need to know and what they need to have with them.

If you are a caregiver, in whatever amount of time or whatever fashion, please know that you are appreciated and if you need information or support, please call us.

Join us for a Family Caregiver Coffee

Tuesday, November 19
8:30-9:30 AM



Caregivers are invited to take a few moments for themselves, stop in for coffee/tea, breakfast goodies, and information on caregiver resources. If you can't stop by, please visit the Senior Center website at sudburyseniorcenter.org/resources or caregivingmetrowest.com.



Fuel Assistance 2019-2020

The Low Income Home Energy Assistance Program (LIHEAP) is designed

to keep families and individuals safe and healthy by assisting with energy costs. The federally funded assistance helps people with costs including: Home Energy bills, energy crisis, weatherization costs, and energy-related minor home repairs. Fuel Assistance helps thousands of local families with home heating bills each year. Many people do not realize they are eligible for support.

Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income.

To see if you qualify, check the income eligibility in the table or call the Senior Center and speak with Ana Cristina Oliveira, Outreach/Information Specialist at 978-443-3055.

Household Size	Max. Gross Income
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846
5	\$83,341
6	\$94,837

~ From our Volunteer Program Coordinator, Janet Lipkin ~

Dear Friends,

I am a collector of quotes... and here's a wonderful one. *"The world is hugged by the faithful arms of volunteers."* -Terri Guillemets The work that is done by the Senior Center volunteers inspires me each and every day. You are making small home repairs, visiting isolated seniors, delivering meals, transporting clients to medical appointments, grocery shopping, picking up library books for those who cannot, bringing sand buckets to residents so they won't slip, setting up for special events, helping to package meals, labelling the newsletters for the postal mail....and on and on and on. Each of these activities benefits those we serve, and for that, we are most grateful. Thank you for making a difference in the lives of others!



We have two new volunteer opportunities. If you are interested in learning more about either one of them, please be sure to let me know. We can use your help! If you are interested in learning more about lots of other types of volunteer opportunities at the Senior Center, please contact me at 978-639-3223. I look forward to hearing from you.

1) LINC

Join Senior Volunteers, Sudbury Elementary Teachers, and 4th and 5th grade students for **LINC After School at Sudbury Elementary Schools**. The volunteers meet with a small group of two to five students. Meetings last 90 mins, from 3:30-5:00PM, and take place on:

LINC Session 1

November 14, 21; December 5, 12, 19; January 9 at Noyes Elementary School

LINC Session 2

January 16, 23, 30; February 6, 13, 27 at Nixon Elementary School

Volunteers can choose to work individually or with a partner. For more information, please contact Judy Battat, Intergenerational Coordinator, at Battatj@sudbury.ma.us. If you would like to volunteer for LINC, please contact Janet Lipkin, Volunteer Program Coordinator, at 978-639-3223 or LipkinJ@sudbury.ma.us.

2) JFS Patient Navigator LGBT+ Expansion: The Ally Navigator

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 and 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.

Ally Navigators are respectful of clients' wishes regarding disclosure of their identities 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.

When you are at the Senior Center, take a look at the new Volunteer Bulletin Board (posted down the hallway from the restrooms, as you curve towards Room 1 and the gym). The bulletin board lists the most up-to-date volunteer needs of the Senior Center, and any relevant news for our volunteers.

Thanks so much for all you do! – Janet Lipkin

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 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-

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.

Better Balance, Better Bones*

8 Mondays, 1:00-2:00 PM, **\$58**
Sep. 9-Nov. 18; No class 11/11; Build strength and balance with instructor Leslie Worris! **Bring** mat, 2 sets of weights, resistance band, and water.

Chair Yoga **Sign up early!**

8 Fridays, 9:15-10:00 AM; **\$48**
Nov. 8-Jan. 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 (T'ai Chi 1)

8 Thursdays, 2:30-3:30; **\$48**
Sep. 12-Nov. 7, no class Oct. 10
Learn many of the postures/movements of the forms as well as basic concepts and deeper philosophies.

T'ai Chi for Healthy Living (T'ai Chi 2)

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 (T'ai Chi 3)

8 Mondays, 2:15-3:15 PM, **\$48**
Sep. 9-Nov. 4, no class Oct. 14
A system of movements designed to maintain strength, balance and focus as well as improve relaxation.

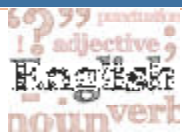
Tap Dance **Sign up early!**

Beginner 9:00 AM - 4 Thurs., Nov. 14, 21, Dec. 5, 12; **\$25**; Learn the fundamentals of Tap Dance.
Intermediate 9:30 AM - 8 Thu., Nov. 14-Jan. 16, **\$55**; 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 or 11:00 AM-12:00 PM, **\$58***
Nov. 12-Jan. 14; No class 12/24, 31;
Add strength, balance and calm to your life! **Please bring** a yoga block, yoga mat, and water.

CLASSES/INFORMATION



English Learner Classes

Tuesdays, 9:00-11:30

English Learner Classes are available Tuesday mornings. 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. There is a voluntary, confidential suggested donation of \$3 per class. Contact Ana Cristina Oliveira at oliveiraa@sudbury.ma.us or 978-443-3055.

Severe Weather/Emergencies

The Senior Center will share information about storms and emergencies 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? Contact Ana Cristina Oliveira, Outreach Specialist at 978-443-3055 or oliveiraa@sudbury.ma.us or visit the Sudbury Board of Health Nurse webpage at www.sudbury.ma.us/nurse to see the link on Emergency preparations.



Senior Center Programs on SudburyTV

- Online or on Cable TV -



Did you know many Senior Center programs are videotaped and available for viewing at the Sudbury TV website and are also periodically shown on your local cable station. Recently taped programs include: Falls Prevention Program, Medicare ABCDs.

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.

HEALTH/Wellness Clinics

**Low Vision Support Group**

Monday, November 4
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.

Monthly Hearing Clinic

2nd Friday, November 8
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.

Weekly Blood Pressure Clinics

Tuesdays, 8:45-10:45 AM

PLEASE NOTE:

BP Clinic is cancelled on Nov. 5, 12



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.

DAY TRIPS

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 return at approximately **5:00 PM**.

MOVIES/TRANSPORTATION

PIZZA AND A MOVIE

Thursday, November 7

Break Through

2019 – PG – 2 hours

In this fact-based drama, 14-year-old John Smith falls through a frozen lake and is pronounced dead after 27 minutes of CPR fail to revive him. But his mother is having none of it and prays loudly at John's bedside until his heart begins beating.



Please call to reserve your slice of pizza by 11:00 AM on November 7!

12:00 Pizza;
12:30 Movie

\$1.50 per slice; exact change appreciated!

Friday at the Movies at 12:30 PM!

November 8 – **The Brinks** - 2019 - NR 1 hour, 33 mins. In this fascinating documentary, director Alison Klayman begins filming political firebrand Steve Bannon a week after he leaves his White House post, following him around the world as he stokes the flames of a global populist movement.

November 22 – **Woman at War** – 2019 – NR 2 hours Believing that the aluminum industry is destroying the Icelandic environment, middle-aged Halla begins waging a secret eco-war to protect the landscape. But her crusade is interrupted when she gets a chance to fulfill her dream of adopting a child.

Sign up at 978-443-3055 or senior@sudbury.ma.us.

Van Shopping Trip

Monday, November 18
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 4 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
Dottie Sears

Monthly Activities

Stamp Club - Monday, November 18, 10:00 AM

Turn the Page Book Club - Wed., November 20, 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

Neighbor Brigade (Sudbury Chapter)

is an organization 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 & families experiencing a crisis.

We are currently seeking volunteers to join our team. If you are interested, please visit our website

(www.neighborbrigade.org) and [register as a volunteer](#).

If you are currently experiencing a temporary crisis and are in need of assistance, please visit our website

(www.neighborbrigade.org) and [register as a client](#).

You may also reach out to us by phone: 1-855-241-4357.

LSB Players' production of **Be More Chill**

Wednesday, November 20, 7:30 PM

Lincoln-Sudbury Regional High School & the LSB Players announce their first production of 2019-2020: **Be More Chill** by Joe Tracz and Joe Iconis. A modern musical, based on the young adult novel of the same name by Ned Vizzini; it tells the story of Jeremy Heere as he decides to find a way to "be more chill" and rule the high school - with unfortunate consequences. Limited number of complimentary tickets for the Wed., November 20, 7:30 PM, showing. Tix available for pick up at the Senior Center as of Friday, Nov. 15. Sign up!

Hot Lunch with Live Music at St. John, Sudbury

Tuesday, November 12, 12 Noon to 2 p.m.

Live music provided by Roy Helander. Menu: Roast turkey with gravy, stuffing, mashed potato, squash, green beans, and cranberry sauce. Suggested donation of \$8. To sign up, call the church office at 978-443-8350 before Tues., Nov. 4. St. John is located at 16 Great Road.

The **Sudbury Community Food Pantry**, located in the basement of Our Lady of Fatima church, is seeking volunteers for a variety of tasks on different days and times of the week. If interested, please contact Mary Novak, Volunteer Coordinator, at 978-443-8565.

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or call 781-373-6616 to learn more
about the new Care Dimensions Hospice House.



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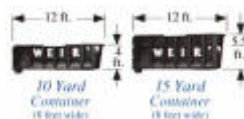
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A monthly publication from the
Sudbury Senior Center and Sudbury Council on Aging
40 Fairbank Road
Sudbury, Massachusetts 01776-1681
<http://sudburyseniorcenter.org>

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Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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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