

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...



**Holiday Music of the 1940's
With John Clark**

Friday, December 6, 1:00-2:00 PM
You must reserve a spot by Thursday, December 5!
Contact us at 978-443-3055. See page 7.

**Holiday Luncheon
with Harpist Shelley Otis**

Wednesday, December 11
12:00 PM



Please sign up by Dec. 5 at 978-443-3055 or senior@sudbury.ma.us.



**Putin's Revenge
PBS Frontline Documentary**

Wednesday, December 18
9:30-11:30 AM

Please sign up at 978-443-3055 or senior@sudbury.ma.us. Page 3.

Salt Potato Day and Senior Notes Sing-a-long

Thursday, December 19
12:00 Potatoes
12:45 Sing-a-long



Please sign up by Monday, December 16. See page 4.

Gift Swap and BYO Lunch*

Monday, December 30
12:30 PM

Sign up by December 26, see page 3.

* we provide the drinks, chips and dessert



**Respect for All
Participants**



FROM DIRECTOR DEBRA GALLOWAY

Happy Holidays whether you celebrate Christmas, Hanukkah, Kwanzaa, Winter or the Solstice!

Join us for one of our regular or special events in December. As it is the end of the calendar year, we will be asking you to complete program evaluations in December and January. If you do not receive one for a program that you participate in, please ask for one at the Front Desk. We want your feedback and suggestions!

In addition to the regular programs and services of the Senior Center, several special initiatives are under way:

*The Town Transportation Committee continues to develop the new **"GoSudbury" Pilot** Transportation program. This program will offer eligible residents the ability to take subsidized Uber rides (while grant funding is available). Applications will be available sometime in the new year. Please contact Ana Cristina Oliveira, Outreach and Information Specialist for more information at 978-443-3055 or oliveiraa@sudbury.ma.us..

*The **Fairbank Community Center** is being reviewed for redevelopment. The Sudbury Board of Selectmen are scheduled to review the architect's recommendations in late November. Look for more information in December and January.

The **Dementia Friendly Sudbury** Action Team held a successful Kick-off event on November 12 at the Senior Center. The Team will continue to work on special projects in the new year. See page 9 For more information.

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.

Please Note: The Senior Center is closing at 12:00 PM on December 20, 24 and 31 and closed for the holidays on December 25 and January 1. *Wishing you a wonderful holiday season!* -Debra



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SPECIAL PROGRAMS AND CLASSES



Holiday Luncheon & Harpist Shelley Otis

Wednesday, December 11,

12:00 PM

\$5



Join us for our annual Winter/Holiday Luncheon with entertainment by Harpist Shelley Otis. She will play festive holiday and winter tunes for your enjoyment (Bing Crosby, Dean Martin, Silver Bells, Walking in a Winter Wonderland and more). Please sign up by Thursday, December 5 so that we can order enough food for lunch! Menu to include: chicken breast, potatoes, vegetable, rolls and cranberry juice, along with coffee/tea and dessert. Sponsored in part by the Friends of Sudbury Seniors.

John Clark Returns...

with Holiday Music of the 1940s

Friday, December 6, 1:00-2:00 PM



Sit back and enjoy a one-hour program of familiar and cherished holiday songs from the 1940s. You'll hear the fascinating stories behind the writing of **Rudolph the Red-Nosed Reindeer**, **Baby It's Cold Outside**, **Winter Wonderland** and **The Christmas Song**. And how **Merry Christmas Darling** was composed in 1946 but took 32 years to find its way onto a Carpenters Christmas album. You'll see movie clip performances of **Have Yourself a Merry Little Christmas** (Judy Garland), **Here Comes Santa Claus** (Gene Autry) and **Silver Bells** (Bob Hope), and many more!

Please register in advance by contacting us at 978-443-3055 or senior@sudbury.ma.us.

Sponsored in part by the *Friends of Sudbury Seniors, Inc.*



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

Final Tuesday, December 3

9:30-11:15 AM

This is the last in the Brahms 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.

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 in our community.

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

Understanding Russia

Wed., December 4 and Mon., December 9

9:30 AM

The remaining two Russia classes are on a Wed. and Monday, due to the Holiday Luncheon on Dec. 11. A follow-up class will be held on Wednesday, December 18. In this class, the Frontline Documentary "Putin's Revenge" will be shown. See below.

Putin's Revenge

PBS Frontline Documentary

Wednesday, December 18

9:30-11:30 AM



With in-depth reporting from Moscow and Washington, DC, FRONTLINE tells the story of how Vladimir Putin came to see the United States as an enemy - and why he decided to target an American election. Against the backdrop of investigations by the FBI and Congress into the role Russia played in the 2016 U.S. election, this epic documentary draws on more than 60 interviews with diplomats, intelligence officials, political leaders, journalists, and primary sources to trace how Putin went from low-ranking KGB agent to long-serving president of a newly assertive Russia with the ability to wage cyber-war in the U.S. and across the globe. Thank you to Don Sherman for suggesting this program.

PLEASE NOTE: Space is limited. Please sign up early at 978-443-3055 or senior@sudbury.ma.us.

SPECIAL PROGRAMS AND CLASSES

Salt Potato Day!

Thursday, December 19
12:00 PM



Sudbury resident Niel Maurer started the Salt Potato tradition at the Senior Center about 3 years ago. Salt potatoes are a special treat he grew up with in New York state. Join us for salted baby potatoes with melted butter. Get 'em while they last! Stay for our sing-a-long! Must sign up by Monday, December 16! 978-443-3055.

Gift Swap and BYO Lunch

Monday, December 30
12:30 PM



For those who have extra new gifts that are duplicates or not needed. Bring one new WRAPPED gift to swap, along with your lunch. We will provide the drinks, chips and dessert. **Please sign up by Thursday, December 26** so that we can plan for the audience. Contact us at 978-443-3055 or senior@sudbury.ma.us.

Senior Notes Sing-a-long

Thursday, December 19, 12:45 PM



Join us for a special treat "Salt Potatoes" with melted butter at 12:00 PM-- then join in with an old-fashioned holiday and secular sing-a-long with the Singing group "Senior Notes"! Please let us know you will attend at by Mon., Dec. 16 at 978-443-3055.

Notary Public Services

Thursday, December 12
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 is offering Notary Public services by appointment on the 2nd Thursday of the month. Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to schedule your appointment.

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CAREGIVER SUPPORT

Sudbury Caregiver Support Group

Monday, December 16, 1:00-2:30PM



Caregivers are invited to join together to listen, share, and learn together. 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. 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

No meeting in December
Monday, **January 27**
12:00-2:00 PM



The Comfort Food Caring Café will not be held in December. The Café offers an opportunity for those who are caring for someone with cognitive 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: Pleantries 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 helpful, 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, December 12
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.

TEAM MEMBERS

The Men's/Women's Breakfast Team seeks new volunteers to join them! Help cook and serve breakfast 3-4 times each year for the Men's and Women's Breakfasts. Contact the Senior Center with your name, phone number, and email address at 978-443-3055 or senior@sudbury.ma.us.

Also, the Senior Center is looking for new instructors/volunteer leaders. If you are interested, please submit your resume via email to senior@sudbury.ma.us.

Substitute van drivers also needed. Please complete the application on the Town website at sudbury.ma.us and email to senior@sudbury.ma.us or drop off at the Center. Thank you!

CLUBS/GROUPS

Stamp Club

2nd Monday of the month*
December 9 - 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.

*When there is a Monday holidays on 2nd Monday, Club will meet on the 3rd Monday of the month.

Turn the Page - Book Group

Wednesday, December 18
1:00-2:00 PM

The "Turn the Page" book group usually meets on the 3rd Wednesday of every month from 1:00 PM – 2:00 PM. Please call the Sudbury Senior Center at 978-443-3055 and leave a message for Sharon K. Wilkes, if you have any questions or need further information.



ARTS , CREATIVE PROGRAMS, AND CARDS

Holiday Macramé Fun

Thursday, December 19
10:00-11:30 AM
\$8 - supplies fee



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, December 12. Fee is required at registration. 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

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; max. 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).



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.

Special Weekly Senior Center Activities

Connection Circle - most Thursdays, 2:30 PM
Bingo - Fridays, 9:30-11:30 AM

Let us know you were here!

Please use your keycard to sign in when you attend a program. This helps us get an accurate count of participation. Thanks!

Trouble Hearing a Speaker, or a Movie?

The Senior Center has **assistive listening headphones** available for the Pines room. Just ask us!

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**.



Drop-in Calming Coloring-Schedule Change

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.

**Please note: Coloring will have a schedule change for the month of January. Stay tuned.



Bridge Group

Wednesdays, 1:00-3:30 PM

NOTE: Bridge will be off-site on Dec. 11, will not meet on Dec. 25, Jan. 1



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!

Holiday Schedule

Please make note that the Senior Center will close at 12:00 PM on Friday, December 20, Tuesday, December 24, and Tuesday, December 31. The Senior Center will be closed on Wednesdays, December 25, and January 1.



SUDBURY SENIOR TRIPS

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!

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.*

Highlights include: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Arenal Volcano Lake Arenal Cruise, Cano Negro Refuge, Zarcero.



SPOTLIGHT ON SAN ANTONIO - Oct. 11, 15, 2020 - Double occ. \$1,999 pp.*

Highlights include: Mission San Jose, The Alamo, Paseo del Rio Cruise, LBJ Ranch, Fredericksburg, National Museum of the Pacific War, El Mercado. *per person, air included, subject to change. **Chks payable to Collette Tours.**

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

LEGAL/SAVE THE DATE/MEDICARE

Legal Clinic

2nd Tuesday, December 10
1:00-3:00 PM



Schedule a free 20 minute consultation at the Senior Center with volunteer Elder Law Attorney Arthur Bergeron. 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.

Save the Date:

Museum of Russian Icons

Wednesday, January 8, 10:30 AM

In the 1960's, plastics engineer Gordon B. Lankton went to work at Nypro, an international plastics company, in Clinton, Mass. and eventually became president. In 1989, on a business trip to Russia, Mr. Lankton purchased his first icon at an open-air market. His collection quickly grew, and eventually gave birth to the idea of starting a museum. Mr. Lankton chose Clinton for the location to give back to the community that had supported him. Laura Garrity from the Museum will be here to share some of the museum's treasures! Please contact the Senior Center to sign up at 978-443-3055 or senior@sudbury.ma.us.



**The MetroWest SHINE Program:
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Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



**Informal Russian-Speaking
Conversation Circle**

Tuesday
December 3, 11:30-12:30

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

DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Van Shopping Trip 2	3	4	5	6
11:00 Fit for the Future 1:00 Better Bones (2) 1:00 Canasta Group 1-2:30 Low Vision Group 2:15 Tai Chi (3)	8:45-10:45 BP Clinic 9:00-11 English Learner Class 9:30-11:15 <i>Johannes Brahms DVD series (4, last)</i> 9:40/11:00 Yoga (4) 11:30 Informal Russian Speaking <i>12:00 Calming Coloring</i> 1:30 <i>Tai Chi for Healthy Living (5)</i>	9:30-11:30 <i>Boxwood Workshop (VH)</i> 9:30 <i>Understanding Russia (11)</i> 11:00 Fit for the Future 1-3:30 <i>Bridge Practice (SP)</i> 1:00-3:00 Quilting	9:30 Tap Dance (2) 9:30-11:15 Current Events 12:00 <i>Pizza and a...</i> 12:30 <i>Movie: Antonia's Line</i> 12:45 Senior Notes Group 2:00 <i>Dementia Friend Training</i> at Sudbury Police Meeting Room 2:15 Intro to T'ai Chi (3) 2:30 Connection Circle	9:15 <i>Chair Yoga (4)</i> 9:30-11:30 <i>Bingo (SP)</i> 11:00 Fit for the Future 11:30-12:30 <i>State Rep. Carmine Gentile Coffee Hr.</i> 11:30/1:45 <i>Watercolors (4)</i> 1:00 <i>John Clark—Holiday Music of 1940s</i>
Van Shopping Trip 9	10	11	12	13
9:30 <i>Understanding Russia (12, last)</i> 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Bones (3) 1:00 Canasta Group 2:15 Tai Chi (4)	8:45-10:45 BP Clinic 9:40/11 Yoga (5) 9:00 <i>English Learner (R1)</i> 10:00 <i>Planning for the Last Year-Atty. Bergeron</i> 12:00 <i>Calming Coloring</i> 1-3 Legal Clinic (R1) 1:30 <i>Tai Chi 4 Healthy Living</i> 3:00 <i>COA Meeting</i>	<i>Note: No Understanding Russia-see Mon., 12/9</i> 11:00 Fit for the Future (VH) 12:00 <i>Holiday Luncheon</i> <i>Bridge Group will meet off-site today</i> 1:00-3:00 Quilting	9:30 Tap Dance (3) 9:30-11:15 Current Events 10:00 Notary Services by appt. 12:00 <i>Making Memories Café</i> 1:00 Short Story Group 2:15 Intro to T'ai Chi (4) 2:30 Connection Circle	9:15 <i>Chair Yoga (5)</i> 9:30-11:30 <i>Bingo (SP)</i> 9:30-11:00 <i>Hearing Clinic</i> 11:00 Fit for the Future 11:30/1:45 <i>Watercolors (5)</i> 12:30 <i>Friday Movie: Tristan and Isolde</i>
16	17	18	19	20
11:00 Fit for the Future 1-2:30 <i>Caregiver Support Group</i> 1:00 Better Bones (4) 1:00 Canasta Group 2:15 Tai Chi (5)	8:45-10:45 BP Clinic 9:00 <i>English Learner Class R1</i> 9:40/11 Yoga (6) 12:00 <i>Calming Coloring</i> 1:30 <i>Tai Chi for Healthy Living (7)</i>	9:30-11:30 <i>Putin's Revenge - PBS Frontline</i> 11:00 Fit for the Future 1-3:30 <i>Bridge Group</i> 1:00-2:00 <i>Turn the Page - Book Group!</i> No Quilting today	9:30 Tap Dance (4) 9:30-11:15 Current Events (SP) 10:00 <i>Holiday Macrame (VH)</i> 12:00 <i>Salt Potato Day</i> 12:45 <i>Senior Notes Sing-a-long</i> No Intro to T'ai Chi 2:30 Connection Circle	9:15 <i>Chair Yoga (6)</i> 9:30-11:30 <i>Bingo (SP)</i> 11:00 Fit for the Future No Friday Movie No Watercolors today **Senior Center Closes at 12:00 PM** ----- Staff Holiday Gathering
Hanukkah 23	24	25	26	27
11:00 Fit for the Future No Caring Café this month 1:00 Better Bones (5) 1:00 Canasta Group 2:15 Tai Chi (6)	8:45-10:45 BP Clinic 9:00 <i>English Learner Class</i> No Yoga today No <i>Calming Coloring</i> No <i>Tai Chi for Healthy Living</i> -Closing at 12:00 PM Today-	Christmas Holiday  Senior Center closed	No Tap Dance today 9:30-11:15 Current Events No Short Story Group No Intro to Tai chi No Connection Circle No Friends Meeting today	No Chair Yoga 9:30-11:30 <i>Bingo (SP)</i> 11:00 Fit for the Future (G) 11:30 and 1:45 <i>Watercolors (6) (VH)</i> 12:30 <i>Friday Movie: Peanut Butter Falcon</i>
30	31	Jan. 1	Jan. 2	Jan. 3
11:00 Fit for the Future 12:30 <i>Gift Swap and BYO Lunch</i> No Better Bones 1:00 Canasta No Tai Chi today	8:45-10:45 BP Clinic 9:00 <i>English Learner Class</i> No Yoga today No <i>Calming Coloring</i> No <i>Tai Chi for Healthy Living</i> -Closing at 12:00 PM Today-	Happy New Year!  Senior Center Closed	9:30 Tap Dance (5) 9:30-11:15 Current Events 12:45 Senior Notes Grp 2:15 Intro to T'ai Chi (6) 2:30 Connection Circle	9:15 <i>Chair Yoga (7)</i> 9:30-11:30 <i>Bingo (SP)</i> 11:00 Fit for the Future 11:30/1:45 <i>Watercolors (7)</i>



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

Dementia Friendly Sudbury

More than 60 people attended a special Kick-off Event held at the Sudbury Senior Center on Tuesday, November 12 at 8:30 AM. Participants came to show support for their friends, neighbors, loved ones and community members who are living with dementia. Everyone enjoyed an awesome array of delicious baked goods and coffee provided by sponsors: **Whole Foods** of Sudbury, **Starbucks** of Sudbury, **Bridges by Epoch** of Sudbury, **Generations Law Group** and **Visiting Angels** of Sudbury.

The Dementia Friendly Sudbury Action Team organized this event as part of a grassroots effort designed to help our community be more welcoming and supportive of people living with dementia and their care partners. With 14% of the people in Massachusetts over the age of 65 experiencing dementia, communities across the Commonwealth are engaging in the Dementia Friendly Massachusetts movement.

At the event, Patty Sullivan, Coordinator of Dementia Friendly Massachusetts, explained how 160 communities across the state are working toward becoming more Dementia Friendly. All sectors of a community can play a role in creating a Dementia Friendly town: business members, residents, town leaders, faith community members and more.

Other guest speakers at the Kick-off event included: Bianca Walker, Western/Central Mass. Coordinator, Alzheimer’s Association, Cynthia Wirth, Executive Director, Bridges by Epoch of Sudbury, Patricia Brown, Sudbury Board of Selectmen, Maryanne Bilodeau, Sudbury Interim Town Manager, Sudbury Police Chief Scott Nix, Livable Sudbury Ambassador Alice Sapienza, and Debra Galloway, Director, Sudbury Senior Center.

The Town of Sudbury and Sudbury Senior Center are proud to be working toward becoming a member of the growing Dementia Friendly Massachusetts movement. For more information, please contact Ana Cristina Oliveira, Outreach and Information Specialist at the Sudbury Senior Center at 978-443-3055 or oliveiraa@sudbury.ma.us. The Action team welcomes people of all backgrounds and abilities, as well as business and non-profit organizations, to participate in our discussion about how to create an inclusive community.

Resources for Caregivers:

Family Caregiver Support Program-508-573-7239

Caregivingmetrowest.org

Alzheimer’s Association MA/NH Chapter

24/7 Helpline 800-272-3900; www.alzmassnh.org

Sudbury Memory Cafes:

Making Memories Café, 2nd Thursdays, 12:00-1:30PM

Comfort Food Caring Café, 4th Mondays, 12 - 1:30PM

For additional memory café please visit:

www.memorycafedirectory.com

Sudbury Caregiver Support Groups

3rd Mon. of the month, Sudbury Senior Ctr., 1-2:30 PM.

2nd Wed. of the month, Bridges by Epoch, 12–1:00 PM

Day Break

A program providing structured quality time and socialization for older adults and respite for caregivers:

-NORTHBOROUGH Senior Center - (508) 393-5035

Tuesdays 11:30am-2:30pm

-MARLBOROUGH Senior Center - (508) 485-6492

Tuesdays 11:30am-2:30pm

-HUDSON Senior Center - (978) 568-9638

Thursdays 11:30am-2:30pm



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, such as: 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.

Eligibility is based on household size & 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,

Despite the cold outdoors, the volunteers of the Senior Center are an active group, with warm, caring hearts. Some are delivering hot lunches or groceries, others are delivering sand buckets to reduce the chance of falls on icy walkways or driveways. Many are bringing library books to residents, and several are making a weekly visit to an isolated senior. These encompass just a few of our many, many volunteer opportunities. If you would like to get involved, please let me know! (tele: 978-639-3223; email: LipkinJ@sudbury.ma.us). You make your own schedule, and can pick whether you want to volunteer once a week, once a month, or even just a few times a year at your convenience.



We had a wonderful Volunteer Celebration Open House on October 31st, with more than 50 volunteers attending. The feedback that we got about it was very positive. Many people that we heard from said that they really liked the informal atmosphere of the event, and that this, in turn, enabled and encouraged people to move around and talk to other volunteers, learning about what they are doing and sharing experiences. Food was plentiful, and the autumn/Halloween decorations made for a fun theme. Congratulations to the 11 winners of the door prizes!

For those who enjoyed the **fruit compote** served, here is the recipe, as per your request:

One 14oz. can *whole* cranberry sauce

One small can crushed pineapple (drained)

One 11oz. can mandarin oranges (drained)

One 22 oz. container frozen strawberries in sauce (thawed)

Combine all ingredients into a bowl and stir gently. Keep refrigerated until ready to serve.

We have a new bulletin board in the Senior Center which lists the most current volunteer needs and any related news. It is located at the end of the hallway, past the restrooms, where the turn begins if you are heading to the gym. Check it out frequently for updates!

Our on-going volunteer needs: We continue to recruit Fix-it volunteers (to help with small home repairs), back-up Meals-On-Wheels drivers (to deliver mid-day hot meal), and F.I.S.H. drivers (to transport residents to medical appointments when family/friends are not

available). If you would like to learn more about these volunteer opportunities, please contact Janet Lipkin at 978-639-3223.

As winter is upon us, please note that if you are in need of a sand bucket to be delivered to you, or if you are in need of (used) medical equipment to be loaned to you, please contact the Senior Center at 978-443-3055.

It takes a village: If you know of someone that could benefit from having a Friendly Visitor make a weekly visit, please contact Janet Lipkin (978-639-3223).

Volunteer Role Highlight: Special Events: If you enjoy decorating a room for a special event, serving, helping at a registration table, or aiding us in cleaning up, we can use your help! It is a wonderful and fun way to get involved and make new friends!

-Janet Lipkin

SPECIAL PROGRAM

How to Rise from a Fall

Thursday, January 16

12:45-1:30 PM



Physical Therapists Ali Cronin and Sue Rushfirth will lead an interactive program about how to rise from a fall. The course is for both older adults and their caregivers.

Please call the Senior Center (978-443-3055) or stop by the Front Desk to register by Tuesday, January 14. Space is limited.

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.

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** Nov. 25-Jan. 27; No class 12/30, 1/20; Build strength and balance with instructor Leslie Worris! **Bring** mat, 2 sets of weights, resistance band, and water.

Chair Yoga

8 Fridays, 9:15-10:00 AM; **\$48** Nov. 8-Jan. 10; no 11/29, 12/27
Next session: Jan. 17-Mar. 6
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 & strap with you.

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**
Jan. 14-Mar. 3, Min. # students
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
Next session: Jan. 14-Mar. 3

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**
Nov. 18-Jan. 13, no class 12/30
A system of movements designed to maintain strength, balance and focus as well as improve relaxation.

Tap Dance

Intermediate 9:30 AM - 8 Thu., Nov. 21-Jan. 23, no class 11/28, 12/26, **\$55**;
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.

INFORMATION

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: **Veterans Luncheon, Dementia Friendly Sudbury.**

How to Report an Outage

Need to report a utility service outage? See below for utility providers in Sudbury and how to contact them in the event of an outage.

Electricity - **Eversource** - Reporting # 800-592-2000

Gas - **National Grid** - Reporting # 800-465-1212

Cable/Internet - **Comcast/Xfinity** - Reporting # 800-266-2278

Cable/Internet - **Verizon** - Reporting # 800-837-4966

Water - **Sudbury Water District** - Business Hours # 978-443-6602; After Hours # 978-443-1042

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.



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, December 2
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, December 13
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.

ENGLISH CLASSES

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. 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.

HOME SAFETY CHECKS

Home Safety Check: The Sudbury Fire Department, recipient of the Senior SAFE Program grant, is collaborating with the Sudbury Senior Center to offer home safety checks to senior residents of town. The safety check may include the installation of smoke and carbon monoxide alarms, testing and replacing batteries, and education specific to the circumstances. If you would like to receive a free home safety check, please call the Senior Center at 978-443-3055 and leave your name, address, and phone number so that we may schedule a date and time for it. Space is limited.



MOVIES/TRANSPORTATION

PIZZA AND A MOVIE

Thursday, December 5

**Antonia's Line**

Rated R - 1995. 1 hour, 45 minutes

12:00 Pizza;
12:30 Movie

Winner of the 1995 Academy Award - Best Foreign Language Film, this heartwarming drama is the remarkable story of a strong-willed woman who builds a new life with her teenage daughter in a quiet Dutch village after World War II. As she challenges the local customs, she begins to win her neighbors' affections. Earthy, sexy and romantic, the film is a joyous, multi-generational celebration of simple pleasures, lust for life and enduring passions. **Please call** to reserve your slice of pizza by 11:00 AM on December 5.

\$1.50 per slice; exact change appreciated!

Friday at the Movies at 12:30 PM!

December 13 - **Daniel Barenboim: Wagner: Tristan und Isolde** – NR – 2 hours – One of Wagner's most compelling operas under the direction of Daniel Barenboim in this acclaimed 1983 production performed at Germany's Bayreuth Festspielhaus, starring René Kollo and Johanna Meier. Stage production by Jean-Pierre Ponelle and also featuring Matti Salminen, Hermann Becht and Hanna Schwartz, this performance is a must-see.

December 27 – **The Peanut Butter Falcon** – PG-13 – 1 hour 33 minutes - Zak, a young man with Down syndrome, runs away from a residential nursing home to fulfill his dream of attending the pro wrestling school of his idol, The Salt Water Redneck. On the road, Zak meets Tyler, a small-time outlaw who becomes Zak's unlikely coach and ally. Together, they set out on a wild, life-changing journey and try to convince Eleanor, a kind nursing-home employee charged with bringing Zak back, to join them. Sign up at 978-443-3055 or senior@sudbury.ma.us.

Van Shopping Trips

Monday, December 2—Natick Mall
December 9—Wegman's Northborough



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.

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

Save the Date!**The Capitol Steps**

The *Friends of Sudbury Senior Citizens* have teamed up with the *Friends of the Goodnow Library* to present the famous Washington, D.C. satire performers **The Capitol Steps** next fall, about two weeks before the Presidential Election. Please mark your calendars and plan to attend this hilarious performance on October 21, 2020 at Lincoln Sudbury Regional High School. Online tickets will be available in mid-year 2020. Watch for more news about this exciting evening!

**Newsletter Delivered to your Inbox...**

Sign up for email at the Town of Sudbury website. Click on the tab for “Email Lists”, add your email address, name, and click on “Senior Center Newsletter”. Please follow up with an email letting us know that you no longer want the paper newsletter-saving lots of paper and dollars for other needs.

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.

State Representative Carmine Gentile Office Hours

Rep. Gentile will be available at the Senior Center on Friday, December 6 from 11:30-12:30. Stop for coffee, to chat, ask a question or just listen.

The Sudbury Community Food Pantry Looking for Volunteers!

Located in the basement of Our Lady of Fatima church, the Sudbury Community Food Pantry is seeking volunteers for a variety of tasks on different days and times of the week, including: registration, distribution, deliveries 2x month, stocking, and setup.

If you would like to be a part of the team, please contact Mary Novak, Volunteer Coordinator, at 978-443-8565 or mhnovak1977@gmail.com or Deborah Oppenheimer at 978-460-3933.

Hot Lunch with Live Music at St. John, Sudbury Tuesday, December 10, 12 Noon to 2 p.m.

Live music provided by Ray Cavicchio. Menu: Ham with raisin sauce, Delmonico potatoes, and peas. Suggested donation of \$8. To sign up, call the church office at 978-443-8350 before Mon., Dec. 2. St. John is located at 16 Great Road.



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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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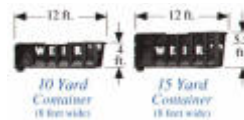
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Sudbury Council on Aging, Sudbury, MA 06-5177


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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