

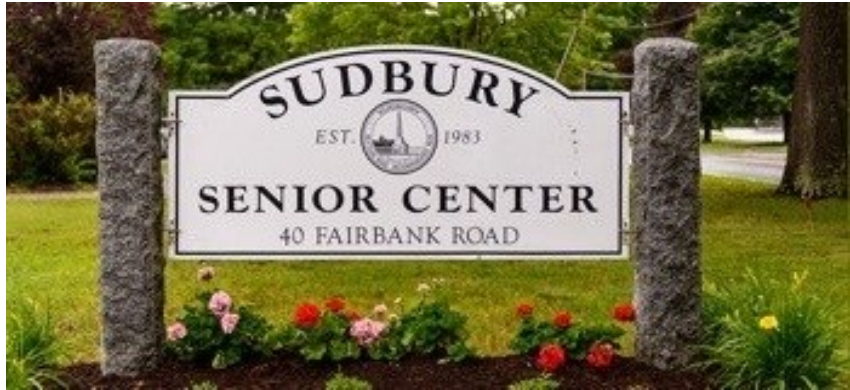
**A Publication of the Sudbury Senior Center: the place for information, learning and connection!**

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Janet Lipkin



*Join us for one of our special programs...*

**AARP Tax Return Preparation**

Thursdays and Fridays, 9:00-4:00

February – April - By Appointment

Please contact us to make your appointment at 978-443-3055 or senior@sudbury.ma.us. See page 5 for important information.

**The Irish Identity: Independence, History and Literature**

*The Great Courses Series*

6 Wednesdays, February 5, 12, 19, 26, March 4, 11

Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to register. See page 3.

**Celebrate the 100<sup>th</sup> Anniversary  
of the Ratification of the 19<sup>th</sup> Amendment**

Tuesday, February 11

1:00 PM

Please contact the Senior Center to sign up! See page 3.

**All You Ever Wanted to Know about Social Security**

*But Were Afraid to Ask!*

Tuesday, February 25

12:00 Lunch and Learn:

12:45 Presentation

Please contact the Senior Center to let us know you will attend, and whether want lunch, so that we can prepare from the audience at 978-443-3055 or senior@sudbury.ma.us. See page 4.



**Respect for All  
Participants**

## THE U.S. CENSUS IS COMING!

**Get ready** for the United States Census! Every 10 years, the U.S. Census Bureau conducts a census. This one will arrive in your mailbox in April 2020. Please complete it!

The U.S. Census data is used for many purposes and helps not only the Federal government, but many local governments and organizations to plan for the future and to allocate funding. This is important for the Senior Center - so that we can get the most up-to-date information on how many residents are 60 and over, and get the appropriate proportion of funding for the number of residents who are 60+. Please fill it out and send it in as soon as possible. If you have questions, please contact Ana Cristina Oliveira, Outreach Information Specialist at 978-443-3055 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

### Use our Suggestion Box or send an email!

We are always interested in your Suggestions and Feedback! It's easier for us to remember them all if they are in writing. Thank you!

### Notary Public Services

Thursday, February 13  
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](mailto:senior@sudbury.ma.us) to schedule your appointment.

### 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!

### Sudbury Park and Recreation Programs

Sudbury Park and Rec Department offers many fitness classes, including: Pickleball 55+ , Table Tennis and Aquatic programs. See <https://sudburyrec.com> .

## SPECIAL PROGRAMS AND CLASSES



### The Great Courses DVD Series The Irish Identity \*

6 Wednesdays, 9:30-10:30 AM  
February 5, 12, 19, 26, March 4, 11

Prof. Mark Connor, PhD., Washington and Lee University

1916: James Joyce publishes *A Portrait of the Artist as a Young Man*, a deeply personal reflection of his own exploration of identity, mirroring Ireland's struggle to define its national identity.

1921: Michael Collins returns from England with a treaty by which the transition to an independent Ireland can finally begin, but back home, nationalists are extremely displeased.

These are just a few of the monumental occurrences and artistic events that rocked the world in the late 19th and early 20th centuries as Ireland gradually shook off the shackles of British rule.

Please register by contacting the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). (Course description from "The Great Courses".) \*Note: We will show the first twelve 30-min. lectures, 2 each week.

### From The Great Courses

#### The Great Masters: Franz Liszt

Tuesday, January 28-February 25,  
no class Feb. 18  
9:30-11:30 AM



Musically, Franz Liszt (1811–1886) is one of the most written about, but least understood composers of the 19th century. As for his life - Felix Mendelssohn observed that Liszt's character was "a continual alternation between scandal and apotheosis." "Scandal and apotheosis"? What could that possibly mean? Join music professor Robert Greenberg for these lectures, and go on a fascinating journey in search of the truth about both. **Many thanks** to Sudbury residents *Barbara and Brian Clifton* for planning, purchasing and coordinating this and our preceding music history series! Please sign up by contacting the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

(Course description from "The Great Courses".)

### Trouble Hearing a Speaker, or a Movie?

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

### Celebrate the 100<sup>th</sup> Anniversary of the Ratification of the 19<sup>th</sup> Amendment

Tuesday, February 11  
1:00 PM



In August of 2020 we will be celebrating the 100<sup>th</sup> anniversary of the ratification of the 19<sup>th</sup> Amendment, giving women the right to vote. How did that happen? When Abigail Adams begged her husband to "remember the ladies" in drafting a new code of laws, John wrote back that he "could not but laugh" at her extraordinary suggestion. Less than 150 years later, women were working, voting, and experiencing the first taste of freedoms unheard of just a generation earlier. This lecture traces the exciting social and historical milestones in the fight for women's rights.

For more than ten years Anne Barrett has been entertaining and educating audiences with her lectures and performances at dozens of libraries, historical societies, museums and other social and civic groups throughout New England.

She is Vice President of the Topsfield Historical Society, editor of its newsletter *Local Lore*, and was a history columnist in *Community Newspaper's Tri Town Transcript*. She is a member of the Daughters of the American Revolution, and a former Mrs. Essex County. She has held leading roles in community theater plays and musicals. She holds a B.S. cum laude from Colby-Sawyer College and an M.S. from Boston University.

**Please register** for this program in advance - space is limited. Contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

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

### Treats for Valentine's Day

Tuesday, February 11  
2:15 PM



Following our special program (listed above) on the 19th Amendment, please stop into the Van Houten room for a Valentine's day treat! All are welcome while supplies last...

*Sponsored by the Friends of Sudbury Seniors.*

## SPECIAL PROGRAMS AND CLASSES

### All You Ever Wanted to Know about Social Security But Were Afraid to Ask!

Tuesday, February 25  
12:00 Lunch and Learn:  
12:45 Presentation



The Social Security Administration (SSA) is committed to engaging the public. They are widely recognized as the most successful domestic program in the history of our country. Please join Sabrina Feliciano, Social Security Administration, Public Affairs Specialists, to get a refresher course on benefits and services from Social Security, as well as how and when to apply, and about time saving online services. You may want to visit the website before attending at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). **Please register for Lunch and the talk** by calling the Senior Center at (978) 443-3055 by Friday, February 21 at 1:00 PM.



### 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**, our volunteer Bridge Coordinator at [mattie\\_66@yahoo.com](mailto:mattie_66@yahoo.com). New members with intermediate knowledge of Bridge are always welcome. Free!

### Informal Russian-Speaking Conversation Circle

Tuesday, February 18, 11:30-12:30



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

## TAX HELP

## Tax Season is here!



## Tax Return Help Schedule

February 27, 28

March 5, 6, 12, 13, 19, 20, 26 (no appts. Mar. 27)

April 2, 3

**You may call as of Monday, February 3<sup>rd</sup> at 9:00 AM** - Appointments can be scheduled at 9:00 AM, 10:30 AM, 1:00 PM, and 2:30 PM; Early dates are scheduled first.

Emil Ragonas, Fred Taylor, Loida Abraham, AARP trained and certified Tax Return Volunteers return this year. Our AARP trained Tax assistants will provide free tax return preparation for low to moderate income taxpayers.

For people who **don't** have brokerage accounts, help starts **Thursday, Feb. 27**. For those with brokerage accounts, (including people with stocks) appointments will begin **Thursday, March 5**.

**Be sure to bring** the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*.

You will receive a copy of your new Tax return at the conclusion of your appointment – please keep it in a safe place – Tax volunteers do not keep copies.

**New policy! Please note:** Due to time and space constraints, if you are a “no show” for your appointment, **it will not be rescheduled**.

**You may** make a Tax Return appointment with Chery Finley, by contacting her at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). Please give us your name and phone number.gall



## Legal Clinic

2nd Tuesday, February 11  
1:00-3:00 PM

Schedule a free 20 minute consultation at the Senior Center with volunteer Elder Law Attorney Cathleen Summers. 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](mailto:senior@sudbury.ma.us) to make your appointment.

## ARTS , CREATIVE PROGRAMS

## Wonderful Watercolors!

Next Session: 8 Fridays

January 17-March 6

March 13-May 1

**2 Options: 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. If you have a financial challenge, please speak to Ana Cristina Oliveira, Outreach Specialist, about a possible scholarship (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.



## Senior Notes Singing Group

1st and 3rd Thursdays

February 6, 20

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 , improve heart rhythm, reduce asthma symptoms, and curb snoring! Senior Notes meets on the first & third Thursdays of the month at the Sudbury Senior Center. **Note:** Group may meet in Van Houten room or Room 3 on Feb. 20.

## 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.

## CAREGIVER SUPPORT

### Sudbury Caregiver Support Group

Monday, February 10, 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](mailto:oliveiraa@sudbury.ma.us).

### Making Memories Café

Thursday, February 13  
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](mailto:oliveiraa@sudbury.ma.us).

### Comfort Food Caring Café

Monday, February 24  
12:00-1:30 PM



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: **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 helpful, but drop-ins also okay. Questions, contact Ana Cristina at 978-443-3055 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) for more information.

### COMING IN MARCH!

#### Save the Date!

#### A Celtic Celebration: Songs and Stories for The Season

- Thursday, March 5, 1:00 PM - Sponsored in part by the **Sudbury Cultural Council** and the Friends of Sudbury Seniors - sign up quick, space is limited!

**St. Patrick's Day Luncheon** - Thursday, March 19, 12:00 PM - Sponsored by the Friends of Sudbury Seniors; **sign up for Sudbury residents** begins on February 3, all others on February 10.

**Soup's On! Whole Body Vibration: The Future of Good Health** - Thursday, March 26, 12:00 Soup; 12:30 Talk - Sponsored by the Friends of Sudbury Seniors; sign up begins on February 3.

### CLUBS/GROUPS

#### Stamp Club

2nd Monday of the month\*  
February 10 - 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 holiday on 2nd Monday, Club will meet on the 3rd Monday of the month.

#### Turn the Page - Book Group

Wednesday, February 19  
1:00-2:00 PM

The "Turn the Page" book group usually meets on the 3<sup>rd</sup> 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.



**SUDBURY SENIOR TRIPS**

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

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

**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 incl., subject to change. **Checks payable to Collette Tours.**

**\*Note: Regal Theatre trip planning is in the works for March! Contact us for more info in mid-February.**

**All trip participants must complete a purple Trips Registration form, a Participant Waiver form and make payment for the trip in order to reserve a spot. The Participant waiver form is a new requirement and needs to be completed once each year. Thank you! Sudbury Trips are planned and coordinated by Volunteers Joanne Ben-**

**TRIPS CO-COORDINATORS/BREAKFAST VOLUNTEERS/INSTRUCTORS**

**Trip Co-ordinators Needed**

The Senior Center wishes to thank Joe Bausk and Joanne Bennett for their years of service as Trips Coordinators for the Sudbury Senior Center! Joe and Joanne jumped right into their roles, reaching out to Trip coordinators in other towns to learn more about the best ways to run trips. They worked hard meeting with and learning about the various trips and tour companies. They held several meetings over the years to engage with residents to learn what types of trips they were interested in, and of course, spent time answering questions and hosting trips. Joe and Joanne are hanging up their Coordinators hats and ready to move on to other activities. We all thank them so much for their excellent service! They will continue to help coordinate trips for the next few months, while we accept applications for new Co-coordinators. If you would like to apply to be a Trips Co-Coordinator, please contact the Senior Center at senior@sudbury.ma.us or 978-443-3055. Thank you!



**Volunteers/Leaders/Instructors**

The Men's/Women's Breakfast Team seeks **new volunteer team members** to join them! Help cook and serve breakfast in a fun atmosphere about 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 paid or volunteer instructors and facilitators.**

If you are interested, please email the Senior Center at 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!


**The MetroWest SHINE Program:**

Trained volunteers are available by appointment to assist with Medicare questions and planning. *Please contact* Ana Cristina Oliveira, Outreach Specialist, so she can assess your needs and schedule your appointment, at 978-443-3055 or oliveiraa@sudbury.ma.us.



**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.

## FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
# LINC is at Nixon School; except last meeting at Senior Ctr	# New LINC Schedule is awaiting confirmation at publishing date.	Note: 2/18-2/21 Fitness classes may be moved to other rooms	*Yoga & T'ai Chi class dates adjusted based on cancellations 12/2, 12/3, 12/17	Note: Yoga & Better Balance Classes on hiatus from 2/18-3/13
3	4	5	6	7
<b>1st Day to schedule Tax Help Appointments</b> 11:00 Fit for the Future 1-3:30 Canasta (VH) 1:00 Better Balance, Better Bones (8, last) <b>1:00 Low Vision Group (SP)</b> 2:15 Tai Chi (1)	8:45-10:30 BP Clinic <b>9:30-11:30 Great Masters: Franz Liszt (2)*</b> 9:40/11:00 Yoga (1) <b>9:30-12:00 Special Chinese Program (VH)</b> <b>12:00 Calming Coloring</b> 1:30 Tai Chi Hlthy Living (2)*	<b>9:30-10:30 The Irish Identity (1) (SP)</b> 11:00 Fit for the Future 1-3:30 Bridge Group (SP) No Quilting today	9:30 Tap Dance (2) 9:30-11:15 Current Events <b>12:45 Senior Notes: Singing Group (R1 or VH)</b> 2:30 Intro to T'ai Chi (3) 2:30 Connection Circle	<b>9:15 Chair Yoga (3)</b> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (4)
10	11	12	13	Happy Valentine's Day 14
10:00 Stamp Club (VH) 11:00 Fit for the Future 1-3:30 Canasta (VH) <b>1:00-2:30 Sudbury Caregiver Group (SP)</b> 1:00 Better Balance/ Better Bones (1) 2:15 Tai Chi (2)	8:45-10:30 BP Clinic 9:00 English Learners (R1) <b>9:30 Great Masters: Liszt (3)</b> 9:40/11:00 Yoga (2) <b>12:00 Calming Coloring VH</b> <b>1:00 Celebrate the 19th Amendment!</b> 1-3 Legal Clinic (R1) 1:30 Tai Chi Hlthy Living (3) 3:00 Council on Aging	<b>9:30 Irish Identity (2) (SP)</b> 11:00 Fit for the Future <b>12:15-1:15 How to Safely Rise from a Fall Workshop - (program waitlisted)</b> 1-3:30 Bridge Group (SP) 1:00 Quilting (VH)	9:30 Tap Dance! (3) 9:30 Current Events (SP) <b>12:00 Making Memories Café (VH)</b> 1-2 Short Story Group (R1) 2:30 Intro to T'ai Chi (4) 2:30 Connection Circle (VH)	<b>9:15 Chair Yoga (4)</b> 9:30-11:30 Bingo (SP) <b>9:30-11:00 Hearing Clinic</b> 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (5) 12:30 Friday Movie: <i>Downton Abbey</i>
17	SCHOOL	18	WEEK	20
<b>Presidents Day Holiday</b>  <b>Senior Center closed</b>	8:45-10:30 BP Clinic 9:00 English Learners (R1/VH) <b>No Great Masters today</b> No Yoga today <b>11:30 Russian Conversation</b> <b>12:00 Calming Coloring</b> 1:30 Tai Chi Healthy Living (4) (VH)	<b>9:30 Irish Identity (3) (SP)</b> 11:00 Fit for the Future (VH) 1:00-2:00 Turn the Page - Book Group! (VH) 1-3:30 Bridge Group (SP) No Quilting today	No Tap Dance today 9:30 Current Events (SP) <b>12 Soup's On!</b> <b>12:30 Pianist Archie Richards</b> <b>12:45 Senior Notes: Singing Group (R1 or VH)</b> No Intro to T'ai Chi today 2:30 Connection Circle	<b>No Chair Yoga today</b> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (R3) 11:30 or 1:45 Watercolors (6) 12:30 Friday Movie: <i>Ford vs. Ferrari</i>
Market Basket trip 24	25	26	9-4 AARP Tax Help (R1) 27	9-4 AARP Tax Help (R1) 28
11:00 Fit for the Future VH <b>12:00-2:00 Comfort Food Caring Café (VH)</b> No Better Balance, Better Bones 1-3:30 Canasta (R1 or L) 2:15 Tai Chi (3) VH	8:45-10:30 BP Clinic 9:00 English Learners (R1) <b>9:30 Great Masters: Liszt (4, last)</b> No Yoga today <b>12:00 Calming Coloring</b> <b>12 Lunch and Learn:</b> <b>12:45 All You Want to Know about Social Security</b> 1:30 Tai Chi Healthy Living (5)	<b>9:30 Irish Identity (4) (SP)</b> 11:00 Fit for the Future 1-3:30 Bridge Group (SP) No Quilting today  ~Well and Wise (1) at the Goodnow Library~ p. 14	9:30 Tap Dance! (4) (G) 9:30 Current Events (SP) <b>12:00 Pizza (VH) and a 12:30 Movie: Won't You Be My Neighbor? (SP)</b> 2:30 Intro to T'ai Chi (5) (G) 2:30 Connection Circle (VH) 2:30 Friends of Sudbury Seniors (SP) <b>3:30-5 LINC Intgen'l (1)#</b>	<b>9:15 Chair Yoga (5)</b> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (7)



~ From our Volunteer Program Coordinator, Janet Lipkin ~

**While the outdoor air is freezing, the Senior Center is basked in warmth....** from the coffee, tea and baked goods that greet each person as they come inside, to the staff who are ready resources to you and have planned classes and programs to keep you active and involved, and finally, to the team of volunteers who are eager to help others with their caring hearts and kind demeanors. Yes, the sun shines inside the Senior Center! If you would like to join our valued team of Senior Center volunteers, I urge you to contact me and apply. (Janet Lipkin, 978-639-3223, [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us)) The time commitment is yours to decide, as well as the type of volunteer opportunity you choose to be involved in. Volunteers can be of any age, from high school students to elders who want to stay connected and active.

**A huge thank you** to Longfellow Tennis and Health Club of Wayland for the donation of tennis balls for the walkers loaned out of our Medical Equipment Loan Closet! We are putting them to excellent use.

**Remember to please let us know if:**

- ⇒ your current space heater is no longer functioning or is functioning poorly so that it can be swapped for a new one
- ⇒ you are in need of a filled sand bucket to be delivered to your home
- ⇒ you feel that you or someone you know could benefit from a weekly visit from a Friendly Visitor
- ⇒ you are unable to travel to the library, short-term or long-term, and would like to have a volunteer deliver library materials to you
- ⇒ you are in need of medical equipment from our Loan Closet
- ⇒ you would like the Fire Department to conduct a free home safety check
- ⇒ you would like a lock box installed at your home
- ⇒ you are homebound and need a volunteer to do your grocery shopping

Please be sure to check our Volunteer Bulletin Board at the Senior Center. It has pertinent news, as well as what our current needs are for new volunteers. **Note: We are always looking for new volunteers to help transport clients to medical appointments when their family and friends are not able to, as well as fix-it volunteers to help seniors with small home repairs.** Thank you!

Janet Lipkin

## How to Safely Rise from a Fall –FULL!!

Wednesday, February 12

12:15-1:15 PM



Physical Therapist Ali Cronin will lead an interactive program about how to rise from a fall, for both older adults and their caregivers. By appointment only. Please call the Senior Center (978-443-3055) for further information. Space is limited\*. **\*This workshop is already full** with a waiting list! We will try to schedule another workshop for March and will notify people on the waiting list. If you are interested, you can add your name to the waiting list, and we will try to schedule additional dates.



## A Matter of Balance Workshop

Tues., March 31, April 7, 14, 28, May 5, 12, 19,  
No Class April 21 - 1:30-3:30 PM

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program for you.

This program emphasizes practical strategies to manage fall risk - Learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Practicing low-impact exercises in classes 3-8, is one part of this comprehensive fall prevention program.

This program is FREE, sponsored by BayPath Elder Services Healthy Living Center for Excellence. A workbook is provided. To register please call Sudbury Senior Center: 978-443-3055 by March 23.



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

**Home Safety Check:** The Sudbury Fire Department, recipient of the Senior SAFE Program grant, and the Sudbury Senior Center, are offering home safety checks to senior residents. The safety check may include the installation of smoke/carbon monoxide alarms, testing/replacing batteries, and education. To schedule a home safety check, please leave your name, address, & phone number at 978-443-3055.

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

**Support Services for Adults/Families/Caregivers**

**BayPath Elder Services-** Provides many services such as: Information and Referral, State Home Care Program, Family Caregiver Program, Money Management Program, Personal Care Attendant Services, Options Counseling, Long Term Care Ombudsman, Meals on Wheels, and Health Aging Programs. To get more information visit [www.baypath.org](http://www.baypath.org) or call 508-573-7200.

**Family Caregiver Support Program-** offers counseling, information and help accessing resources from a trained caregiver specialist, who is available to you to offer guidance and the extra time and attention you deserve as you continue on your caregiving journey. Call the family support program at 508-573-7239 or visit: [Caregivingetrowest.org](http://Caregivingetrowest.org)

**SNAP-Supplemental Nutritional Assistance Program-** Provides a monthly Supplement for purchasing nutritious food. To see if you may qualify call Project Bread at 1-800-645-8333 or visit [www.mass.gov/dta](http://www.mass.gov/dta).

**Healthcare Websites-** compare options for home health, hospital and nursing. **Nursing Home-** [www.medicare.gov/nursinghomecompare/search.html](http://www.medicare.gov/nursinghomecompare/search.html) **Hospital-** [www.medicare.gov/hospitalcompare/search.html](http://www.medicare.gov/hospitalcompare/search.html)

**Prepare for the expected (wandering)** -It's common for a person with Alzheimer's to wander and become lost, even in the early stage of the disease. In fact, six out of 10 people with dementia will wander; many do so repeatedly. Wandering can be dangerous, life threatening and stressful on care partners and family.

**MedicAlert+Alzheimer's Association Safe Return** is a 24-hour nationwide emergency response service for individuals with dementia who wander or have a medical emergency. Provides 24-hour assistance, no matter when or where the person is reported missing. Register online at [medicalert.org/safereturn](http://medicalert.org/safereturn)

**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 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 home services that are committed to honoring and respecting LGBT+ adults.



**Resources for Caregivers**

Family Caregiver Support Program-508-573-7239

[Caregivingmetrowest.org](http://Caregivingmetrowest.org)

Alzheimer's Association MA/NH Chapter

24/7 Helpline 800-272-3900; [www.alzmassnh.org](http://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 cafés please visit:

[www.memorycafedirectory.com](http://www.memorycafedirectory.com)

**Sudbury Caregiver Support Groups**

3<sup>rd</sup> Mon. of the month, Sudbury Senior Ctr., 1-2:30 PM\*  
changed to 2nd Monday for January.

2<sup>nd</sup> Wed. of the month, at Bridges by Epoch Assisted Living, 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.

House hold Size	Max. Gross In-come
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846
5	\$83,341
6	\$94,837

## 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-Feb. 3; No class 12/2, 12/30, 1/20; *Next session: Feb. 10, Mar. 16, 23, 30, Apr. 6, 13, May 4, 11*, no class 2/17-3/9, no class Apr. 20, 27. Mar. 30 in VH room. 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**  
*Next session: Jan. 24-Mar. 20*; no class 2/21. Stretch, twist and lengthen your body through a series

of easy to follow repetitive movements. Most of the class is 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.

**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. 23-Mar. 19**, no class Feb. 20  
Min. # students needed.  
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. 21; no class 12/24, 12/31; Snow cancel. 12/3, 12/17  
*Next: Jan. 28-Mar. 17*. 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**  
**Feb. 3-Mar. 30**, no 2/17. A system of movements designed to maintain strength, balance and focus as well as improve relaxation.

**Tap Dance - Intermediate** 9:30 AM -

8 Thursdays, **Jan. 30-Apr. 2**, No class 2/20, 3/19; **\$55**; Learn new steps and practice what you know in a fun, relaxed atmosphere - with instructor 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. 28; No class 12/24, 31, cancelled 12/4, 12/17 due to snow;  
*Next session: Feb. 4, 11, Mar. 17, 24, 31, Apr. 7, 14, 21*; no classes - Feb. 18, 25, Mar. 3, 10; Apr. 21 class will be in Pines rm. Add strength, balance and calm to your life!  
**Please bring** a yoga block, yoga mat, and water.

## INFORMATION/INTERGENERATIONAL

**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. [www.Sudburytv.org](http://www.Sudburytv.org)

**LINC After School Intergenerational Program**

Thursdays, Feb. 27, March 5, 12, 19, 26, April 2  
3:30-5:00 PM

Join Senior Volunteers, Sudbury Elementary Teachers, and 4th and 5th grade students for **LINC After School at Nixon School**. The volunteers meet with a small group of two to five students. Meetings last 90 minutes, from **3:30-5:00PM**, and take place on: **6 Thursdays, February 27; March 5, 12, 19, 26 at Nixon and April 2 at Sudbury Senior Center**. For information, please contact Judy Battat, Intergenerational Coordinator, at [Battatj@sudbury.ma.us](mailto:Battatj@sudbury.ma.us).

**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. When the Sudbury Public Schools cancel school, the Senior Center will cancel all programs and services; if school is delayed, we will delay programs. If unsafe, the Town Manager may also decide to close the Senior Center entirely. Information will be posted online at the Town and Senior Center websites, and available on the Senior Center phone at 978-443-3055.

**Make Sure You Receive  
Emergency Notifications!**

Sign up for Sudbury's Emergency Notifications to receive urgent messages from the town. Go to the Town website at [www.sudbury.ma.us](http://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, February 3  
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, February 14  
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 for yours.



**Weekly Wellness Clinics**

Tuesdays, 8:45-10:30 AM

Sudbury Board of Health Nurse Phyllis Schilp conducts wellness and blood pressure clinics on Tuesdays at the Senior Center. She will also take blood glucose screenings, and offers one on one brief consultation regarding current medications and treatment. This is a drop-in clinic, please arrive no later than 10:15 if possible, and sign in. For more information, please call Phyllis at the Board of Health, at 978-440-5477.

**ENGLISH CLASSES**

**Special Chinese Program**

Tuesday, February 4, 9:00-12:00

Join the English Learner class to celebrate Chinese New Year by making traditional Chinese dumplings. Due to space considerations, we are only able to accept 10 participants in this program. Contact Ana Cristina Oliveira at oliveiraa@sudbury.ma.us or 978-443-3055 to sign up.

**Special Weekly Senior Center Activities**

**Canasta** - Mondays, 1:00-3:45 PM

**Connection Circle** - most Thursdays, 2:30 PM

**Bingo** - Fridays, 9:30-11:30 AM

**MOVIES/TRANSPORTATION**

**PIZZA AND A MOVIE**

Thursday, February 27



**Won't You Be My Neighbor?**

Rated PG-13, 1 hour, 34 min.

For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, *Mister Rogers' Neighborhood*, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since.

Please contact us to reserve your spot 12:00 Pizza;  
and order your pizza slice at 978-443- 12:30 Movie  
3055 or senior@sudbury.ma.us.

**\$1.50** per slice; exact change appreciated!

**Friday at the Movies at 12:30 PM!**

**Feb. 14 - *Downton Abbey*** - Rated PG – 2 hours

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of *Downton* hanging in the balance.

**Feb. 21 - *Ford vs Ferrari*** – Rated PG-13 - 2 hrs. 32 mins.

Fed up with the Ferrari team's routine domination of the annual Le Mans race, Henry Ford II tasks design prodigy Carroll Shelby and driver Ken Miles with a mission: build a car that can defeat the Italians in the 1966 competition. Starring Christian Bale and Matt Damon.



Please sign up at 978-443-3055.

**Van Shopping Trip-Market Basket in Hudson**

Monday, February 24

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 number of reservations needed.



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

**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!



**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

**Would you like to be more “Green”...?**

Sign up for email delivery of this newsletter 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. And you can pick up a paper newsletter here.

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

**WELL & WISE WORKSHOP**

Wednesdays 1:00 – 2:30PM

5 weeks from February 26<sup>th</sup> to March 25<sup>th</sup>In the **Goodnow Library** conference room

These free workshops for those 55 and over will give an opportunity to consider how we can live well, remain in charge and enjoy these years. Professional speakers will address keeping housing safe and affordable, ensuring people stay connected, maximizing health and independence, ensuring financial affairs are in order and that transition plans are thought out and communicated. Discussion opportunities will personalize the sessions. **Please register** by calling Metro Community Development Corporation at 978-658-0880. Supported by Sudbury Senior Center & Board of Health Social Worker.

**Goodnow Library Event - Russian Folk Group *Samovar***  
**Sunday, February 3 - 3:00 PM**

Russian folk songs and traditional circle dances; costumes, customs, traditions. *Friends of Goodnow* event.

**The Sudbury Community Food Pantry is  
 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, February 11, 12:00 - 2:00 PM**

Live music provided by Dan Kirouac. Menu: Meatloaf, mashed potato, veg. medley, and salad. Suggested donation of \$8. To sign up, call the church office at 978-443-8350 before Mon., Feb. 3. St. John is located at 16 Great Road.





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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## The Senior Scene



**Or Current Occupant**



**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

**E-mail: [senior@sudbury.ma.us](mailto: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](http://sudburyseniorcenter.org)**