

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

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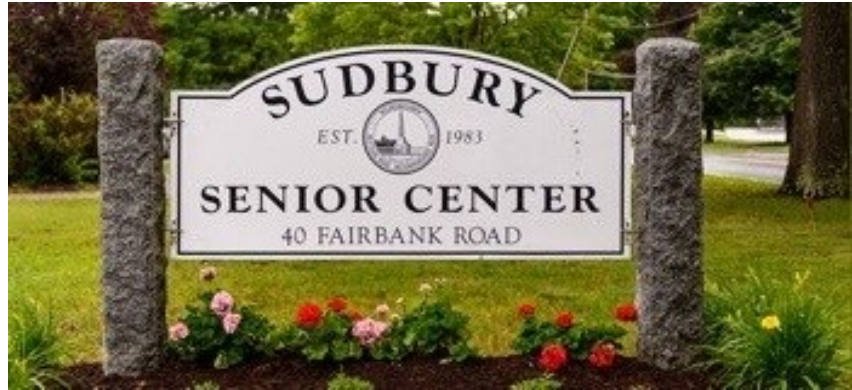
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Volunteer Program Coordinator

Janet Lipkin

Join us for one of our special programs...

Museum of Russian Icons Presentation

Wednesday, January 8

10:30 AM - 12:00 PM

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

How to Get Up from a Fall!

Thursday, January 16

12:45 PM

Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to register. See page 4.

LINC After School

Learning Intergenerational Community

With Sudbury Public Schools

January 16-February 27 (no class Feb. 20)

3:30-5:00 PM

Sudbury's afterschool intergenerational program runs at the Nixon School for 6 Thursdays. See page 4!

Community Center Forum

Wednesday, January 29

9:30-10:00 AM Light Breakfast Refreshments

10:00-12:00 Presentation on Proposed New Community Center

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

See page 3.



**Respect for All
Participants**

FROM FAIRBANK WORKING GROUP MEMBER JEFF LEVINE

Community Center Update

About 6 months ago, the Fairbank Working Group was formed to develop a plan for a new community center at the current Fairbank site that would address the on-going space needs of the Senior Center, the Parks and Recreation Department and the Sudbury Public Schools administration. It is recognized by Town management that the current Fairbank building is failing and that the cost to repair and renovate the building is nearly as expensive as constructing a new, more efficient building that would be tailored to the needs of the three user groups. The user groups have detailed their respective space needs to an architectural firm, and the firm has developed a conceptual plan that meets their requirements for years to come.

This plan is very different from past proposals for a community center. This plan addresses the needs of three user groups rather than two, it has scaled down the size and scope of new construction, and it expands and enhances the emergency shelter capabilities of the Town. And with interest rates near historical lows, the estimated tax impact of 2% level debt service over 20 years would be approximately \$290 per year for a house valued at \$800,000.

The Board of Selectmen has agreed to put this plan on the May, 2020 Annual Town Meeting Warrant, as well as hold a special Town Forum prior to the Town Meeting. In the coming weeks, the plan will be presented to the Town boards and committees responsible for advising the Town on plans like this, as well as to interested citizens groups. It will be presented at the Senior Center on Wednesday, January 29 - see page 3.

Jeff Levine, Sudbury Council on Aging, Vice Chair
and COA Representative to the Fairbank Working Group

SPECIAL PROGRAMS AND CLASSES

Community Center Forum

Wednesday, January 29



9:30-10:00 AM Light Breakfast Refreshments
 10:00 AM-12:00 PM Community Center Presentation and Discussion

Learn about the proposed new Fairbank Community Center, to include space for the Sudbury Senior Center, Sudbury Park and Recreation, and Sudbury Public Schools administration. View architect's conceptual designs, learn about planned spaces and programs. Hosted by the Sudbury Council on Aging. Space is limited, please contact us if you plan to attend at 978-443-3055 or senior@sudbury.ma.us.



Brunch and Learn:

Storm/Emergency Preparedness

Wednesday, January 22

9:30 - 10:00 AM: Light Brunch Refreshments
 10:00 - 11:00 AM: Presentation

Sudbury Fire Dept. Lieutenant Alex Gardner and Board of Health Nurse Phyllis Schilp will be here to discuss tips for personal emergency preparedness that will help increase safety during storms. They will also offer a list of Town and Fire Dept. resources offered during storm emergencies, as well as what to expect from utility companies & how to handle prolonged periods of time where utility service may be interrupted. Please contact the Senior Center to sign up for this discussion at senior@sudbury.ma.us or 978-443-3055.

From The Great Courses

Great Masters: Franz Liszt

Tuesday, January 21-February 11
 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.
 (Course description from "The Great Courses".)

Jumpin' Jazz!

Thursday, January 23, 1:00-2:00 PM



In this one-hour program, Peter Gerler offers six pairs of tunes, each featuring a century old band and a twenty-first century new band playing the same song. The program includes recorded music with orchestra, moving images and vintage photography, and historical commentary.

Peter Gerler has written about jazz since the early 1990s. He has been published in *American Legacy*, *DownBeat*, *JazzTimes*, *Humanities*, *Syncopated Times*, *The Boston Globe*, www.jazz.com, and other venues. He has presented on early jazz at Satchmo Summerfest, River Road African American Museum, Classic Jazz at Lincoln Library, Cambridge Center for Adult Education, Newton Lifetime Learning, and numerous locations in the Boston area. He has played guitar with several small swing groups around New England, most recently Stan McDonald's Blue Horizon Jazz Band. **Please register** in advance by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

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. (Course description from "The Great Courses".) *Note: We will show the first twelve 30-min. lectures, 2 each week.

SPECIAL PROGRAMS AND CLASSES

LINC After School ***Learning Intergenerational Community***

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 minutes, from **3:30-5:00PM**, and take place on:



6 Thursdays, January 16, 23, 30; February 6, 13 at Nixon Elementary School; February 27 at Sudbury Senior Center

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.

How to Safely 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.

Notary Public Services

Thursday, January 9
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.

ARTS , CREATIVE PROGRAMS, AND CARDS

Wonderful Watercolors!

Next Session: 8 Fridays
January 17-March 6,

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. Please register by Jan. 10. If you have a financial challenge, please speak to Ana Cristina Oliveira, Outreach Specialist, about a possible scholarship (978-443-3055).

Museum of Russian Icons Presentation

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.

Senior Notes Singing Group

1st and 3rd Thursdays
January 2, 16
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. *Please join us* this month at our Sing-a-long on Dec. 19!

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

Sages and Seekers

Tuesday, January 14
10:00 AM



Sages & Seekers is recruiting older adults (62 and older) to participate in a 7-week intergenerational program with high school students being held at **The Rivers School in Weston** starting April 1, 2020. This special program benefits from the older adult volunteers with their maturity, wisdom and history. Participants are paired with one 10th grade student (the same student each week) with whom they will meet once a week for 7 weeks to share life experiences.

Please join us for a presentation explaining the program. Please RSVP to Laura Miller at 781-591-8910 or email sages@rivers.org.

Drop-in Calming Coloring

Most Tuesdays, 12:00-12:45 PM

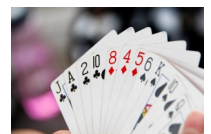


Join us for drop-in coloring! Relaxing, de-stressing and low key fun. Contact the Senior Center for more information, or to add your name to the contact list. This activity is often in the Van Houten room, but sometimes in the lobby, or another room. Please check with the Front Desk for location.

Bridge Group

Wednesdays, 1:00-3:30 PM

NOTE: Bridge will not meet on Jan. 1; will be in Van Houten room on 1/29



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.

CAREGIVER SUPPORT

Sudbury Caregiver Support Group

Monday, January 13, 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.

Making Memories Café

Thursday, January 9
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.

Comfort Food Caring Café

Monday, January 27
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: **Pleasantries 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.

TEAM MEMBERS

The Men's/Women's Breakfast Team seeks **new volunteer team members** 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 paid/volunteer instructors/facilitators**. Subjects include: **fitness, computer/software/social media**, etc. 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*
January 13 - 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, January 15
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. The book for January is "Caleb's Crossing" by Geraldine Brooks. 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.

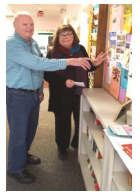
SPOTLIGHT ON SAN ANTONIO - Oct. 11, 15, 2020 - Double occ. \$1,999 pp.*

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 included, subject to change.

Checks payable to Collette Tours.

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 Bennett and Joe Bausk!



TRIPS/LEGAL/MEDICARE

Legal Clinic

2nd Tuesday, January 14
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 to make your appointment.

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.



Informal Russian-Speaking Conversation Circle

Tuesday, January 7, 11:30-12:30

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

Trouble Hearing a Speaker, or a Movie?

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



Lifelong Learning Programs

We are always interested in finding experienced instructors to offer classes at the Senior Center. Please contact us if you or someone you know is an experienced instructor and would like to teach a class at the Senior Center.

We show many of "The Great Courses" programs featuring professors from colleges across the country. We are considering offering "Great American Bestsellers: The Books that Shaped America" and wondered if Senior Center participants are interested in this course? Books covered include: Common Sense, Uncle Tom's Cabin, Little Women, The House of Mirth, The Jungle and many more. Please contact us if you are interested and we will schedule it soon!

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.

JANUARY 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| | | 1 | 7pm Special Town Mting 2 | 3 |
| *Updated with new fitness schedule, taking snow days into account for Dec. 2, 3 |  | New Year's Day Holiday  Senior Center Closed | 9:30 Tap Dance (5) 9:30-11:15 Current Events 12:00 Pizza and a 12:30 Movie: <i>The Leisure Seeker</i> 12:45 Senior Notes Sing Grp 2:30 Connection Circle | 9:15-10 Chair Yoga (7) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (7) |
| 6 | 7 | 8 | 9 | 10 |
| 11:00 Fit for the Future 1:00 Better Bones (5)* 1:00-3:45 Canasta (VH) 1-2:30 Low Vision Group SP 2:15 Tai Chi (6)* | 8:45-10:45 BP Clinic 9:40/11 Yoga (6)* 9:00 English Learner Class 11:30 Russian Speaking Grp 12-12:45 Calming Coloring 1-3 Legal Clinic (R1) 1:30 Tai Chi 4 Hlthy Living (7)* 1-3 Volunteer Coordinators meeting (VH) (invitees only) | 10:30-12 Museum of Russian Icons Presentation 11:00 Fit for the Future 1-3:30 Bridge Group 1:00-3:30 Quilting (VH) | 9:30 Tap Dance (6) 9:30-11:15 Current Events 10:00 Notary Public Services by appt. 12:00 Making Memories Café (VH) 1:15 Short Story Group (R1) 2:30 Connection Circle | 9:15-10 Chair Yoga (8, last) 9:30-11:30 Bingo (SP) 9:30-11:00 Hearing Clinic 11:00 Fit for the Future 11:30/1:45 Watercolors (8, last) |
| Van Trip to WalMart 13 | 14 | 15 | 16 | 17 |
| 10:00 Stamp Club 11:00 Fit for the Future 1:00-2:30 Sudbury Caregiver Support Group (SP) 1:00-3:45 Canasta (SP) 1:00 Better Bones (6)* 2:15 Tai Chi (7)* | 8:45-10:45 BP Clinic 9:00 English Learner Class R1 9:40/11 Yoga (7)* 10 Sages and Seekers Talk SP 12-12:45 Calming Coloring 1:00 Legal Clinic 1:30 Tai Chi for Healthy Living (8, last)* 3:00 COA Meeting | 11:00 Fit for the Future 1-3:30 Bridge Group SP 1:00-2:00 Turn the Page - Book Group! R1 1:00-3:30 Quilting (VH) | 9:30 Tap Dance (7) 9:30-11:15 Current Events 12:45 Senior Notes Singing Group 12:45 How to Get Up from a Fall! (Gym) 2:30 Connection Circle 3:30-5 LINC Intergen'l (1) at Nixon School | No Chair Yoga today 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (1) 12:30 Friday Movie: <i>On the Basis of Sex</i> |
| 20 | 21 | 22 | 23 | 24 |
| Martin Luther King, Jr. Holiday  Senior Center Closed | 8:45-10:45 BP Clinic 9:00 English Learner Class 9:30-11:30 Great Masters: Franz Liszt (1) 9:40/11 Yoga (8, last)* 12-12:45 Calming Coloring 1-3 Volunteer Coordinators meeting-Snow date (VH) 1:30 Tai Chi for Healthy Living (1)* (G) | 9:30-10:00 Brunch and Learn... 10:00 Storm/Emergency Preparedness (SP) 11:00 Fit for the Future 1-3:30 Bridge Group (SP) 1:00-3:00 Staff/Volunteer Gathering—by invitation No Quilting today | 9:30 Tap Dance (8, last) 9:30-11:15 Current Events 1:00 Jumpin Jazz! 1:15 Short Story Grp (R1/VH) 2:30 Intro to T'ai Chi (1) 2:30 Connection Circle 2:30 Friends of Sudbury Seniors (SP) 3:30-5 LINC Intergenerational (2) - Nixon | 9:15-10 Chair Yoga (1) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH or R3) 11:30/1:45 - Watercolors (2) (VH) |
| 27 | 28 | 29 | 30 | 31 |
| 11:00 Fit for the Future 12:00 Caring Café 1:00-3:45 Canasta (SP) 1:00 Better Bones (7)* 2:15 Tai Chi (8, last)* | 8:45-10:45 BP Clinic 9:00 English Learner Class 9:30-11:30 Great Masters: Franz Liszt (2) 9:40/11 Yoga (1)* 12-12:45 Calming Coloring 1:30 Tai Chi 4 Hlthy Living (2)* | 9:30 Light Breakfast 10:00 Community Center Forum—see p. 3. (SP) 11:00 Fit for the Future 1-3:30 Bridge Group (VH) No Quilting today | 9:30 Tap Dance (1) 9:30-11:15 Current Events (SP) 2:30 Intro to T'ai Chi (2) 2:30 Connection Circle 3:30-5 LINC Intergen'l (3) at Nixon School | 9:15 Chair Yoga (3) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH or R3) 11:30/1:45 - Watercolors (3) (VH) 12:30 Friday Movie: <i>Poms</i> |

~ From our Volunteer Program Coordinator, Janet Lipkin ~

Dear Friends,

The year has changed to 2020, and due to its sound, it conjures up for me the idea of 20/20 eyesight, clear vision. A time to see and focus on goals you might have or things to become involved in. If you haven't yet become a volunteer at the Senior Center, I urge you to consider it. It is a wonderful way to meet new people, enrich your life, help your neighbors, keep active and engaged, and make a difference in the lives of others. The Senior Center's volunteer opportunities are numerous, offering people various ways to become involved based upon their interests and desired time commitment. If you are interested in becoming part of our valued team of Senior Center volunteers, please contact me, Janet Lipkin, at 978-639-3223 or via email LipkinJ@sudbury.ma.us. I am happy to meet with you to describe the different opportunities we offer, and have you fill out the volunteer application. I look forward to hearing from you.

A huge thank you to the Girl Scouts, Boy Scouts, Cub Scouts, Chinese Association, religious classes, Lincoln-Sudbury Regional High School students, general volunteers, and Lynch Landscape and Tree Service, Inc. for all their community service during the month of November. It is deeply appreciated!!

The Sand Bucket Brigade team of volunteers is hard at work now bringing filled sand buckets to senior residents of Sudbury that request them. This is an invaluable service that aims to provide homeowners with a supply of sand for the resident to use at their home on slick walkways and driveways. This is an important preventative measure to take to decrease the likelihood of falls and fractures! If you would like to request a bucket of sand be delivered to you, please call the Senior Center at 978-443-3055. Deliveries are made within 3-4 days of the request, excluding weekends. This is a free service. **A special thanks** to the DPW for their enormous help with this program.

Friendly Visitors are volunteers who reach out to fellow Sudbury residents to offer friendship, company, conversation, and a listening ear. The Friendly Visitor volunteer comes to the home of his or her matched client once a week for 1-2 hours to talk and listen, play cards, read aloud, look through photo albums, or help with letter writing. If you know a senior that could benefit

from having a Friendly Visitor, please call the Senior Center at 978-443-3055.

Volunteers are needed:

F.I.S.H. drivers to take Sudbury residents to medical appointments when friends and family are not available. The volunteer chooses which ride requests he/she wants to take, as well as how often he/she wants to drive for F.I.S.H. Please call 978-639-3223 if interested.

Fix-It In-Home Repair volunteers are needed to help with small jobs around the house. Examples include changing light bulbs and replacing batteries in smoke & carbon monoxide detectors. If you are handy and would like to become a part of our valued team of Fix-It volunteers, please contact Janet Lipkin (978-639-3223).

~Janet

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.

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 the 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.

~ 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 Baypath at 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

Grandparents raising a grandchild- BayPath Caregiver specialist can help you by providing individual support and counseling, helping you to understand the emotions you are experiencing, cope with stress of the situation and develop an effective care plan. For more information and to speak with a caregiver specialist, call **-508-573-7239**.

SNAP-Supplemental Nutritional Assistance Program- Provides a monthly Supplement for purchasing nutritious food. If you qualify you'll get a debit card to use for groceries. To see if you may qualify call Project Bread at 1-800-645-8333 or visit www.mass.gov/dta.

Healthcare Websites- compare options for home health, hospital and nursing.

Nursing Home- www.medicare.gov/nursinghomecompare/search.html

Hospital- 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. We provide 24-hour assistance, no matter when or where the person is reported missing. Register online at medicalert.org/safereturn

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 cafés please visit:
www.memorycafedirectory.com

Sudbury Caregiver Support Groups

3rd Mon. of the month, Sudbury Senior Ctr., 1-2:30 PM*
changed to 2nd Monday for January.
2nd 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. 24**; No class 12/30, 1/20, 2/3, 2/10, 2/17; 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, 1/17;

Next session: Jan. 24-Mar. 13

Stretch, twist and lengthen your body through a series of easy to fol-

low 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 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. 23-Mar. 12**, 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. 3-Jan. 14; no class 12/24, 12/31; Snow cancel. 12/3 **Next: Jan. 21-Mar. 10**; snow cancellation 12/4. 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. 27, no class 12/30, 1/20; Snow cancel. 12/2

Next: 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 Thu., Nov. 21-Jan. 23, no class 11/28, 12/26;

Next: Jan. 30-Apr. 2, No class 3/19; \$55; Learn new steps and practice what you know in a fun, relaxed atmosphere - 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. 21; No class 12/24, 31, cancelled 12/4 due to snow; **Next: Jan. 28-Mar. 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.

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

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

Cable/Internet - **Comcast/Xfinity** - # 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 the event that the Sudbury Public Schools cancel school, the Senior Center will cancel all programs and services. The town may also decide that Town departments will either delay opening, or remain closed all day. Information will be posted online at the Town and Senior Center websites, and will be available on the Senior Center voicemail 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 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, January 6
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, January 10
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.

SAVE THE DATE - LUNCH AND LEARN

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

Tuesday, February 25

12:00 Lunch; 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 Specialist, to get a refresher course on benefits and services from Social Security. To visit the website: www.socialsecurity.gov/myaccount. **Please register** for this talk by contacting the Senior Center at (978) 443-3055 or senior@sudbury.ma.us by Friday, Feb. 21 at 1:00 PM.

MOVIES/TRANSPORTATION

PIZZA AND A MOVIE

Thursday, January 2

**The Leisure Seeker**

2017 - Rated R - 2 hours

The Leisure Seeker stars Academy Award-winner® Helen Mirren and two-time Golden Globe-winner® Donald Sutherland as a runaway couple going on an unforgettable journey in the faithful old RV they call The Leisure Seeker, travelling from Boston to The Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end.

Please contact us to reserve your spot at 978-443-3055 or senior@sudbury.ma.us.

12:00 Pizza;
12:30 Movie

\$1.50 per slice; exact change appreciated!

Friday at the Movies at 12:30 PM!

January 17, 2020 - *On the Basis of Sex* - 2018 - PG-13 - 2 hours

Inspired by the powerful true story of a young Ruth Bader Ginsburg, *On the Basis of Sex* depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a groundbreaking case, she knows the outcome could alter the courts' view of gender discrimination. Stronger together, Ruth teams up with her husband, Martin Ginsburg, to fight the case that catapults her into one of the most important public figures of our time.

January 31, 2020 - *Poms* - 2019 - PG-13 - 1 hr 31 mins

In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad. Starring Diane Keaton, Pam Grier, Celia Weston and Rhea Perlman.

Van Shopping Trip-WalMart

Monday, January 13



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

Newsletter Delivered to your Inbox...

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. 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

**Eating & Living Cooperatively:
An Afternoon with the Assabet Village Co-op Market &
Middlesex Senior Cohousing**

Sat., Jan. 18, 2-3:30pm, Maynard Public Library
Cooperatives are bringing folks together for better food and better community living. Hear all about the [Assabet Village Co-op Market](#), a locally sourced, community-owned grocery store coming to the area (target: Maynard), and [Middlesex Senior Cohousing](#), New England's first senior cohousing community (target: Littleton)! This meeting brings together two powerhouse startup cooperatives that are revolutionizing the way Metro West seniors eat and live. Admission is free and refreshments are provided. See you Jan. 18!

"I believe that unarmed truth and unconditional love will have the final word in reality. That is why right, temporarily defeated, is stronger than evil triumphant."

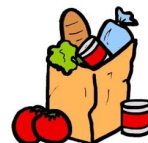
-Rev. Martin Luther King, Jr.



**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



**Hot Lunch with Live Music at St. John, Sudbury
Tuesday, January 14, 12:00 - 2:00 PM**

Live music provided by Wolverine Jazz Band. Menu: Chicken parmesan, ziti and tossed salad. Suggested donation of \$8. To sign up, call the church office at 978-443-8350 before Mon., Jan. 6. 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

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