

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



Picture of Senior Center staff at our Mardi Gras themed Grab N' Go on July 20.

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SEPTEMBER IS

NATIONAL SENIOR CENTER MONTH

and FALL PREVENTION MONTH

Tuesday, September 14 – 12:30 PM on ZOOM

Virtual Falls Prevention workshop

Injury prevention, medication safety, and more

Please join us for an interactive discussion by Injury Prevention Coordinators, Debbie Lyn Toomey, MSN, RN, CIPP and Katy Kowalsky, LICSW, CPST from Tufts Medical Center and Beth Israel Deaconess Medical Center.

Call the Senior Center at 978-443-3055 to register.

Tuesday, Sept 21 at 10:00 AM on ZOOM

Virtual Falls Prevention workshop

Energy Conservation Techniques and Safety with Functional Mobility

Come join Aditi Chandra, Doctor of Physical Therapy, of the Longfellow Holistic Health Center, as she discusses tips to *conserve your energy* and easy behavioral modifications and environmental changes you can make to reduce your risk of falling.

Call the Senior Center at 978-443-3055 to register.

A message from Director, Debra Galloway

The Sudbury Senior Center is open to the public! As of the beginning of August 2021, we have some small groups/classes meeting in person at the Senior Center. We are currently requesting that all persons who are inside the Center wear a mask and wash hands/sanitize frequently. The Center surfaces are cleaned frequently and the Center is sprayed with disinfectant every evening. During classes, the air conditioning is increased and/or the windows are opened for ventilation. We welcome you to stop by and visit!

Due to the current status of the COVID-19 Delta variant, we are proceeding very cautiously with bringing larger groups to the Senior Center. Therefore, we continue to offer many programs virtually on Zoom, and have some groups meet outside. We are finding that many of you have mixed feelings about returning to in-person classes and meetings here. We hope that as time goes forward, the environment becomes

safer and you will be ready to return to in-person classes at the Senior Center, possibly by October. We will send out email messages and post information on our website if we have news to share about changes coming in October. In addition, we will make announcements at our classes and programs.

Join us at a Grab n Go drive through lunch program on Tuesday, September 28. We expect that to be the last one for the time being. As we begin to bring more people back to the Senior Center in person, it will not be safe to have cars driving through the parking lot for the Grab n Go.

As always, we are thinking of you and hope you are doing well. If you are not doing well, have had a setback in some way, and need support, information or services or equipment, please do contact us. We are here for you!

Debra



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The Great Courses DVD Series
The Symphony via Zoom

Tuesdays, 9:30 -10:30 AM
August 3 - October 5



September 7, 2021
Aaron Copland and Samuel Barber
Lecture 20

September 14, 2021
Roy Harris and William Schuman
Lecture 21

September 21, 2021
The 20th Century British Symphony
Lecture 22

September 28, 2021
Olivier Messiaen and Turangalila!
Lecture 23

October 5, 2021
Dmitri Shostakovich and his Tenth Symphony
Lecture 24—Last

To sign up for any of the Great Courses DVD series,
email Chery Finley at finleyc@sudbury.ma.us.



Ana Cristina Oliveira and Janet Lipkin

The Great Courses DVD Series
Genius of Michelangelo via Zoom

Mondays, 10:00—11:00 AM
September 20 - January 24

September 20

Lec. 1 Who was Michelangelo

Lec. 2 Artist and Aristocrat

September 27

Lec. 3 An Unconventional Beginning

Lec. 4 Michelangelo's Youth and Early Training

October 4

Lec. 5 Florence and Bologna in the Early 1490s

Lec. 6 First Visit to Rome and Early Patrons

The Great Courses DVD Series
History of the Ancient World:
A Global Perspective via Zoom

Wednesday 9:30—11:30 AM
September 22 - December 15

No class Nov 24



September 22

Lec. 1—Cities, Civilizations and Sources

ec. 2—From Out of the Mesopotamian Mud

September 29

Lec. 3—Cultures of the Ancient Near East

Lec. 4—Ancient Egypt: The Gift of the Nile

October 6

Lec. 5—Pharaohs, Tombs and Gods

Lec. 6—The Lost Civilization of the Indus Valley

October 13

Lec. 7 -The Vedic Age of Ancient India

Lec. 8—Mystery Cultures of Early Greece

October 20

Lec. 9—Homer and Indian Poetry

Lec 10—Athens and Experiments in Democracy



The Great Courses DVD Series

Great Decisions 2021 Via ZOOM

**Wednesday, September 8
9:30 - 10:45 AM**

**The End of Globalization
Last lecture**

The End of Globalization: By Anne O. Krueger

As the United States enters another election season, the merits and drawbacks of globalization are again being debated by the presidential candidates. With the passing of the Brexit vote and Donald Trump's America First doctrine, protectionist policies have become more prevalent, challenging globalization. What is globalization and how will it be affected by protectionist trade policies? How will the United States and the world be affected by such policies? Is globalization really at an end, or in need of a refresh?

To register, please contact Chery Finley at finleyc@sudbury.ma.us or call 978-639-3269.

FALL 2021

ADVENTURES in LIFELONG LEARNING



Enjoy courses for seniors 60+!

Tuesdays October 5, 12, 19 and 26

Visit our website to join the mailing list and learn more. www.bit.ly/Adventures-FSU

Registration will open on Wednesday, September 8, at 11am.

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Ashland Cultural Council, Framingham Cultural Council, Marlborough Cultural Council, Natick Cultural Council and Sudbury Cultural Council. Because federal funding is being used, we provide participants an opportunity to make a voluntary donation toward the cost of this service. Voluntary donations are put directly into program enhancement, allowing for expansion of services. Whether or not a participant makes a voluntary donation in no way informs or influences this service delivery.



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September Grab N' Go

Tuesday, September 28



The Senior Center staff will be handing out pastrami sandwiches at the September Grab N' Go.

Registration begins on Sept 1 and ends on Sept 10.

Contact Chery Finley to register and receive your pick-up time at cfinleyc@sudbury.ma.us or call 978-443-3055 .

THANK YOU to the Friends of Sudbury Seniors for sponsoring this event!



TURN THE PAGE Book Group

Wednesday, September 15

at 1:00 PM

via Zoom

Book: *The Voyage of the Catalpa: A Perilous Journey and Six Irish Rebels' Escape to Freedom*

By: Peter Stevens

Please call the Senior Center at 978-443-3055 to register.



CANASTA

Meets every Thursday at the Senior Center from 1:00—3:45 PM.

Carole Flynn is the Group Leader. Looking for new and experienced players.

Please call the Senior Center at 978-443-3055 to register.

MAHJONG

Starting on October 4



Mondays, 1:00 – 3:00 PM
at the Senior Center.

Mahjong is a game that originated in China, commonly played by four players. Similar to the Western card game Rummy, mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.

Order playing cards at:

The National Mah Jong League Inc.

450 7th Avenue

New York, New York 10123

Phone: 212-246-3052

Large Print card \$10.00 and Small Print card \$9.00

To register, please email Sharon Wilkes at Wilkes@sudbury.ma.us.

Wonderful Watercolors

8 Fridays, 11:30-1:30 or 1:45-3:45 PM Class fee: \$65

August 6, 13, 20, 27, Sept 3, 10, 17 & 24

Hybrid Class

Build your skills in a relaxing and inspiring workshop. If there is enough demand, we will continue to offer both classes, if not, we will only offer the 1:45 PM class.

Please register early! Contact Chery Finley at 978-639-3269 or email finleyc@sudbury.ma.us.

Short Story Group

Meets on the 2nd Thursday, of the month at 1:00 PM

via ZOOM

Please call the Senior Center at 978-443-3055 to register.



S.A.I.L.

Staying Active & Independent for Life

8 Thursdays from 9:15 – 10:00 AM
August 12, 19, 26, Sept 2, 9, 16, 23, 30



NEXT session starts on Oct 7
On ZOOM - cost \$35.00

Instructor Derry Tanner is a retired nurse and certified personal trainer. SAIL is a 45-minute, safe and effective fitness class. Learn research-tested strength, balance and flexibility exercises that can help to make you stronger, make you feel better, and improve your balance. This class is marked **S A F E** for beginners.

Fit for the Future

Mondays, Wednesdays & Fridays
from 11:00-11:45 AM

All sessions are currently running
at the Senior Center



\$3.00 per class - Exact Change Only

- Must check-in at the Senior Center front desk
- Class is first-come, first-serve
- Limited to the first 15 people
- Please wear a mask and social distance yourself as you wait to be checked in
- New students need to complete a fitness waiver
- Instructor Lois Leav has been teaching the *Fit for the Future* class for the past 30 + years. Check out her Featured Profile on page 9



T'AI CHI

8 Mondays from 2:15 - 3:00 PM
August 2, 9, 16, 23, Sept 13, 20, 27, Oct 4

NEXT session starts on Oct 11
On ZOOM - cost \$35.00

Jon Woodward is a certified T'ai Chi instructor with many years of experience and teaches at several local fitness clubs and senior centers.

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being.

CHAIR YOGA

8 Fridays from 9:30 - 10:15 AM
August 6, 20, Sept 10, 17, 24, Oct 1, 8, 15

No Class on Sept 3

NEXT session starts on Oct 22
On ZOOM - cost \$35.00

Join Rebecca Reber for a gentle and relaxing class, with stretching. Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Most of the class takes place while sitting.

REGISTRATION

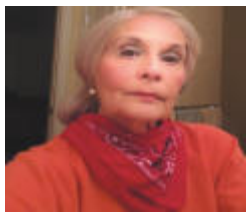
for S.A.I.L, T'ai Chi and Chair Yoga

Please register by emailing Chery Finley at finleyc@sudbury.ma.us.



- Mail your check to Chery Finley, Sudbury Senior Center, 40 Fairbank Rd., Sudbury, MA 01776.
- New participants will be asked to complete a fitness waiver form .
- The Zoom link and password will be sent to you the day before the class.
- Please sign up at least 2 days before class starts.

Featured Profile Lois Leav



Lois Leav

In today's fitness universe, it's challenging to carve out your own genre. Clad in her signature workout attire, the luminous Lois Leav has done just that. A Sudbury icon who had two boys graduate from Lincoln Sudbury Regional High School, Lois Leav is indisputably the queen of seated fitness choreography. Leav teaches the popular "Fit for the Future" exercise class in Wayland and Sudbury multiple times a week although she has adapted the class during recent months to allow for more social distancing and outdoor participation. Leav's coaching and stretching methods have helped her students feel energetic and able to perform moves they haven't thought about, much less been able to physically execute, in years.

The classes have been an institution in the MetroWest area for the last 30+ years. At one point, Leav was teaching Fit for the Future classes at multiple locations in Sudbury, Wayland, Hudson, Weston and Stow on a weekly basis.

"Lois' class was always fun, good exercise and informative about good health practices," said the Reverend Judy Deutsch, a former Sudbury resident and self-proclaimed ardent member of Lois' classes for seventeen years.

The Fit for the Future classes have long been applauded for being affordable and open to everyone, with no registration needed. Not all moves are seated but the class operates on the principle that if you're able to strengthen your core when seated you can put this strength to work when standing. And, while Lois teaches the class at the Senior Center, the class isn't limited to senior citizens. On an average day, the youngest participant is in his/her 50s while the oldest student is 92. Mothers and daughters attend, couples attend, and there has even been a love match and subsequent wedding that resulted from an in-class meeting.

"The social dynamic of the class and after-class get-togethers are just as important as the music," states Leav.

While she didn't start out as a fitness instructor, Leav leveraged much of her early medical training to successfully switch careers. Leav was certified as a post-grad Orthoptist when she and her husband moved to New England from Ohio in the 1970s. They selected Sudbury after a colleague recommended the superior school system. Up until that time, Leav had spent her career working with children to correct lazy eye and other eye disorders. Leav grew frustrated with the treatment which involved using eye patches to which children weren't always receptive. At the age of 50, Lois decided to reinvent herself. She loved music and dancing but figured no one would hire a "50-year-old hooper." Around this time, the novel idea that exercise was beneficial for seniors surfaced.

"The diagnosis for seniors used to be just rest and take an aspirin," said Leav. "But once the book *Biomarkers* was published there was new evidence that regardless of your age or present physical condition, the aging process could be slowed or even reversed."

Lois decided to combine her love of dance with her background in physiology to help senior citizens pick up dance routines without ending up in traction, and while actually restoring their joints. In 1985 Leav became certified as a Group Exercise Instructor for aerobics by the American Council of Exercise. Her first job was working for the Flatley Company which owned all of the local Sheraton Taras and was ahead of its time in creating hotels that offered a fitness club on the premises.

When Boston Sports Club (BSC) purchased the clubs in the mid-80s, Lois became part of the BSC network and ended up teaching classes all over MetroWest. As interest in the senior fitness demographic exploded, Leav created a one-of-its-kind chair class specifically for elders.

The rest is serendipity. In the mid-1990s, Ruth Griesel, the then-future director of the Sudbury Senior Center, saw Lois' class at a BSC in Lexington, MA. Excited by what she saw, she persuaded Lois to bring her skills to Sudbury at that time.



Continues on page 14.

September 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		11:00 Fit for the Future in	9:15 Staying Active and Independent for Life (4) 10:00 Current Events 1:00 Low Vision Support 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga (4) 11:15 Uber Tech Clinic 11:00 Fit for the Future 11:30 Watercolors (5) 1:00 Uber Tech Clinic 1:45 Watercolors (5)
6	7	8	9	10
LABOR DAY The Senior Center is closed today	9:00 English Learner Class 9:00 Coffee Hour 9:30 The Symphony Lec. 20 3:00 Uber Tech Clinic	9:30 Great Decisions – The End of Globalizations (Last) 11:00 Fit for the Future	9:15 Staying Active and Independent for Life (5) 10:00 Current Events 12:00 Dementia Friends Info 1:00 Short Story Group 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga (5) 9:30 Hearing Clinic 11:00 Fit for the Future 11:15 Uber Tech Clinic 11:30 Watercolors (6) 1:00 Movie –Good Liar 1:00 Uber Tech Clinic 1:45 Watercolors (6)
13	14	15	16	17
10:00 Stamp Club 11:00 Fit for the Future 2:15 T'ai Chi (5)	9:00 English Learner Class 9:00 Coffee Hour 9:30 The Symphony Lec. 21 12:30 Falls Prevention Workshop 1:00 Legal Clinic (phone) 3:00 Uber Tech Clinic 4:00 COA meeting	11:00 Fit for the Future 1:00 Turn the Page	9:15 Staying Active and Independent for Life (6) 10:00 Current Events 1:00 Canasta 2:30 Connection Circle—No meeting	9:30 Chair Yoga (6) 11:15 Uber Tech Clinic 11:00 Fit for the Future 11:30 Watercolors (7) 1:00 Movie—Call to Spy 1:00 Uber Tech Clinic 1:45 Watercolors (7)
20	21	22	23	24
10:00 Michelangelo (Lec. 1 & 2) 11:00 Fit for the Future 2:15 T'ai Chi (6)	9:00 English Learner Class 9:00 Coffee Hour 9:30 The Symphony Lec. 22 10:00—Fall Prevention Energy Conservation Techniques & Safety 3:00 Uber Tech Clinic	9:30 –History of the Ancient World (Lec. 1 & 2) 11:00 Fit for the Future	9:15 Staying Active & Independent for Life (7) 10:00 Current Events 1:00 Canasta 2:00 Friends of Sudbury Senior Citizens meeting 2:30 Connection Circle	9:30 Chair Yoga (7) 11:15 Uber Tech Clinic 11:00 Fit for the Future 11:30 Watercolors (8) 1:00 Uber Tech Clinic 1:45 Watercolors (8)
27	28	29	30	
10:00 Michelangelo (Lec. 3 & 4) 11:00 Fit for the Future 2:15 T'ai Chi (7)	9:00 English Learner Class 9:00 Coffee Hour 9:30 The Symphony Lec. 23 11:30 Grab N Go 3:00 Uber Tech Clinic	9:30 –History of the Ancient World (Lec. 3 & 4) 11:00 Fit for the Future	9:15 Staying Active & Independent for Life (8) 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	Green— Great Learning via Zoom BLUE-Fitness via Zoom Black—programs via Zoom Orange -at the Senior Center

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From Volunteer Program Coordinator, Janet Lipkin

Fall arrives with a mixture of weather. We relish the remaining days of warm temperatures, and welcome the crispness of the air felt on some mornings, a reminder that autumn begins Sept 22. For countless people, the arrival of Fall brings a time of transition...be it a new school year, coming back from a summer home, or a return to taking part in programs, classes or activities. For many, becoming vaccinated against COVID-19 has augmented the feeling of a return to scheduled activities and busier lives. The Senior Center is fully open and continues to offer a huge range of classes, programs and events. We hope you will take part in many of them.

Just as you can participate in the Senior Center's offerings, we also encourage you to consider becoming a volunteer here. The rewards are immense, including meeting people, adding new meaning and enrichment to your life, and making a positive impact on the community, to name a few. To learn more about the volunteer opportunities we offer, or to apply to become a volunteer, please contact Janet Lipkin at 978-639-3223, LipkinJ@sudbury.ma.us.

Our volunteer programs continue to be very busy and well-utilized. Kudos to our Meals on Wheels volunteer drivers, grocery shoppers, those offering tech support or making outdoor home repairs, people calling to say hello or visiting in-person outdoors, those delivering books or helping to greet seniors as they arrive at the Senior Center...every single volunteer is making a difference in the lives of others. We are most grateful.

A special shout-out goes to volunteer Christine Washburn who wrote up a wonderful interview she had with Lois Leav, fitness instructor extraordinaire. Please see page 7.

If you, too, would like to write articles highlighting people of Sudbury for our newsletter, please be sure to let me know (978-639-3223). We would love to have your help!



I am collecting anecdotes and short descriptions or stories about ways that you have been touched by volunteerism. Perhaps you were in need at one point, and someone stepped in to assist you...or you had some free time and decided to get involved with an organization that helps others. Please consider sharing with me (LipkinJ@sudbury.ma.us) your experiences and feelings about volunteerism, either as a provider or a recipient of it. It can be anonymous or you may include your name, if you wish. I will then share some submissions.



Quote of Note:

"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." Barack Obama

Please check our website for the latest updates on the status of our Volunteer Programs that have been temporarily suspended due to the pandemic.



From Outreach/Information Specialist Ana Cristina Oliveira

Go Sudbury! Uber Rides

If you are a Sudbury resident who meets one of the following qualifications:

- ◆ 50 years of age or older
- ◆ 18 years of age or older who is living with a disability that limits driving
- ◆ active duty military or veteran of the armed forces
- ◆ resident with financial need
- ◆ essential worker requiring transportation to work

...you may qualify for the grant-funded, time-limited **Go Sudbury! Uber Rides** program.

Uber rides are available for non-urgent healthcare appointments, work, shopping, and accessing community resources. Uber rides require an Uber account and small co-payment. There are three geographic area in which transportation can be provided, each with a nominal copay per one-way ride.

Go Sudbury! Taxi Rides

If you are a Sudbury resident who meets one of the following qualifications:

- ◆ 50 years of age or older
- ◆ 18 years of age or older who is living with a disability that limits driving
- ◆ active duty military or veteran of the armed forces
- ◆ resident with financial need
- ◆ essential worker requiring transportation to work

...you may qualify for the grant-funded, time-limited **Go Sudbury! Taxi program** - fully subsidized by an emergency grant from the Metropolitan Area Planning Council. Both Tommy's Taxi and JFK Transportation (wheelchair accessible) will be used to provide these services.

Taxi rides are available for non-COVID healthcare appointments and COVID vaccination appointments. All rides must begin or end in Sudbury. Please apply and register in advance.

Go to the Sudbury Transportation Committee website to register online at www.sudbury.ma.us/

Sudbury Connection Van Service

Are you a Sudbury resident who is aged 60+, or under 60 with a disability?

The Sudbury Connection Van Service provides wheelchair accessible transportation to and from medical appointments, as well as to shopping and errands in Sudbury and surrounding towns from Monday – Friday 8:30-4:00. One passenger per trip.

Medical appointment destinations include: Sudbury, Marlborough, Concord, Wayland and Framingham.

Shopping and errand destinations include: all stores in Sudbury, Stop and Shop Town Center in Wayland, Target plaza in Marlborough and Market Basket Plaza in Maynard. Please complete the application to become a registered rider.

You can find the application at: <https://sudburyseniorcenter.org/services/transportation/>

Dial-a-Ride

The Dial-a-Ride Van Service is available on Tuesdays and Thursdays from 4:00 -7:00 PM and is handicapped accessible.

Rides are also available to Framingham to catch the Boston Hospital Shuttle on Tuesdays (early morning, return midday or early evening.)

Reservations must be made at least 2 business days in advance. Note: Holidays are not considered a business day.

If you're a registered van rider, please call the MWRTA Call Center at 508-820-4650, Monday-Friday, 8:00AM-4:00PM to schedule a ride.

Do you have any questions regarding transportation or need additional information?

If so, please contact Ana Cristina Oliveira, Outreach/Information Specialist at oliveiraa@sudbury.ma.us or 978-639-3268.

Offered by: Best of Times

October 7, 2021

Simon Pearce Glassblowing
and King Arthur Fall Foliage

November 18, 2021

Yesterday Once More Concert

December 10, 2021

The Boston Pops Orchestra

Offered by: Colette Tours:

March 7—15, 2022

Costa Rica Tour

To sign up for a trip, please email Joe Bausk at
Joebausk@verizon.net or call 978-443-8963.



COFFEE HOUR



*Every Tuesday at 9:00 AM
at the Senior Center.*

All are welcome!



MEDICARE OPEN ENROLLMENT

SHINE can help! Call soon to schedule your appointment for any time from October 15 through December 7.

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September.

It is important to **understand** and **save** this information because it explains the changes in your plan for 2022. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options.

To schedule a SHINE appointment, call the Senior Center at 978-443-3055.

For other SHINE related matters, call 1-800-243-4636, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

MOVIES IN SEPTEMBER

Friday, September 10 at 1:00 PM

The Good Liar: Career con man Roy sets his sights on his latest mark: recently widowed Betty, worth millions. But as the two draw closer, what should have been another simple swindle takes on the ultimate stakes.

Friday, September 17 at 1:00 PM

A Call to Spy: At the dawn of WWII, a desperate Winston Churchill orders his new spy agency to train women for covert operations. Together, these female agents help undermine the Nazi regime in France, leaving an unmistakable legacy in their wake .

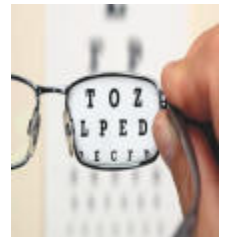
Call the Senior Center at 978-443-3055 to sign up

Low Vision Support Group

Thursday, September 2 at 1:00 PM

Meets on the first Thursday of the month. Sign up in advance by calling the Senior Center at 978-443-3055.

If you have any questions, please contact Ana Cristina Oliveira, Outreach/Information Specialist, at 978-639-3268.



I'm in the "donut hole". What can I do?

Try the Prescription Advantage Program

If you have reached or are about to reach that gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program. Call today for more information at 1-800-243-4636. You can also learn more online at

www.prescriptionadvantagemma.org

Resources

- BayPath Elder Services 508-573-7200
- Meals on Wheels (BayPath): 508-573-7246
- Caregiver Resources: www.caregivingmetrowest.org
- Domestic Violence Hotline: 1-877-785-2020
- Elder Abuse Hotline: 1-800-922-2275
- MA Executive Office Elder Affairs: 1800-243-4636
- Metro West Legal Services: 508-620-1830
- Sudbury Housing Authority: 978-443-5112
- MWRTA -508-820-4650
- Social Security: 1- 800-772-1213
- Sudbury Community Food Pantry- 978-443-7725



Farmers' Market Coupons

Individuals age 60 or older, with a household income of not more than 185 percent of the Federal poverty income guidelines, can receive \$25.00 in Farmers' Market coupons to buy fresh fruits, fresh veggies and honey at local area Farmers' Markets.

These coupons will be distributed on a first-come, first-serve basis.

Please call the Senior Center at 978-443-3055 and ask to speak with Ana Cristina Oliveira, Outreach Information Specialist.

Hearing Clinic



Friday, September 10th
9:30 AM - 11:00 AM

Michael Drennan, BC-HIS, of Rogers Hearing Solutions offers complimentary wax and hearing screenings at the Senior Center.

Please call 978-443-3055 to schedule your appointment.

Dementia Friends Info Session on Zoom

Thursday, September 9 at 12:00 PM

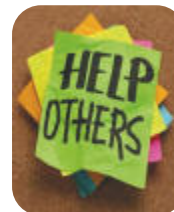
The *Dementia Friendly Sudbury Action Team* is hosting a Dementia Friends Info Session. During this one-hour discussion, you will learn the following:

- What dementia is and what it's like to live with it
- Five key messages about living with dementia
- Simple things you can do to make a difference in your community.

The link to register is: <https://goodnowlibrary.assabetinteractive.com/calendar/dementia-friends-information-session-2/>

Bridges by Epoch

Virtual Caregiver Programs on Zoom



September 8 at 11:00 AM

Caregiver Support Group

September 15 at 4:30 PM

Early Stage Support Group

RSVP by calling Cindy Gerante, CDP, at 978-261-7007 or email

cgerante@bridgesbyepoch.com

The Sudbury Council on Aging is a nine member Town Committee, appointed by the Sudbury Select Board, to identify the needs of Sudbury's older residents, educate the community and enlist the support of all residents concerning these needs, promote services to fill these needs, and promote and support any other programs which are designed to assist older adults in the community.



Uber Clinic Technology Support

Tuesdays 3:00-4:00 PM, and
Fridays 11:15 AM - 12:15 PM and 1:00 - 2:00 PM

To register for a one-on-one consultation with a volunteer, please email senior@sudbury.ma.us or call 978-443-3055.

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Amy Snow

Ron DeMarco

John Wood

Volunteer Program Coordinator

Janet Lipkin

COMING SOON

- ⇒ Bridge
- ⇒ Quilting (booking through LS Adult Education)
- ⇒ Tap Dance



Note:

Production and distribution of this monthly newsletter are partially funded by the State Formula Grant from the Executive Office of Elder Affairs.

Consultation

Outreach and Information

Information about resources and services for older adults, caregivers, and their families in Sudbury. Free consultation by appointment.

Legal Clinic

Free 20-minute phone consultation by appointment.

S.H.I.N.E. (Serving the Health Information Needs of Everyone on Medicare)

Free consultation on Medicare health insurance by appointment.

Community Services

Phone Buddies

Volunteers make weekly calls to older adults who would like to socialize.

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 bring food to the door.

Lockbox

Lockbox - A small key safe with the owner's housekey is affixed to the home for emergency access by the Fire Department.

Nutrition

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.

Safety

Home Safety Checks

Collaboration with the Sudbury Fire Dept. to ensure working smoke and CO alarms, for older Sudbury homeowners who have a non-urgent need.

Happiness

Happiness depends upon happenings.

Joyfulness is eternal.

If your happiness depends on your circumstances you will be *unhappy* many times in your life!

Choose to be happy no matter what your circumstances are!

Author: Dan Cetrone



Photo from: Make a silk scarf workshop 9/14/2017

Featured Profile Lois Leav continued . . .

Today not all classes rely on a chair although Leav is able to tailor and adapt any class or move to her students' physical needs. An average class size is approximately 20 students. Music is a big part of the class, ranging from Guy Lombardo, Dixieland and jazz favorites all the way to the Bee Gees.

"I arrange the music so that it starts with slower musical beats, gradually moving to faster beats before returning back to slower beats, following a bell curve," notes Leav. "Students can stand up when they're stronger."

Today at 84, Lois Leav shows no sign of slowing down. Please see page 6 for the Fit for the Future class schedule and details.

Written by: Christine Washburn, Senior Center volunteer




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<http://sudburyseniorcenter.org>



The Senior Scene



Or Current Occupant



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