

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW OLDER ADULT*



**Veteran's Appreciation Luncheon**  
**Wednesday, November 14**  
**12 noon**

*A celebration and remembrance of Sudbury's veterans.*

The Sudbury Senior Center and the Sudbury Military Support Network invite Veterans and their spouses to the second annual Veterans Appreciation Luncheon on November 14. A delicious luncheon catered by Wayside Inn will be followed by dessert and special guests from among Sudbury's recently deployed service members. Details will be available after press time. Veterans and spouses of any age are welcome to attend. Due to space limitations, we will accept the first 80 veterans and veteran's spouses who register at the Senior Center. Please call (978) 443-3055 to make a reservation, as space is limited. Please call by Wednesday, November 7.

\*\*\*\*\*



**West Point Graduates:  
 Civil War Enemies**  
 Tuesday, November 13  
 1:00 PM



Dr. Laurence Lowenthal will present a lecture and discussion on "West Point Graduates: Civil War Enemies," a discussion of the American Civil War which was the bloodiest tragedy in American history. The discussion will focus on the lives and careers of Ulysses S. Grant and Robert E. Lee.

Dr. Lawrence Lowenthal is the retired National Senior Advisor to the American Jewish Committee. His wide-ranging experience includes serving a tour of duty in the Israeli army, teaching English and American Literature at Hebrew University in Jerusalem, and offering a variety of courses in the Greater Boston area on Jewish history, film, literature, and humor. Dr. Lowenthal received his Ph.D. in English from New York University.

*This program is offered in partnership with Sage Educational Services.*

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**Sudbury 4<sup>th</sup> of July 2013  
Senior Center Parade Float**



The Sudbury Council on Aging is coordinating a plan for a Community Generational Float for the next Fourth of July Parade! Do you have an interest in joining a community-minded group of individuals in creating the next winning float? Leave your name at the Senior Center at (978) 443-3055 and a Committee member will call you. Thank you!

**COUNCIL ON AGING**

**CHAIRPERSON:**  
David Levington  
**BOARD OF DIRECTORS:**  
Phyllis Bially  
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Mary-Lee Mahoney-Emerson  
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Sam Merra  
John Ryan



**S.H.I.N.E.**

**\*\*\* IMPORTANT REMINDER \*\*\***

**Medicare Open Enrollment ends on December 7th!**

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you. Some Medicare Part D and Medicare Advantage plans are leaving and some new ones are entering. **If you are a member of a plan that is leaving, you need to make certain that you have a new plan for January 2013. Changes are allowed until December 7.**

If you need assistance with your health or drug insurance plan enrollment, our trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center to make a SHINE appointment at (978) 443-3055. If we do not have an available appointment, we will refer you to another nearby SHINE location. Additionally, you can call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. Or call 1-800-MEDICARE, for assistance from a Medicare customer service representative 24 hours/day, 7 days/week.

**SUDBURY  
SENIOR CENTER  
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**VOLUNTEER  
COORDINATOR**  
Ed Gottmann  
**PUBLIC HEALTH NURSE**  
Allison Latta

**NURSING HOME  
ADVOCATES NEEDED**



BayPath Elder Services, Inc. is searching for individuals who are interested in volunteering a couple of hours a week to make a difference for residents of Long Term Care (LTC) facilities. Mary Brooks, Director of the LTC Ombudsman Program would love to hear from you!

The goal of the Ombudsman Program is to work with residents, families and LTC staff to improve the quality of care, life and environment for residents. Call Mary Brooks at 508-573-7200 X235 to arrange an interview and learn more about this great opportunity.

**FRIENDS OF SUDBURY  
SENIORS**

**PRESIDENT:**  
Catherine Kuras  
**OFFICERS:**  
Esther Mann  
Joe Bausk  
Martha Dow  
**MEMBERS:**  
Berthe Lessard, Marie Lupien,  
Carol Oram, Ronald Riggert,  
Jean Semple, June Allen,  
Jacqueline Bausk, Robert  
Diefenbacher, Patricia Howard,  
Donald Oasis

**National Memory Screening Day**  
**Tuesday, November 13**  
**9:30-11:30 AM; 1:30-2:30 PM**

Are you concerned about memory problems?

Please join us on **November 13, 2012** for National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America. Take advantage of 15 minute free, confidential memory screenings with Allison Latta, R.N., Sudbury's Board of Health Nurse. You can also pick up free educational materials about memory concerns, dementia, caregiving and successful aging.

Memory screenings are a significant first step toward finding out if a person may have a memory problem. Memory problems could be caused by Alzheimer's disease or other medical conditions. A memory screening is not used to diagnose any particular illness and does not replace consultation with a physician or other qualified healthcare professional. For more information about National Memory Screening Day please visit [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org), or call (toll-free) 866-AFA-8484. To schedule your memory screening at the Senior Center, please call (978) 443-3055.



**History of Egypt Series**

*Part II*

Mondays, 10:00-11:30  
 November 5 – January 14

A continuation of the very popular *History of Egypt* DVD series by the Teaching Company, loaned to us by Don Sherman (thank you, Don). We will show three 1/2 hour classes each week for 8 weeks to finish the series. The series will run most Mondays, but will not be shown on Monday, November 12 or Monday, December 24. Please sign up for the class by calling the Senior Center at (978) 443-3055. Free.

**Thank You!**

Lydia Hughes wishes to thank all of the generous folks who donated clothing to the Northeastern Family Institute - Midway Shelter! *Thank you to Lydia for coordinating this effort!*

*Join us at the Friends of Sudbury Seniors'...*



**HOLIDAY BAZAAR**

**Saturday, November 10**

**9:00AM - 2:00PM**

Fairbank Community Center Gym/  
 Sudbury Senior Center

Come one, come all! Saunter in to the Holiday Bazaar for breakfast... light lunch... crafty gifts... jewelry... birdhouses... and more! Special treats for the younger set: Tommy the Balloon Guy at 10:00 AM *and* sponsored by Sudbury Coldwell Banker Real Estate: Jim Munsey, Professional Magician at 11:00 AM!

This is the last call for volunteers: asking for your support by baking goodies for the Bake Tables. We would like to avoid any type of nuts, and please bring an ingredients list. Kindly deliver food on Friday afternoon, Nov. 9, when workers will be setting up.

There will be comfortable cafe tables and chairs where one can enjoy a cup of coffee or tea, doughnuts or a light lunch of homemade soup, hotdogs etc. at reasonable prices.

Drop off your Grandma's Attic Treasures at the Senior Center by Friday, November 9. We are looking for small good quality or lightly used items for Grandma's Attic. We are unable to accept large items, or items with a cord.

We welcome seniors who would like to exhibit and sell their crafts. There are a limited number of tables for \$20. For information on Craft tables, please call Joe Bausk at 978-443-8963.

Thank you for your support of the *Friends of Sudbury Seniors!* For more information, please call the Sudbury Senior Center at (978) 443-3055.





**Soups On:  
Life After Loss  
Thursday, November 29**

12:00 Soup  
12:30 Speaker

This workshop on **Life after Loss** will cover grief, bereavement and how to find and assist others in hope and healing. Just a few of the objectives of the workshop include:

- To understand the grief process and the different types of grief.
- To know the differences between grief, bereavement, and mourning.
- To know how to help yourself or another who is grieving.
- How to “companion” the bereaved.

Judith Chaloux is the Outreach Field Coordinator with Beacon Hospice. Call the Senior Center at (978) 443-3055 to reserve your space in advance. You must call by 4:00 PM on Wednesday, November 28 if you are coming for soup. Space is limited.

**Legal Clinic**

Tuesday, November 6  
10 AM -12 PM

Elder law attorney, Denise Yurkofsky is available for **free** private 20-minute consultations with seniors. Call the Senior Center at (978) 443-3055 to make an appointment.

2<sup>nd</sup> Session:

**Advanced Beginner to  
Intermediate Bridge Lessons**

**Session 2 - Pavlicek Methods**

Wednesdays, 9:30 – 11:30 AM

November 14 – December 19

\$20

The general approach is based on Standard American bidding, including strong no trumps, five-card majors, weak two-bids and a strong artificial two-club bid. Certain essential conventions (Stayman, Blackwood, etc.) are included, but emphasis is on general principles and how to develop good judgment, rather than a lot of conventions.

The second session of classes includes: Overcalls and Doubles, Coping with Interference, Weak Two-Bids, Preemptive Bids, Strong Opening Bids and Slam Bidding. Students from the first session receive first priority to take the class, but others are welcome to join in for the second session. Class minimum: 16 students, maximum: 36 students. Class will be held in the Van Houten room.

Please pay for the class as you register. Call the Senior Center for more information at (978) 443-3055.



**Bridge  
Tuesday, 12:30PM**

Create new brain connections, challenge your mind and meet new people. Play Bridge at the Senior Center! Whether you are learning or an experienced player, this is the place.

Dean Machamer, our Bridge Coordinator, an experienced player, is involved in Bridge programs at several locations. He can offer tips and help you to find a group that suits your skill level. Call the Senior Center or drop by on Tuesdays for more information.

**Teen Tech Workshops**

Wednesdays, Nov. 7 and 28  
2:00-4:00 PM

For the month of November, our theme is: ***More to Email than just Reply or Reply All.*** Learn more about the features within Outlook Express such as Forward, Attaching documents, Setting up Group emails, and more. This is a suggested topic for the workshops; you should feel free to bring other questions or topics to your appointment. Please reserve your appointment at 2 or 3PM.



**Let Your Voice  
Be Heard!**

The Area Agency on Aging at BayPath Elder Services is conducting a Needs Assessment and surveying individuals (age 60+) in Sudbury in order to determine the top needs of elders in our area. BayPath uses the results of this assessment to allocate grants to local organizations and Councils on Aging. During the month of November, surveys will be available at the Senior Center. **Please take some time to fill out a survey and make your needs known!**

If you have questions, input, or to obtain a survey, please call Heather Lacasse, Area Agency on Aging Assistant Director, at BayPath Elder Services at (508) 573-7288.

**Current Events**

**Thursdays, November 1 & 15  
10:00 AM**

Exciting give-and-take on the topics of the day!

FROM THE DESK OF  
INFORMATION AND REFERRAL  
SPECIALIST  
ANNE MANNING

**HAVE YOU HAD THE CONVERSATION?**

**Why it's important:**

- 60% of people say that making sure their family is not burdened by tough decisions is "extremely important"
- 56% have not communicated their end-of-life wishes

One conversation can make all of the difference.

The Conversation Project is a guide dedicated to helping people talk about their wishes for end-of-life care. There is not a single conversation that can cover all the decisions that you and your family may face. What a conversation can provide is a shared understanding of what matters most to you and your loved ones. This can make it easier to make decisions when the time comes.

In that spirit, Ellen Goodman created a Starter Kit. It doesn't answer every question, but it can help you get your thoughts together, and then have the conversation with your loved ones.

You can use this kit, whether you are getting ready to tell someone else what you want, or you want to help someone else get ready to share their wishes.

A few of the questions contained in the kit are as follows:

- How long do you want to receive medical care?
- How involved do you want your loved ones to be?
- What role do you want your loved ones to play? Do you think that your loved ones know what you want or do you think they have no idea?
- What do you feel are the three most important things that you want your friends, family and/or doctors to understand about your wishes for end-of-life care?

For further information: [www.EllenGoodman.com](http://www.EllenGoodman.com) or [www.TheConversationProject.org](http://www.TheConversationProject.org).

Anne Manning, LMHC, Information and Referral  
Contact Anne at (978) 443-3055 or [manninga@sudbury.ma.us](mailto:manninga@sudbury.ma.us).

*Complimentary Tickets!*

**The LSB Players' production of  
*Twelfth Night***

Wednesday, November 14  
7:30 PM

Lincoln Sudbury Regional High School and the LSB Players are pleased to announce their first production of season, Shakespeare's *Twelfth Night*. Set at Belch's Burgers, a 1950s diner, *Twelfth Night* features a large singing and dancing chorus and some classic 50s tunes interspersed throughout. The LSB Players are offering the Senior Center complimentary tickets for the Wed., November 14 performance at 7:30pm. Seniors are also cordially invited to an opening night reception which will begin at 7:00pm.

Tickets will be available for pick up at the Senior Center as of Friday, November 2nd. Additional tickets may be reserved by sending an email to [lsbtickets@gmail.com](mailto:lsbtickets@gmail.com).

**A Community Conversation on  
LGBT Aging  
Presented by BayPath Elder Services  
and the LGBT Aging Project**

Join community leaders, elder service providers, LGBT adults and allies for an important community forum to discuss issues facing lesbian, gay, bisexual and transgender older adults in our community. Topics will include LGBT-friendly resources and services, brainstorming future social and educational programs for LGBT older adults and forming a local alliance of allies and community members interested in issues of LGBT aging. This forum is free and open to the public. Please RSVP to Kelly Manning at 508-573-7200 ext. 270 or [kmanning@baypath.org](mailto:kmanning@baypath.org).

**Wednesday, November 7, 2012**  
5:00-6:30pm - Courtyard Marriot  
75 Felton Street, Marlborough

## NOVEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Emergency Call List - Would you benefit from a phone call during weather or other emergencies? Call Anne Manning at the Senior Center at 978-443-3055 for more information.</i></p>			<p>9-12 SHINE 9:30 Tap Dance (1) 9:45 Thursday Crafters 10:00 Gershwin (2) 10:00 Current Events (room 1)</p>	<p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Wait Until Dark</i> 1:00 Watercolors (7)</p>
<p>5 9:00-2:30 I&amp;R Hours 10:00-11:30 <i>History of Egypt DVD Series (1)</i>  11:00 Fit for the Future Will be in Room 2  1:00 Better Bones (7) Will be in Room 2</p>	<p>6 <i>Election Day</i> 8:00-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 10-11:30 <i>Random Events (3)</i> 10-12 Legal Clinic 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 2:00 <i>America Votes (6)</i></p>	<p>7 LGBT Forum 5-6:30pm 8:30 Fit for the Future 9:00-2:30 I&amp;R Hours 9:30 <i>U.S. History (8)</i> 11:00 Fit for the Future 12:30 Quilters 12:30 Zumba 55+ 1:30 Modern Art (5) 2:00-4:00 Teen Tech Help **Reservations due for <i>Veteran's Luncheon</i></p>	<p>8 9-12 SHINE 9:30 Tap Dance (2) 9:45 Thursday Crafters 10:00 Gershwin (3)  12:00 Pizza and a movie: <i>The Vow</i></p>	<p>9 9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future <i>No Movie and No Watercolors / Set up for Bazaar</i> → → → Holiday Bazaar on Saturday, November 10 9am - 2pm</p>
<p>12 Veteran's Day Holiday    <i>Senior Center Closed</i></p>	<p>13 8:00-9:00 BP Clinic 9:00 Cribbage 9:30-11:30/ 1:30-2:30 - <i>Memory Screening</i> 9:40/11:00 Yoga (1) 10-11:30 <i>Random Events (3)</i> 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:00 <i>West Pt. Grads - Civil War Enemies</i> 3:30 COA Board</p>	<p>14 LSHS Twelfth Night 8:30 Fit for the Future 9:00-2:30 I&amp;R Hours 9:30-11:30 <i>Bridge Lessons - Session 2 (1)</i> 9:30 <i>U.S. History (9)</i> 11:00 Fit for the Future 12:00 <i>Veteran's Luncheon</i> 12:30 Quilters 12:30 Zumba 55+</p>	<p>15 9-12 SHINE  9:30 Tap Dance Class (3) 9:45 Thursday Crafters 10:00 Current Events (room 1) 10:00 Gershwin (4)</p>	<p>16 9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Sorry, Wrong Number</i>  1:00 Watercolors Drop-in, no class</p>
<p>19 9:00-2:30 I&amp;R Hours 10:00-11:30 <i>History of Egypt DVD Series (2)</i> 10:00 Stamp Club 10:30 <b>Wayside Inn Lottery</b> 11:00 Fit for the Future 1:00 Better Bones (8)</p>	<p>20 8:00-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 10-11:30 <i>Random Events (5)</i> 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>21 8:30 Fit for the Future 9:00-2:30 I&amp;R Hours 9:30-11:30 <i>Bridge Lessons (2)</i> <i>No U.S. History</i> 11:00 Fit for the Future 12:00 <i>Lincoln-Sudbury Senior Luncheon at L/S</i> 12:30 Quilters 12:30 <i>No Zumba 55+</i></p>	<p>22 Thanksgiving Holiday    <i>Senior Center Closed</i></p>	<p>23 9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future  12:30 Friday Afternoon Movie: <i>The Spiral Staircase</i>  1:00 Watercolors (8)</p>
<p>26 9:00-2:30 I&amp;R Hours 10:00-11:30 <i>History of Egypt DVD Series (3)</i> 11:00 Fit for the Future 1:00 Better Bones (1)  <b>Wayside Inn Payments Due</b></p>	<p>27 8:00-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 10-11:30 <i>Random Events (6) (last)</i> 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>28 8:30 Fit for the Future 9:00-2:30 I&amp;R Hours 9:30 <i>U.S. History (10)</i> 9:30-11:30 <i>Bridge Lessons (3)</i> 11:00 Fit for the Future 12:30 Quilters 12:30 Zumba 55+ 2:00-4:00 Teen Tech Help</p>	<p>29 9-12 SHINE 9:30 Tap Dance Class (4) 9:45 Thursday Crafters 10:00 Gershwin (5) 12:00 Soups On: <i>Life After Loss</i> 3:00 Friends Meeting</p>	<p>30 9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Gaslight</i>  1:00 Watercolors (9)</p>



LUNCH

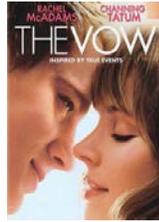


A full lunch is served at the Sudbury Senior Center at noon on Tuesdays and Wednesdays. A voluntary donation of **\$3.00** per meal is requested. Please **call by Monday 11:00 AM** to make a reservation for either day.

**NEW CHOICE:** There will be two choices for Wednesday lunch! One will be a traditional hot lunch, the other a “cold” option that will include salad and/or soup. *Menu available soon.*

**Please note:** The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.

**Movie and Pizza  
Thursday, November 8**



***The Vow***

2012  
1 hour, 44 minutes  
Rated: PG-13

Rachel McAdams stars in this romantic drama about a newlywed woman who slips into a coma after a car accident and awakens with amnesia. Her devoted husband (Channing Tatum) must help her recover and also win her back.

***Please call (978) 443-3055 by 10:00 that morning if you are coming!*** And, please let us know if you want pizza (\$1.25/slice).

Pizza will be served at **12 PM**, the movie follows at **12:30**.

**Sand buckets**



**An antidote to icy walks!**

Our volunteers will deliver a bucket of sand for you to use on your walks and driveways, **free**, just for the asking. Just call 978-443-3055 and tell us if this is a new bucket or a refill. Pick a place for the bucket to be placed and we'll do the rest.

**Friday Afternoon Movies – 12:30 PM**

Theme: Classic Movies about Women in Danger

- 11/2 – *Wait Until Dark* – 1967 – Audrey Hepburn
- 11/9 – No movie - due to Holiday Bazaar setup
- 11/16 – *Sorry, Wrong Number* – 1948 – Barbara Stanwyck
- 11/23 – *The Spiral Staircase* – 1946 – Dorothy McGuire
- 11/30 – *Gaslight* – 1944 – Ingrid Bergman

Thanks to Marcelle Kosersky for theme and movie selection!



I think that I am going to 'Break a Record' this month for the shortest trip article that I have ever written for Our Senior Newsletter. Believe it or not there are only 2 more trips for us before the end of 2012.

November 5<sup>th</sup> will be our last Foxwoods trip for this year. At this writing we are still working on getting enough people in order to pay for a regular size motor coach. We need a minimum of 36.

November 28 will be our final 2012 trip. This should be a very enjoyable experience. The pictures that I have seen of the Newport Mansions all dressed up in their Holiday Finery are absolutely breathtaking. Cost for this trip is \$51.50. You will need to be at the Senior Center by 8AM as we have a 10AM appointment at our first site, The Breakers. From there we will bus down to Bowens Wharf for lunch on our own and perhaps a little browsing or shopping in the shops which also should be all dressed up for the Holidays. We will then bus back to the equally beautifully decorated Marble House for a tour before departing for home. We should be home by 6PM if traffic etc. permits.

Last of all I would like to remind you if you have not already seen our Bulletin Board (opposite the lavatories) that we are looking for suggestions for 2013. These can

be either places we have not been to or maybe even a repeat of some old favorites both one-day and multi-day trip ideas are welcome.

We already have one Multi-Day trip booked for next fall-a 6 day trip to The Balloon Festival in New Mexico. More information and flyers will be available a little later on.

Have a wonderful Thanksgiving, *Carmel*

### Sudbury Community Work Program

Get help with your property taxes! If you are age 60 or older, and are a Sudbury resident living in your own home, and are willing to commit 100 hours of service to Sudbury in 2013, you may qualify for this program.

Participants earn **\$750** toward their 2013 property taxes by serving in a variety of jobs that support Town departments. Every attempt is made to make the skills and interests of applicants mesh with the needs of Town departments.

Applications are available at the Senior Center. Funding is available this year for about 50 positions. First round interviews will be held during November and final interviews will be conducted by department heads. The program begins January 1, 2013. Applications are due to the Senior Center no later than **November 21**.

**Questions?** Call the Senior Center at (978) 443-3055 or Program Coordinator Peg Whittemore at 978-443-2023 for further information.

*Cultural Trips Committee Presents:*

### Metropolitan Museum of Art

New York City  
Thursday, November 29  
7:15 AM – 11:00 PM

The main thrust of this visit is to see the George Bellows exhibit. Bellows was an important member of the Ashcan School. The collection includes many paintings of sports, New York City, coastal Maine, and the 1st World War. There is an audio guide which is of excellent quality. Those who have signed for the trip are welcome to attend the Bellows talk by Dr. Donald Oasis at the Senior Center on Wednesday Nov. 7.

Aside from their regular collection, there is also a special Andy Warhol exhibit, a Bernini exhibit of sculptures in clay, and the Coe Collection of American Indian Art. The bus will leave the Senior Center at 7:15 am and return about 11pm. Cost is \$79 and includes bus and admission to the museum. We will need to fill the bus to run the trip so please sign up promptly.

### L/S Thanksgiving Luncheon Wednesday, November 21 Noon-1:30

Come join the Martin Luther King Action Project for their traditional holiday treat for senior citizens in Lincoln and Sudbury at L/S Regional High School. Turkey and all the fixings donated by Sudbury Farms will be served in the high school cafeteria. Entertainment is included, and there is **no charge**. Reservations are expected! Call the Sudbury Senior Center at 978-443-3055 by **Wednesday, November 14**. We are very grateful to Tom Danko and all the students and staff from the MLK Action Project for hosting this event each year.

## SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

*In addition to our many educational and recreational programs, we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. For information about any of the services described below, call the Sudbury Senior Center at 978-443-3055 (unless otherwise indicated).*

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 3:00 PM to schedule a ride for the *next* day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2** each way for our out-of-town trips at the end of each month.

**F.I.S.H. (Friends in Service Helping):** Volunteers drive clients to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Leave your request on the answering machine, and the coordinator will return your call.

### HEALTH SERVICES

**Blood Pressure Clinic:** The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00 AM and noon to 1:00 PM**. **Free** blood sugar testing is also provided each **Tuesday from 8:00-9:00**. No appointment is necessary.

### **Medical Equipment Loan Closet:**

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost**. We welcome donations of equipment.

### CONSULTATION

**Information and Referral:** Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:00 to 2:30**.

**Legal Clinic:** An elder law attorney is regularly available for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

**S.H.I.N.E. (Serving the Health Information Needs of Elders):** Free consultations with trained volunteers about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare. Please call to make a **free** appointment.

### IN-HOME SERVICES

**In-Home Fix-It Program:** Seniors who can no longer (or should not) do small repair tasks at home can get **free** volunteer assistance with these small jobs. Seniors will only be expected to pay for necessary parts and materials.

**Friendly Visitor Program:** Seniors who can't get out to socialize can be matched with a volunteer for weekly informal visits.

**Grocery Shopping:** Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

**Books on Wheels:** This is a pick-up and delivery service for books, DVDs, and audiobooks from the Goodnow Library for those who can't get out.

**Lock Boxes:** The Senior Center can install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$65 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

### NUTRITION

**Meals on Site:** A full lunch is served at the Senior Center on Tuesdays and Wednesdays at noon. Please call to make a reservation for either day **by 11:00 AM on Monday**. A voluntary donation of **\$3.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town website.

**Home Delivered Meals:** A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$3.00** a meal is suggested. Please call BayPath Elder Services at (508) 573-7200 to ask about starting service.

*New Fitness Sessions:*

**Senior/Healing Yoga**  
**8 Tuesdays, 9:40 and 11:00 AM**  
**November 13 – January 15**

Discover the joys of Hatha yoga at a gentle, accessible pace. This class is for seniors and those living with chronic illness. Please register for the class by November 6 and *pay the \$56 fee as you register*. Your payment holds your space. Try a free class on Tuesdays, October 30 or November 6.

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**Zumba 55+**

November 7, 14, 28 (no class Nov. 21)  
 Wednesdays at 12:30 PM

Get into the groove with Zumba! Instructor Susan Craver keeps the music and students (safely) jumping. Drop-in \$4 per class; advance registration \$9.

*New Fitness Sessions:*

**Better Bones/Senior Strength**  
**8 Mondays, 1:00 PM**  
**November 26 – February 4**

Increase your bone density, prevent falls and improve balance, using free weights, resistance bands, and gentle yoga. Work in a chair, standing and use a mat on the floor. Please register by November 19 and *pay the \$56 fee as you register*. Try a free class on Monday, November 5 or 19.

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**Tap Dance**

November 1- 29 – 9:30 AM  
 \$20



The ultimate mind-body exercise! Please register at the Senior Center and pay as you register. No calssCall (978) 443-3055 for more information about any fitness class.

**Fit for the Future**

Ongoing aerobics/strength building class to lively music. Participants encouraged to go at their own pace. Experienced instructor Lois Leav keeps everyone dancing! Drop in for \$2. Class meets Mondays, Wednesdays and Fridays at 11:00 AM and Wednesdays also at 8:30 AM. Fairbank Community Gym.

THE  
SUDBURY  
SENIOR

# SCENE

A monthly publication from the

**SUDBURY SENIOR CENTER AND  
SUDBURY COUNCIL ON AGING**

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PRESORT STANDARD

**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

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

**Senior Center hours:** Monday through Friday, 9 AM to 4 PM/**Van Service Hours:** Monday through Friday, 8:30 AM to 3:30 PM

**General Information Line:** 978-639-3275

**Cancellation Line:** 978-639-3276

**Trip Information:** 978-639-3277



## Wayside Inn Holiday Dinner

**Wednesday, December 5, 12 noon**

This year interested parties will be entered into a lottery for the Wayside Inn dinner. If you would like to enter the lottery, please bring in or mail in the form below *between Friday, November 2 and Friday, November 16*. On **November 19 at 10:30 AM**, we will pull the lottery tickets. You will be notified by email or phone if your ticket was pulled. Once notified, you must send payment by Monday, November 26, in order to preserve your registration. If payment is not received by that date, another ticket will be chosen. Please call (978) 443-3055

You may enter the lottery for one or two people, and both must be from Sudbury. There is a limit of 90 participants. You will be notified if your ticket is chosen. Your \$18.95 payment will be due by Monday, November 26.

### Wayside Inn Holiday Dinner Lottery Entry Form

Name(s)	Telephone	Email	Pot Roast	Salmon