

Senior Center Narrative Regarding the Selectboard Questions on the Community Center

January 15, 2020

The Sudbury Senior Center

1. The Sudbury Senior Center is a town-wide resource to provide established services to those primarily 60 and over. The Senior Center also provides information, consultation and assistance to the family members of older adults, and provides some services, such as van and volunteer transportation to a wider group in the community.
2. Many of the programs and services provided by the Senior Center are critical to assisting older adults in the transition to retirement, along with other changes that may occur in the later years of life. The Senior Center offers bereavement support, Caregiver support, low vision support, healthy aging workshops, health education, along with the classes and other programs that encourage socialization and connection.
3. The Senior Center serves as the primary town-supported (with providing of paid staff, building maintenance, and operating expenses) response to encourage older adults to remain in Sudbury. This goal is critical to the town's cash flow (revenues minus expenses and debt service) the seniors contribute in excess of \$25 million to the revenues while not putting an added burden on schools, for example.

The Sudbury Council on Aging

The Sudbury Council on Aging is an advocacy and policy group appointed by the Select Board. They are charged with assessing and advocating for the needs of older adults, educating the public about those needs, and helping to put plans into place to support older adults in town.

Demographics

Sudbury's demographics are changing dramatically. When the Senior Center was built (added to the Fairbank building in 1989), the number of residents 60 years of age and older was 1,625. In 2019, the 60+ population was 4,351, or 23% of the total population, a 168% increase. Please see Senior Center Attachment 1 – Sudbury Population. The BayPath Elder Services Area Plan on Aging FY18-FY21, showed a projection of 60+ population for Sudbury of 3,669 in 2020; amazingly Sudbury surpassed this projection a long time ago, as mentioned, in 2019, the 60 and over population of Sudbury reached 4,351 people (682 people over this initial projection for 2020). The good news is that many people over 60 are in a better health and more active than their forebears. However, not everyone is in better health, and not all the time, some go through hip or knee replacements and can use some type of support and assistance. Additionally, there has been a concurrent increase in the number of adults 85 and older in

town, many who are healthy, but many who have chronic illness or frailty and have a need for support to remain in their homes.

Demographics and Population Projections

According to the Metropolitan Area Planning Council (MAPC), as reported in the Town’s recent Master Plan Baseline Report, Community Profile:

See Excerpt from Town of Sudbury Master Plan –Community Profile Page 3 (below)

“By 2020, MAPC projected that residents **65 to 84 years will experience the most growth**, 46%, followed by those **85 years and older, an increase of 41%**, and will continue to grow through 2030 (Figure 3). Younger age groups will decrease except for 20 to 34 years, which will increase between 2010 and 2020 by 29%, then show little change over the next 10 years. Based on the 2017 reported population, projections are following this course except for the age group 20 to 34 years, which decreased. Overall, Sudbury shows a trend of an aging population where the portion of older residents will reach a similar proportion as younger, school-age children (Figure 4).”

(Note: Bold added for emphasis.)

Figure 3: Sudbury Projected Population Change by Age (2000-2030)

For further detail and graphic information please see document at:

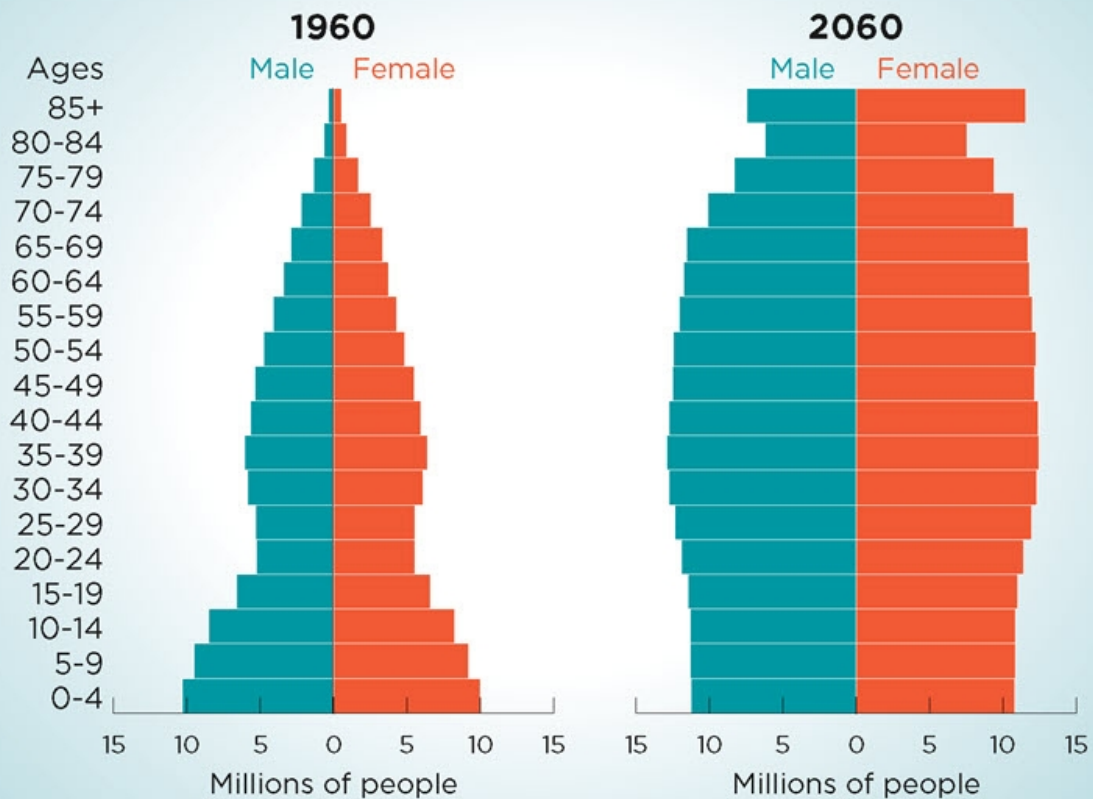
https://sudbury.ma.us/masterplan/wp-content/uploads/sites/392/2019/04/MasterPlanSteeringCommittee_2019_Apr_12_supporting_materials.pdf?version=8981a4e460f82345fe5683ed1a49c976

The growth in the number of older residents will increase further by the development of additional 55+ housing in town. The Coolidge at Sudbury is adding 56 more units of 55+ apartments, and MeadowWalk’s Highcrest condos (60 units) are targeted to 55+ as well. In addition, a proportion of the housing proposed for the QuarryNorth development will be for 55+.

For another look at the dramatic change in demographics in the country:

From Pyramid to Pillar: A Century of Change

Population of the United States



United States™
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
[census.gov](https://www.census.gov)

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html

<https://www.census.gov/library/visualizations/2018/comm/century-of-change.html>

Growing Older

Older adulthood takes many shapes. Most of the people in the 60-75 years old age range are very healthy and active, and in fact may be providing support for a parent or parents. In fact, some individuals who contact the Senior Center for information and assistance are looking for help for their older parent rather than themselves. Many older adults over 75 are continuing as the younger ones, living active lives, volunteering, working; but some are experiencing changes, such as loss of spouse, or chronic illness or injury that makes life more difficult, either temporarily or for the long term. The Senior Center has a range of resources, information, programming and services to support people in all of these stages of older age.

The Senior Center Outreach Specialist is available for individual consultations for caregivers of older adults, and for older adults themselves, to discuss health concerns, and planning, housing, home assistance and more. In addition, due to a growing population of individuals with dementia, the Senior Center Outreach Specialist coordinates 2 Memory cafes each month and a caregiver support group, and has worked with the Director to lead the charge to begin the Dementia Friendly Sudbury initiative.

With retirement often comes a loss of social network. The Senior Center offers older adults a nearby destination to find or rebuild their social networks. The Senior Center has programs, activities, services and volunteer opportunities. Older adults come to the Senior Center to debate in the Current Events group, to learn and discuss in the lifelong learning series, to keep fit in a range of fitness classes, and make new friends while playing bridge, or enjoying the Book club.

Some of our participants volunteer as a Friendly visitor, FISH medical transportation driver, or to deliver a hot lunch. We provide opportunities for continued education, learning a new skill, fitness, engaging in thought-provoking discussions, and with all of these activities, the opportunity to meet new people, socialize, and have fun.

And for those who are temporarily or permanently homebound, services are provided in the community and at times directly to people who need them, such as Friendly visitors, In Home Fix-it helpers, Sand Bucket delivery, lockbox (keysafe) and Grocery Shoppers.

These services are provided by volunteers, many of whom are over 60 themselves. Many who reach retirement are thriving and have renewed energy to give back to their communities. The Senior Center's Volunteer Program Coordinator recruits, screens and places volunteers in many different roles supporting individuals in the community as well as at the Senior Center. Close to 300 volunteers provide friendly visits, fix-it jobs, sand bucket delivery, home delivered meals, FISH volunteer medical rides, and much more. The plus side of an older population is the wealth of resources that they can support and provide to the community!

The changes that may occur as one gets older, such as moving from a full-time job to being retired, or the loss of friends or a spouse, can be very stressful, the Senior Center offers support groups to help with transitions, to assist in moving forward, and making new plans.

In addition, as people move toward age 65 they need to learn about Medicare, how it works, what it does and does not cover, what the supplemental health and drug plans are, and how their retirement plans might interact with Medicare. The Senior Center's SHINE (Serving the Health Insurance Needs of Everyone on Medicare) program offers one to one counseling and assistance with getting through the Medicare maze.

These are just some examples of how the Senior Center supports Sudbury residents as they grow older.

The Sudbury Council on Aging supplements the Senior Center with additional volunteer assistance with policy making, future planning, and advocacy for the older residents of Sudbury.

In sum, the Senior Center and Council on Aging provide critical infrastructure, leadership, advocacy and programming to support the growing older population of Sudbury, and seek to assist the community in enjoying the opportunities presented by a community with more older adults. The experience, knowledge and skills present in our growing older population are and will continue to be a valuable resource for our town. At the same time, our older residents deserve our respect and assistance in continuing to live as full a life as possible notwithstanding some of the changes and losses they may deal with over time.

Please see Senior Center Attachments 1-8 for additional information:

1. Sudbury Population
2. Current Example of Weekly Calendar
3. Budget History
4. Senior Center Calendar for New Center
5. Staffing
6. Program Schedules
7. Accounts
8. Program Statistics FY09 – FY19

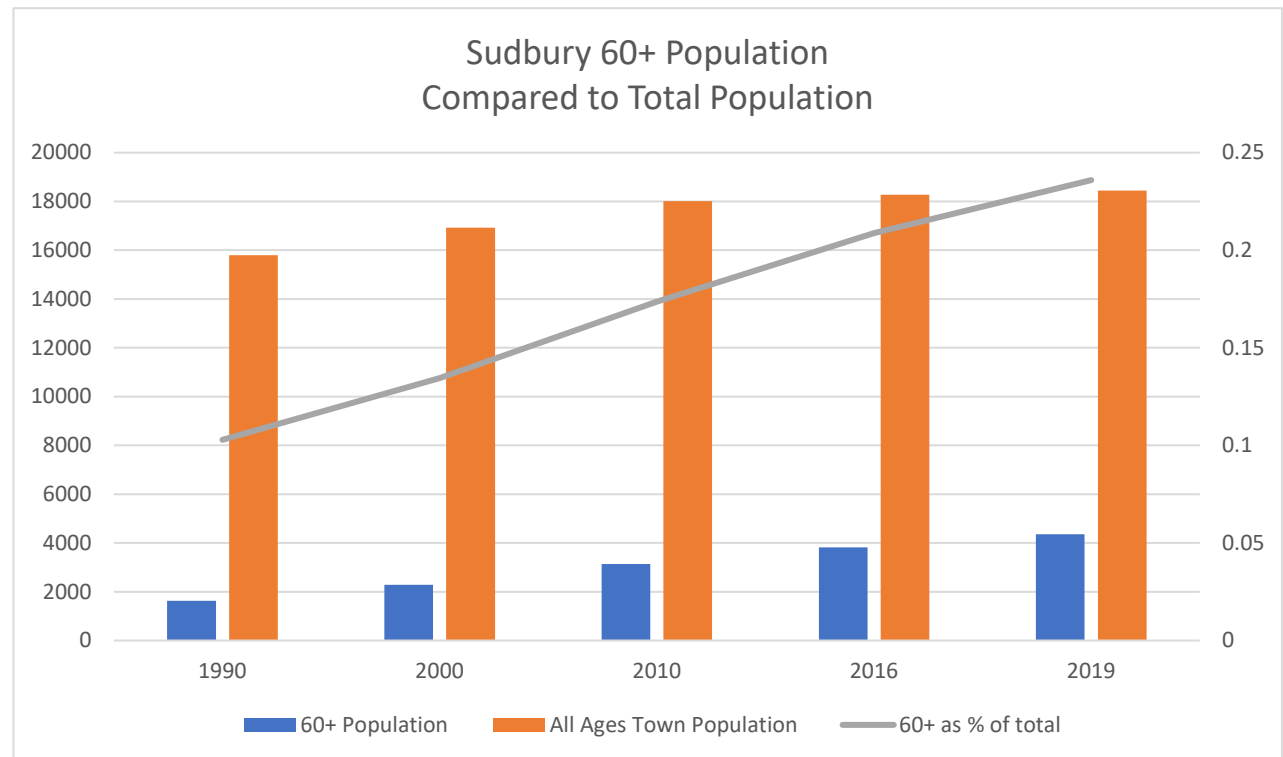
Senior Center Attachment 1 - Sudbury 60 and older Population

People age 60 and older

Year	60+ Population	All Ages Town Population	60+ as % of total
2000-2019			
2000	2,277	16929	13%
2006	2,771		
2007	2,836		
2008	2,861	17925	16%
2009	2,952	17977	16%
2010	3,130	18514	17%
2011	3,233	18434	18%
2012	3,370	18237	18%
2013	3449	18045	19%
2014	3609	18509	19%
2015	3662		
2016	3815	18274	21%
2017	3929	18410	21%
2018	3983	18175	22%
2019	4351	18442	24%

Sudbury Residents age 60 and older

Year	60+ Population	All Ages Town Population	60+ as % of total
1990-2019			
1990	1625	15800	10%
2000	2,277	16929	13%
2010	3,130	18015	17%
2016	3815	18274	21%
2019	4351	18442	24%



Source: Town of Sudbury Census information

**SENIOR CENTER ATTACHMENT 2
CURRENT EXAMPLE OF SENIOR CENTER WEEKLY CALENDARS**

	Monday	Tuesday	Wednesday	Thursday	Friday
SP	10:15 Stamp Club 1:00-3:00 Low Vision Support Group or Caregiver Support Group	9:30-11:30 The Great Masters: Johann Schumann 11:30 Russian Conversation Circle 2:00 Medicare Info Session	9:30-11:45 History Course 1:00-3:45 Bridge Group	9:30- 11:15 Current Events 12:30 Educational/Informational Presentation or Entertainer	9:30-11:30 Bingo 12:30 Friday Movie or 1:00 Musical entertainment
VH	10:00 Stamp club 12:00-3 Social Day Care	9:30 Coffee/baked goods or Craft workshop 12:00-1:00 Calming Coloring (prep for Chinese Festival)	9:00 Garden Club Workshop/Setup or Coffee/baked goods 10:00 Lovin'Spoonful food pickup 1:00-3:30 Quilting	10:00-11:45 Macrame or Art/Craft/Notary Services 12:00 Lunch/Pizza 2:30 Connection Circle	9:00 Carmine Gentile office hours
R1	1:00-3:45 Canasta	9:00-11:30 English Learners 1:00-3:00 Legal Clinic	10:00 Meeting 1:00 Turn the Page Book Group	10:00 Flower Arranging 1:15 Senior Notes/ 1:15 Short Story Group 2:30 Music Jam	10:00 Chronic Pain Workshop
G	11:00 Fit for the Future 1:00 Better Balance/Better Bones 2:15 Traditional T'ai Chi	9:40-10:40 Yoga 11:00-12:00 Yoga 1:30-2:30 T'ai Chi for Healthy Living	6-8x each year: Holiday or special event luncheon 11:00 Fit for the Future	9:00 Beginner Tap Dance 9:30 Tap Dance 2:30 Intro to T'ai Chi	9:15 Chair Yoga 11:00 Fit for the Future
In a Staff Persons Office		8:45-10:45 Blood Pressure/Wellness Clinic 12:30-4:00 SHINE/Medicare Assistance		9:00-12:30 SHINE/Medicare help	9:30-11:30 Hearing Clinic

SP – Sudbury Pines Program Room VH – Van Houten Program Room R1 – Shared Program Room (next to gym) G - Gym

Notes:

During Medicare Open Enrollment SHINE Medicare Help is offered at least 2 full days each week in a staff person's office
Feb-Apr. 15 Tax Return Help in Room 1 or VH room – 2 full days each week
Hearing Clinic is 1x per month

Most of the above programs will be offered every week. During some time slots other uses for Program rooms will be scheduled when a program listed above is not offered in a given week or when another short term program or event will be offered. Such other programs and events could include:

- Speakers once per month
- Breakfast events, e.g. Men's Breakfast and Veterans Breakfast, 3-4 times per year
- Intergenerational activities once per month
- Repair Café once or twice per year
- Great Decisions Course once weekly for 9 weeks in summer
- COA and Friends Subcommittee meetings twice per month
- AARP Smart Driver courses multiple days 1-2x times per year
- AARP Tax Preparation Help twice weekly, 7 hours per session, Feb.-April
- Additional Life Long Learning courses, lectures and performing arts programs
- Volunteer program meetings 1-2x times per month
- Medicare Open Enrollment assistance twice weekly Oct.-Dec.
- Support Groups: Bereavement/grief counseling 2x/year for 6-8 weeks
- Other Support Groups: Caregiver, 1x month, Low Vision 1x month
- Additional sessions of popular programs, movies, and Lunch & Learn presentations
- Additional clubs/hobby group meetings/arts & crafts courses/fitness classes

Senior Center Attachment 3

Sudbury Senior Center Budget History

Town Appropriation

Dept. 5410	FY08 Actual	FY09 Actual	FY10 Actual	FY11 Actual	FY12 Actual	FY13 Actual	FY14 Actual	FY15 Actual	FY16 Actual	FY17 Actual	FY18 Actual	FY19 Actual
COUNCIL ON AGING												
Director	64,945	69,674	67,721	62,645	64,241	69,212	73,976	77,797	82,502	87,519	93,222	95,085
Van Driver	31,389	note										
Clerical	36,534	39,046	41,573	43,763	44,796	46,129	48,853	49,187	50,960	54,541	56,084	45,367
Information/Reference	20,683	20,942	21,603	9,494	18,318	19,474	23,013	25,226	26,066	31,760	47,167	52,714
Program Coordinator								37,823	43,395	45,163	47,868	50,339
Sub Total: Personal Services	153,551	129,662	130,897	115,902	127,355	134,814	145,841	190,032	202,923	218,983	244,341	243,505
General Expense	6,429	4,202	3,404	3,709	4,422	5,826	8,000	8,151	6,564	9,114	9,178	12,246
Contracted Services	1,736	1,377	0	0	0							
Carryforward Expense	342	795						-				
Sub Total: Expenses	8,507	6,374	3,404	3,709	4,422	5,826	8,000	8,151	6,564	9,114	9,178	12,246
Total: Council on Aging	162,058	136,036	134,301	119,611	131,778	140,641	153,841	198,183	209,487	228,097	253,519	255,751

Note: Van Driver was paid through town budget through FY 2008;
 Sudbury joined the newly formed MetroWest Regional Transit Authority
 and was able to get reimbursement for Van driver salary and benefits as of FY 2009
 (reimbursement comes from annual MBTA Assessment to town)

SENIOR CENTER ATTACHMENT 4 -SENIOR CENTER CALENDAR FOR NEW COMMUNITY CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
R4	9:00 Dementia Care Giver Support*/Group 10:30 Stamp Club 1:30 Low Vision Support Group	9:00 Chinese Happy Seniors 10:15-12 Tax Assistance 1:15 Reading Group 3:00 Friendly Visitors Volunteer meeting	9:30 Veterans Talk/Coffee 10:30 Music Lessons 1:15 Book Reading Group 2:30 Photography Club	9:30-11:30 Current Events 1:15 Senior Notes 2:30 Connection Circle 3:00 Volunteer Training	9:30-11:00 Individual Consultations (nurse, podiatrist, balance screenings, etc.) 11:00-4:00 Smart Driver/Other Skills course
R5	9:30 General Caregiver Support Group** 12:00-3 Social Day Care	9:00 English Learners 11:15 Russian Conversation Circle 12:00-3 Social Day Care	9:00-11:30 Caregiver Support/Memory Cafe 12:00-3 Social Day Care	9:00-11:45 Computer Lab 12:00-3 Social Day Care	9:00 Carmine Gentile office hours 10:00-12:00 Hearing Clinic 12:00-3 Social Day Care
R6	9:00 Healthy Aging Workshop 12:00-3:00 SHINE/Medicare help	9:00 Grief Support Group 11:00 Spanish Conversation Circle 1:00 Brain Games 2:15 Ping pong	9:30-11:30 Aging Mastery group 12:00 Fit for the Future Group meetup 2:00 Arthritis Exercises	9:00 Grandparents Group 10:00-12:00 Flower Arranging 1:00 Short Story Group 2:00-4:00 Music Jam	9:00-12 SHINE/Medicare Talk 1:00-4:00 Chronic Pain Workshop
M1	8:30–9:30 Breakfast Club 9:30-12:30 Bridge #1 12:00 Lunch 1:30-4:00 Canasta	9:00-11:30 Trivial Pursuit/Backgammon 12:00 Lunch 1:00-4:00 Advanced Bridge	8:30–9:30 Breakfast Club 9:30-12:00 Healthy Eating Group 12:00 Lunch and Learn 1:15-3:45 Bridge #2	9:30-11:30 Bingo 12:00 Lunch 1:30 Mahjong 3:00 Misc. Games	8:30 – 9:30 Breakfast Club 11:00 Cooking for One 12:00 Lunch w/ Speaker 3:00 Afternoon Tea
M2	9:30-12 Lifelong Learning Series #1 1:00 TED Talks 2:30 Baking Workshop	8:45-10:45 BP Clinic 12:30 Tuesday Movie 3:00 COA Meeting	9:30 Life Long Learning #2 1:30-3 Live Lecture/Performance Recitals	9:00-12 Caregiver Education 1:30-3 Life Long Learning #3 3:15 Friends of the Senior Center Meeting	9:00 Documentary Series 11:30 Travel Planning 1:00 Friday Movie
FS	9:45-11 Yoga 11:00 Fit for the Future 1:15 Better Balance 2:30 Tai Chi	9:45-11:00 Chair Yoga 11:15 Meditation 1:30 Tai Chi Healthy Living 2:30 Pilates	9:30 Ageless Grace 11:00 Fit for the Future 1:30 Balance and Strength 3:45 Zumba Gold	9:00 Beginner Tap Dance 9:30 Tap Dance 11:15 Meditation 2:30 Intro to Tai Chi	9:45 Yoga 11 Yoga 1:00 Fit for the Future 2:30 Pilates
AC	9:00-12:00 Quilting 1:15-3:45 Knitting/crochet	9:00 Intro to Water Colors 11:00 Drawing 1:15 Pottery	9:00 Jewelry Making 11:00 Coloring 12:30-3:30 Arts & Crafts	10:00 Oil Painting 1:15 Zentangle 2:00-3:30 Macrame	9:00-11 Scrapbooking 11:30-1:30 Watercolors 1 1:45-3:45 Watercolors 2

R4 – Program Room 4
R5 – Program Room 5

R6 - Program Room 6
FS – Fitness Studio

M1 – Multipurpose Room 1
M2 – Multipurpose Room 2

AC – Arts & Crafts Room

SENIOR CENTER ATTACHMENT 4 -SENIOR CENTER CALENDAR FOR NEW COMMUNITY CENTER

Note: R4, R5, R6 are the Community Center rooms dedicated to Senior Center programs

*Caregiver Support includes Memory Café, Comfort Food Café, Sudbury Caregiver Support Group for caregivers of persons living with dementia

**Caregiver of persons with any chronic illness

Most of the above programs will be offered every week. During some time slots other uses for Program rooms will be scheduled when a program listed above is not offered in a given week or when another short term program or event will be offered. Such other programs and events could include:

- Book author readings once per month
- Breakfast events, e.g. Men's Breakfast and Veterans Breakfast, 3-4 times per month
- Large luncheons 1x month
- Intergenerational activities one-2 x per month
- Repair Café twice per year
- Great Decisions Course once weekly for 9 weeks in summer
- COA and Friends Subcommittee meetings twice per month
- Cooking classes twice per month
- AARP Smart Driver courses multiple days 4 times per year
- AARP Tax Preparation Help twice weekly, 7 hours per session, Feb.-April
- Additional Life Long Learning courses, lectures and performing arts programs
- Volunteer program meetings 2-3 times per month
- Medicare Open Enrollment assistance twice weekly year round
- Clinics: Legal, bereavement/grief counseling twice per month
- Additional sessions of popular programs, movies, and Lunch & Learn presentations
- Additional clubs/hobby group meetings/arts & crafts courses/fitness classes: Wood Sign Making class, Body Groove, Line dancing, Bocce, Shuffle board, Video Game room, Wii Tournaments (bowling, golf,...)
- Kitchen: Baking or Cake decorating, Healthy Eating/Healthy living
- Medical Conversations - Medical Professionals coming in once or twice a month to talk about current issues/topics.

F:/Community Center/Fall 2019/Senior Center Calendar

Senior Center Attachment 5 - Senior Center Staffing Levels

Town Budget Supported Staffing:

<u>FY 08</u>	<u>FY 09</u>	<u>FY 10</u>	<u>FY 11</u>	<u>FY 12</u>	<u>FY 13</u>	<u>FY 14</u>
Director	Director	Director	Director	Director	Director	Director
Administrative Assistant	Administrative Assistant	Administrative Assistant	Administrative Assistant	Administrative Assistant	Administrative Assistant	Administrative Assistant
Outreach - 19 hrs/wk**	Outreach - 19 hrs/wk**	Outreach - 19 hrs/wk**	Outreach - 19 hrs/wk**	Outreach - 19 hrs/wk**	Outreach - 19 hrs/wk**	Outreach - 19 hrs/wk**
Van Driver*						
Not part of Town Budget:	MWRTA - Van Driver*	MWRTA - Van Driver*	MWRTA - Van Driver*	MWRTA - Van Driver*	MWRTA - Van Driver*	MWRTA - Van Driver* MWRTA - Van Driver 2*

*Van Driver salary and benefits costs were paid by the Town but changed to being supported by MetroWest Regional Transit Authority in FY 2009 when the Town joined the nascent MWRTA

**Outreach/Information and Referral - part time, 19 hrs/wk from FY 2008-FY 2016 - changed to full-time in FY 2017 - provides consultation/assistance via phone, in person re: aging, living at home safely, financial s
position also plays a role in assisting with transportation planning and coordination, as well as, planning and coordination of support groups for various groups: low vision, caregivers, bereavement, etc.

Note: FY = fiscal year; 08 = 2008

<u>FY 15</u>	<u>FY 16</u>	<u>FY 17</u>	<u>FY 18</u>	<u>FY 19</u>
Director	Director	Director	Director	Director
Administrative Assistant Outreach - 19 hrs/wk**	Administrative Assistant Outreach - 19 hrs/wk**	Administrative Assistant Outreach	Administrative Assistant Outreach	Administrative Assistant Outreach
Program Coordinator	Program Coordinator	Program Coordinator	Program Coordinator	Program Coordinator
MWRTA - Van Driver*	MWRTA - Van Driver*	MWRTA - Van Driver*	MWRTA - Van Driver*	MWRTA - Van Driver*
MWRTA - Van Driver 2*	MWRTA - Van Driver 2*	MWRTA - Van Driver 2*	MWRTA - Van Driver 2*	MWRTA - Van Driver 2*

stress, mental health referral, caregiving, protective services;

Current Schedules FY 2020

July 2019-June 2020

Fitness Classes	# of classes/ week	classes run this year?	# of participants per class	class/meeting in hours	space required	fee charged
Better Balance/Better Bones	1	year round	15-23		1 Gym/Fitness room	\$58 per 8 weeks
Fit for the Future	3	year round	15-30		1 Gym/Large Fitness room	\$3 drop in per class
Yoga 1	1	year round	15-23		1 Gym/Fitness room	\$58 per 8 weeks
Yoga 2	1	year round	15-23		1 Gym/Fitness room	\$58 per 8 weeks
Chair Yoga	1	year round	8-12	45 min	Gym/Fitness room	\$48 per 8 weeks
T'ai Chi	1	year round	8-13		1 Gym/Fitness room	\$48 per 8 weeks
T'ai Chi for Healthy Living	1	year round	5-10		1 Gym/Fitness room	\$48 per 8 weeks
Intro to T'ai Chi	1	year round@	4-6		1 Gym/Fitness room	\$48 per 8 weeks
Tap Dance	1	year round	4-8		1 Gym Stage/Wooden floor	\$55 per 8 weeks
Arthritis Ex* - new	1	offered spring, Sept. 2019	4-8	45 min	Gym/Fitness room	\$48 per 8 weeks
Beginner Tap Dance		offered periodically throughout the year				

Note on displacement: During school vacation weeks (Dec., Feb., April) and summer (mid-June-end of August); during day before election and day of election days; fitness classes that use the Fairbank gym are displaced; the classes move to inappropriate Senior Center program rooms, or are cancelled, we have been able to schedule some classes at Congregation Beth El space, or Lincoln Sudbury High School space (not an ideal option & only during the summer months). Summer of 2019 the Senior Center paid \$225 to use Congregation Beth El space for the T'ai Chi and Yoga classes over the summer.

Tap Dance was cancelled during all school vacation weeks and summer as they need the wooden floor of the stage in the gym.

Fit for the Future was moved to inappropriate Senior Center rooms, and to LSRHS (LS can only accommodate the class for 4-5 weeks in the summer due to scheduled maintenance.)

Note on fees: Senior Center tries to break even on fees vs. instructor costs

*Arthritis Ex instructor on hiatus due to family illness

at times we lose a little money on the programs, at times we make a little money

@did not run 2nd session in fall 2019 due to low enrollment

Other Fee Based Classes

	classes run this year?	# of participants per class	length of class/hours	space required	fee charged
Watercolors	2	year round	13-20	large room/tables/chairs/sink/wall	\$72 for 8 weeks
Bridge Lessons	1	offered periodically during the year		3 large room/4-5 square tables, with	\$50 for 8 weeks
Drawing Workshop	1	offered periodically during the year		2 large room/long tables, chairs/supp	\$40 for 8 weeks

**Senior Center Attachment 6
Non Fee Based Classes/programs**

Page 2

		classes run this year?	# of participants	length of	space required	costs/displacement
	# of classes or meetings/week		per class/meeting	class/meeting		
				in hours		
Understanding Russia**	1	fall/spring	55-60#		2 large seminar room/projection	could not accommodate all w
Music History series	1	ongoing	30-35		2 large seminar room/projection	
Current Events Group	1	ongoing	20-23		2 large seminar room/projection	group gets moved to less than
Bridge Group	1	ongoing	16-20		3.5 program room	
Canasta Group	1	ongoing	4-6		3 program room	group gets moved to less than
Bingo Group	1	ongoing	4-6		2 program room	
Calming Coloring	2x month	ongoing	3-5		1 program room	
Garden Club workshops	3-4x year					
Senior Notes Singing Group	2x month	ongoing	6-10	2.75	program room	group meets in Room 1 - shar
Short Story Group	2x month	ongoing	10-16		1 program room	
Turn the Page Book Group	1x month	ongoing	10-13		1 program room	group meets in Room 1 - shar
Caregiver Support Group	1x month	ongoing	7-12		1.5 program room/privacy	
Making Memories Café	1x month	ongoing	7-12		1.5 program room/privacy/sink	
Caring Café	1x month	ongoing	10-18		1.5 program room/privacy/sink	
Low Vision Group	1x month	ongoing	10-18		1.5 program room/privacy/sink	
Soup's on/Lunch and Learn	1-2x month	ongoing	15-35		2 kitchen/program room/projection	we work around other activit
Pizza and a Movie	1x month	ongoing	12-30		3 kitchen/program room/projection	we work around other activit
Friday Movie	2x month	ongoing	5-12		2-3 large seminar room/projection	
Men's/Women's Breakfast	3x year	yes	30-35		1.5 kitchen/program room	we work around other activit
Special Events##	2-5x month	yes	10-100		1-3 2-3000 sq foot room###	usually use the gym, need to
Grief Support Group	6 week series	2x yes	4-9		2 program room/privacy	we work around other activit
Safety/Health Talks/Workshops	7-8x year	yes	12-35	1-1 1/2	large seminar room/projection	we work around other activit

** every fall/spring - 12 week history course offered

class was oversubscribed fall 2018 and fall 2019 - in 2019 71 registered, 11 people did not get into class and 60 did but was crowded

includes special luncheons in gym, special guest entertainers or speakers, intergenerational events, cultural programs

luncheons for 80-100 people need large round tables, chairs, PA system

Services Provided at Center

	# of classes/ meeting/week	classes run this year?	# of participants per class/meeting	class/meeting in hours	space required	costs/displacement
SHINE - Medicare Counseling	2x week~	yes	1 per appointment	3 hrs/7 hrs.~	staff person's office	staff are displaced while SHINE
AARP Tax Return Assistance	2x week/9AM-4	yes	1 per appt	1-1.25 hrs.~~~	program room/privacy	other programs are displaced
Legal Clinic	1x month	yes	1 per appt	2 hrs./20 min.	r program room/privacy	
Hearing Clinic	1x month	yes	1 per appt	2 hrs./15 min.	a staff person's office	staff are displaced while SHINE

~~ SHINE counselors need access to computer/phone/FAX/desk, with chairs for clients

Medical Equipment Loan Closet

requests come in all week, pickup and dropoff on Tuesdays/Thursdays from 12:00-4:00 PM
 used by residents of all ages, no fee, residents are free to keep loaned equipment as long as needed
 Note: housed in a supply closet, accessible only through a program room that is often in use

Notes on Services at the Center:

~SHINE is offered year round, but additional appts. offered during
 open enrollment for Medicare prescription plans Oct.-Dec. (9AM-4PM for 2 days/week)
 SHINE typically serves 250-300 clients/year
 ~~~Tax Assistance is offered mid-February-April 15  
 Tax Assistance typically serves 85-90 clients/season

Services Provided in the Community

Most of our services above are coordinated by the Senior Center's Volunteer Program Coordinator, and provided by volunteers in the community to people's homes  
 FISH Medical Transportation, Friendly Visitor, Grocery Shopping, Fix-it, Sand Bucket delivery, Lockbox, Goodnow to Go, Lawn Clean up, etc.

**Other Space Use:**

**Meetings for Staff/Volunteers**

Staff meetings The Senior Center does not always have space for all of the meetings that need to be scheduled.  
 COA Meetings The Senior Center tries to use the Goodnow Library and Police Station training room when appropriate and available.  
 Friends of Sudbury Seniors meetings  
 Volunteer Trainings  
 Other meetings

## Sudbury Senior Center Attachment 7

### Sudbury Senior Center Program Accounts

| <u>Account Number</u> | <u>Title</u>                                                   | <u>FY 09</u><br><u>Ending Balance</u> | <u>FY 10</u><br><u>Ending Balance</u> | <u>FY 11</u><br><u>Ending Balance</u> | <u>FY 12</u><br><u>Ending Balance</u> | <u>FY 13</u><br><u>Ending Balance</u> | <u>FY 14</u><br><u>Ending Balance</u> | <u>FY 15</u><br><u>Ending Balance</u> | <u>FY 16</u><br><u>Ending Balance</u> |
|-----------------------|----------------------------------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 1171                  | COA Revolving - Program <sup>1</sup>                           | \$5,671                               | \$5,250                               | \$5,204                               | \$7,560                               | \$8,969                               | \$16,436                              | \$12,344                              | \$12,255                              |
| 1173                  | MWRTA Revolving <sup>2</sup>                                   | \$13,726                              | 11,948                                | \$14,638                              | \$15,334                              | \$17,764                              | \$26,857                              | \$41,820                              | \$43,447                              |
| 1323                  | State Aid/Formula Grant <sup>3</sup>                           | \$1,496                               | \$1,804                               | \$2,207                               | \$4,007                               | \$5,149                               | \$2,670                               | \$1,559                               | \$2,985                               |
| 1411                  | COA – Title III- BayPath Grant*                                |                                       |                                       | \$95                                  | \$548                                 | \$489                                 | \$423                                 | \$173                                 | \$173                                 |
| 1412                  | Camcorder Grant <sup>7</sup>                                   | \$160                                 | \$160                                 | \$160                                 | \$160                                 | \$160                                 | \$160                                 | \$1,608,969                           | \$160                                 |
| 1413                  | Volunteer Coordinator Grant <sup>4</sup>                       | \$3,879                               | \$5,061                               | \$6,704                               | \$9,923                               | \$10,263                              | \$10,634                              | \$160                                 | \$8,591                               |
| 1951                  | Friends' Activities Account <sup>5</sup>                       | \$2,725                               | \$2,593                               | \$2,593                               | \$2,593                               | \$2,558                               | \$2,558                               | \$2,558                               | \$2,558                               |
| 1969                  | LEPC/VIP Gift <sup>7</sup>                                     | \$31                                  | \$31                                  | \$31                                  | \$31                                  | \$31                                  | \$31                                  | \$31                                  | \$31                                  |
| 1425                  | Sudbury Foundation Aging Study (Livable Sudbury Needs Asst.)** |                                       |                                       |                                       |                                       |                                       |                                       |                                       |                                       |

\*Note: BayPath payments were made

\*\*Note: Livable Sudbury funds donated

All of these accounts are separate from the Senior Center budget.

<sup>1</sup> Activities/Program fees are collected and instructors and class expenses are paid from this account. The Town of Sudbury does not subsidize Senior Center events or activities. Student fees pay for instructors.

<sup>2</sup> Account for collection of reimbursement from the MetroWest Regional Transit Authority for the expenses of running the Senior Center vans.

<sup>3</sup> Annual Formula Grant Funds from the MA Executive Office of Elder Affairs, helps to fund the Receptionist, the Sudbury Property Tax Work-off Program Coordinator, Intergenerational Coordinator, and FISH Coordinator



<sup>4</sup> Grant from the Sudbury Foundation for the part-time Volunteer Coordinator position.

<sup>5</sup> Friends' of Sudbury Seniors Activities Account pays for programs, activities, events, supplies.

<sup>6</sup> Title III BayPath Elder Services Grants – funds are spent first and then reimbursed. Sometimes reimbursement is after year end.

<sup>7</sup> Dormant accounts.

| <u>FY 17</u>          | <u>FY 18</u>          | <u>FY 19</u>          |
|-----------------------|-----------------------|-----------------------|
| <u>Ending Balance</u> | <u>Ending Balance</u> | <u>Ending Balance</u> |
| \$9,013               | \$9,041               | \$6,107               |
| \$52,031              | \$34,518              | \$52,227              |
| \$1,815               | \$234                 | \$7,965               |
| \$173                 | (\$15,084)            | (\$7,572)             |
| \$160                 | \$0                   | \$0                   |
| \$10,067              | \$18,904              | \$1,114               |
| \$1,816               | \$1,816               | \$2,750               |
| \$31                  | \$31                  | \$31                  |
|                       | \$35,000              | \$24,600              |

e in July 2018, July 2019 after year-end reports.  
ed by Friends of Sudbury Seniors, Mitigation funds

icators.

# Sudbury Senior Center Statistics Comparison

Please note: Statistics are based on MySeniorCenter database and class sign-in sheets and in some cases staff estim

| FY 2009-FY2019<br>Activities |                                    | FY 2009<br># Visits/<br>Units |                          | FY 2010<br># Visits/<br>Units |                          | FY2011<br># Visits/<br>Units |                          | FY 2012<br># Visits/<br>Units |                          | FY 2013<br># Visits/<br>Units |                          | FY 2014<br># Visits/<br>Units |                          | FY 2015<br># Visits/<br>Units |                          |
|------------------------------|------------------------------------|-------------------------------|--------------------------|-------------------------------|--------------------------|------------------------------|--------------------------|-------------------------------|--------------------------|-------------------------------|--------------------------|-------------------------------|--------------------------|-------------------------------|--------------------------|
|                              |                                    | Number of<br>of Service       | Number of<br>Individuals | Number of<br>of Service       | Number of<br>Individuals | Number of<br>of Service      | Number of<br>Individuals | Number of<br>of Service       | Number of<br>Individuals | Number of<br>of Service       | Number of<br>Individuals | Number of<br>of Service       | Number of<br>Individuals | Number of<br>of Service       | Number of<br>Individuals |
| <b>OUTREACH/ADVOCACY</b>     |                                    |                               |                          |                               |                          |                              |                          |                               |                          |                               |                          |                               |                          |                               |                          |
| a.                           | General information services       |                               |                          |                               |                          |                              | 12500                    | 600                           | 12500                    | 620                           | 12500                    | 625                           | 12500                    | 1000                          | 14000                    |
| c.                           | Health benefits counseling (SHINE) | 184                           | 130                      | 268                           | 201                      | 235                          | 165                      | 212                           | 132                      | 169                           | 121                      | 130                           | 109                      | 168                           |                          |
| e.                           | Outreach/Information/Assistance    | 402                           | 176                      | 449                           | 163                      | 145                          | 100                      | 629                           | 220                      | 599                           | 361                      | 388                           | 246                      | 276                           |                          |
| <b>PROFESSIONAL SERVICES</b> |                                    |                               |                          |                               |                          |                              |                          |                               |                          |                               |                          |                               |                          |                               |                          |
| g.                           | Group support .....                |                               |                          |                               |                          |                              |                          |                               |                          |                               |                          |                               |                          |                               | 11                       |
| h.                           | Legal assistance .....             | 47                            | 45                       | 40                            | 38                       | 36                           | 31                       | 44                            | 39                       | 39                            | 37                       | 39                            | 27                       | 43                            |                          |
| k.                           | Tax Prep Assistance                | 100                           | 96                       | 93                            | 91                       | 86                           | 75                       | 79                            | 70                       | 84                            | 73                       | 76                            | 69                       | 107                           |                          |
| l.                           | Legal Talk '12/New Tax Exemptn '14 |                               |                          |                               |                          |                              |                          | 15                            | 15                       |                               |                          | 26                            | 25                       | 26                            |                          |
|                              | Hearing Clinic                     |                               |                          |                               |                          |                              |                          |                               |                          |                               |                          |                               |                          |                               |                          |
| <b>SUPPORT SERVICES</b>      |                                    |                               |                          |                               |                          |                              |                          |                               |                          |                               |                          |                               |                          |                               |                          |
| m.                           | Food shopping assistance .....     | 386                           | 15                       | 410                           | 14                       | 195                          | 12                       | 307                           | 12                       | 207                           | 6                        | 25                            | 1                        | 63                            |                          |
| o.                           | Friendly Visiting .....            | 201                           | 9                        | 304                           | 11                       | 107                          | 11                       | 402                           | 8                        | 370                           | 9                        | 184                           | 7                        | 266                           |                          |
| q.                           | Durable medical equipment loan     | 271                           | 129                      |                               |                          | 151                          | 121                      | 154                           | 119                      | 164                           | 120                      | 184                           | 129                      | 364                           |                          |
| s.                           | Intergenerational .....            | 1165                          | 199                      | 1605                          | 175                      | 1325                         | 185                      | 258                           | 209                      | 1178                          | 215                      | 813                           | 219                      | 722                           |                          |
| t.                           | Transportation (TOTAL)             | 1767                          | 75                       | 3626                          | 61                       | 1944                         | 67                       | 2300                          | 63                       | 2500                          | 58                       | 1812                          | 46                       | 2066                          |                          |
|                              | ambulatory .....                   |                               | 66                       |                               | 58                       |                              | 64                       |                               | 61                       |                               | 56                       |                               | 44                       | 2011                          |                          |
|                              | non-ambulatory .....               |                               | 9                        |                               | 3                        |                              | 3                        |                               | 2                        |                               | 2                        |                               | 2                        | 55                            |                          |
| u.                           | Minor Home Repair .....            | 150                           | 47                       | 180                           | 95                       | 94                           | 66                       | 82                            | 60                       | 98                            | 66                       | 74                            | 49                       | 136                           |                          |
| v.                           | Newsletter .....                   | 18700                         | 3152                     | 18700                         | 1352                     | 19800                        | 1800                     | 22000                         | 2000                     | 22000                         | 2000                     | 22000                         | 2000                     | 22000                         |                          |
| w.                           | FISH Medical Transportation        | 1502                          | 103                      | 1243                          | 115                      | 1200                         | 102                      | 379                           | 116                      | 578                           | 100                      | 564                           | 86                       | 775                           |                          |
| x.                           | Sand Bucket delivery               | 137                           | 99                       | 93                            | 68                       | 86                           | 67                       | 96                            | 68                       | 43                            | 41                       | 124                           | 90                       | 148                           |                          |
|                              | Lockbox                            | 13                            | 13                       | 9                             | 9                        | 19                           | 19                       | 20                            | 20                       | 8                             | 8                        | 11                            | 11                       | 15                            |                          |
|                              | Space heater swap                  |                               |                          |                               |                          |                              |                          |                               | 21                       | 23                            | 21                       | 12                            | 12                       | 14                            |                          |
|                              | Yard cleanup                       |                               |                          |                               |                          |                              |                          |                               | 28                       | 25                            | 25                       | 24                            | 24                       | 23                            |                          |
|                              | Books on Wheels/Goodnow to Go      | 3                             | 1                        | 1                             | 1                        |                              |                          |                               |                          |                               |                          |                               |                          |                               |                          |
|                              | Home Safety Visits                 |                               |                          |                               |                          |                              |                          |                               |                          |                               |                          |                               |                          | 17                            |                          |
|                              | Repair Café                        |                               |                          |                               |                          |                              |                          |                               |                          |                               |                          |                               |                          |                               |                          |
|                              | Sudbury Shuttle*                   |                               |                          |                               |                          |                              |                          |                               |                          |                               |                          |                               |                          |                               |                          |

\*Sudbury Shuttle - Older American's Act grant funded

|                                   |                                    | FY 2009       | FY 2010       | FY2011        | FY 2012       | FY 2013       | FY 2014       | FY 2015       |      |      |      |      |      |      |
|-----------------------------------|------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|------|------|------|------|------|------|
|                                   |                                    | # Visits/     | # Visits/     | # Visits/     | # Visits/     | # Visits/     | # Visits/     | # Visits/     |      |      |      |      |      |      |
|                                   |                                    | Units of Ser  | Units of Se   | Units of Ser  | Units of Ser  | Units of Ser  | Units of Ser  | Units of Ser  |      |      |      |      |      |      |
|                                   |                                    | # Individuals | # Individuals | # Individuals | # Individuals | # Individuals | # Individuals | # Individuals |      |      |      |      |      |      |
| <b>WELLNESS</b>                   |                                    |               |               |               |               |               |               |               |      |      |      |      |      |      |
| y.                                | Health screening .....             | 1106          | 169           | 1074          | 194           | 902           | 142           | 940           | 153  | 1000 | 147  | 1100 | 201  | 1039 |
| z.                                | Other health services.....         | 276           | 276           | 71            | 71            | 55            | 55            | 70            | 70   | 125  | 125  |      | -    |      |
| aa.                               | Fitness/exercise .....             | 6048          | 204           | 6790          | 175           | 3456          | 246           | 4512          | 231  | 4538 | 255  | 8038 | 287  | 5107 |
| bb.                               | Congregate meals .....             | 1499          | 120           | 1709          | 115           | 990           | 85            | 603           | 31   | 500  | 30   | 535  | 29   | 427  |
| cc.                               | Home Delivered Meals .....         | 4849          | 30            | 6023          | 41            | 5728          | 48            | 5010          | 43   | 5000 | 40   | 3105 | 25   | 3494 |
| dd.                               | Health education .....             | 296           | 144           | 431           | 198           | 262           | 136           | 432           | 168  | 424  | 182  | 346  | 161  | 467  |
| .                                 | Healthy Aging workshops            |               |               |               |               |               |               | 70            | 15   |      |      |      |      |      |
| ff.                               | Falls Prevention Day               |               |               |               |               |               |               |               |      | 37   | 37   | 34   | 34   | 60   |
| <b>OTHER</b>                      |                                    |               |               |               |               |               |               |               |      |      |      |      |      |      |
| gg.                               | Recreation/Socialization.....      | 6300          |               | 6300          |               | 6400          |               | 6400          | 376  | 6450 | 450  | 4062 | 347  | 4665 |
| hh.                               | Cultural events .....              | 591           | 499           | 424           | 323           | 198           | 145           | 249           | 205  | 419  | 228  | 426  | 223  | 177  |
| ii.                               | Community Education                | 199           | 184           | 416           | 307           | 160           | 86            | 349           | 113  | 370  | 181  | 483  | 228  | 540  |
| jj.                               | Lifetime learning classes          | 2057          | 360           | 2552          | 269           | 1934          | 256           | 2524          | 206  | 3000 | 266  | 1301 | 198  | 1671 |
| kk.                               | Trips                              | 957           | 338           | 1548          | 378           | 478           | 216           | 378           | 204  | 600  | 150  | 288  | 210  | 258  |
| ll.                               | Arts and Crafts                    | 960           | 70            | 890           | 59            | 873           | 65            | 1307          | 85   | 1762 | 85   | 1700 | 88   | 1188 |
|                                   | Mercury Collection program         |               |               |               |               |               |               |               |      | 74   | 67   | 32   | 32   | 27   |
| <b>VII. Service to NON-ELDERS</b> |                                    |               |               |               |               |               |               |               |      |      |      |      |      |      |
|                                   | NE1. General information.....      | 90            | 86            | 92            | 88            | 88            | 75            | 120           | 100  | 105  | 50   | 115  | 70   | 200  |
|                                   | NE2. Transportation (under 60).... | 1774          | 14            | 1582          | 13            | 984           | 8             | 1283          | 6    | 1600 | 10   | 1412 | 10   | 1433 |
|                                   | NE3. Family assistance.....        | 60            | 40            | 41            | 26            | 125           | 65            | 73            | 27   | 98   | 47   | 79   | 46   | 50   |
|                                   |                                    |               |               |               |               |               |               |               |      |      |      |      |      |      |
|                                   | Total Unduplicated Non-Elders <60  |               | 92            |               | 119           |               | 125           |               | 120  |      | 60   |      | 156  |      |
|                                   |                                    |               |               |               |               |               |               |               |      |      |      |      |      |      |
|                                   | Total Unduplicated Elders (60+)    |               | 2030          |               | 2030          |               | 2000          |               | 2000 |      | 1900 |      | 1900 |      |

Note: Unduplicated elders served is an estimate. The former director estimated higher numbers than I felt comfortable with.

mates.

|      | FY 2016            |                          | FY 2017            |                          | FY 2018            |                          | FY 2019            |                          | Activities |                                    |
|------|--------------------|--------------------------|--------------------|--------------------------|--------------------|--------------------------|--------------------|--------------------------|------------|------------------------------------|
|      | # Visits/<br>Units | Number of<br>Individuals | # Visits/<br>Units | Number of<br>Individuals | # Visits/<br>Units | Number of<br>Individuals | # Visits/<br>Units | Number of<br>Individuals |            |                                    |
|      |                    |                          |                    |                          |                    |                          |                    |                          |            | <b>OUTREACH/ADVOCACY</b>           |
| 1500 | 14000              | 1500                     | 14500              | 1700                     | 16000              | 2000                     | 16000              | 2000                     | a.         | General information services       |
| 118  | 326                | 284                      | 359                | 305                      | 287                | 225                      | 275                | 220                      | c.         | Health benefits counseling (SHINE) |
| 152  | 273                | 218                      | 139                | 90                       | 269                | 186                      | 274                | 195                      | e.         | Information and Assistance         |
|      |                    |                          |                    |                          |                    |                          |                    | -                        |            |                                    |
|      |                    |                          |                    |                          |                    |                          |                    |                          |            | <b>PROFESSIONAL SERVICES</b>       |
| 9    | 48                 | 20                       | 188                | 54                       | 214                | 90                       | 269                | 73                       | g.         | Group support ..... *              |
| 39   | 45                 | 42                       | 79                 | 65                       | 46                 | 44                       | 50                 | 46                       | h.         | Legal assistance .....             |
| 100  | 113                | 92                       | 94                 | 89                       | 99                 | 90                       | 92                 | 85                       | k.         | Tax Prep Assistance                |
| 24   | 23                 | 21                       | 1                  | 1                        | -                  | -                        | -                  | -                        | l.         | Legal Talk '12/New Tax Exemptn '14 |
|      | -                  | -                        | -                  | -                        | 29                 | 26                       | 33                 | 32                       |            | Hearing Clinic                     |
|      |                    |                          |                    |                          |                    |                          |                    |                          |            | <b>SUPPORT SERVICES</b>            |
| 2    | 87                 | 3                        | 93                 | 3                        | 82                 | 3                        | 115                | 5                        | m.         | Food shopping assistance .....     |
| 7    | 279                | 9                        | 311                | 9                        | 197                | 10                       | 339                | 12                       | o.         | Friendly Visiting .....            |
| 146  | 432                | 191                      | 432                | 191                      | 352                | 178                      | 271                | 132                      | q.         | Durable medical equipment loan     |
| 215  | 725                | 218                      | 879                | 255                      | 271                | 144                      | 112                | 85                       | s.         | Intergenerational .....            |
| 66   | 4048               | 38                       | 4648               | 49                       | 5000               | 72                       | 4433               | 68                       | t.         | Transportation (TOTAL)             |
| 63   | -                  | 36                       |                    | 47                       | 645                | 32                       | 1167               | 71                       |            | ambulatory .....                   |
| 3    |                    | 2                        |                    | 2                        |                    | 69                       |                    | 65                       |            | non-ambulatory .....               |
| 50   | 56                 | 42                       | 81                 | 37                       | 91                 | 36                       | 73                 | 48                       | u.         | Minor Home Repair .....            |
| 2100 | 22000              | 2100                     | 22000              | 2100                     | 24000              | 2400                     | 24000              | 2400                     | v.         | Newsletter .....                   |
| 89   | 264                | 96                       | 251                | 72                       | 618                | 91                       | 471                | 89                       | w.         | FISH Medical Transportation        |
| 86   | 78                 | 73                       | 78                 | 73                       | 91                 | 36                       | 73                 | 48                       | x.         | Sand Bucket delivery               |
| 15   | 10                 | 10                       | 7                  | 7                        | -                  | -                        | 21                 | 21                       |            | Lockbox                            |
| 14   | 11                 | 9                        | 1                  | 1                        | 2                  | 2                        | 5                  | 4                        |            | Space heater swap                  |
| 23   | 16                 | 16                       | 17                 | 17                       | 15                 | 15                       | 5                  | 5                        |            | Yard cleanup                       |
|      |                    |                          |                    |                          | 2                  | 1                        | 102                | 13                       |            | Books on Wheels/Goodnow to Go      |
| 17   | -                  | -                        |                    |                          |                    |                          | 1                  | 1                        |            | Home Safety Visits                 |
|      |                    |                          | 50                 | 19                       | 140                | 115                      | 159                | 115                      |            | Repair Café                        |
|      |                    |                          |                    |                          | 645                | 32                       | 1167               | 71                       |            | Sudbury Shuttle*                   |

| FY 2016       |              | FY 2017       |              | FY 2018       |              | FY 2019       |              |               |              |                                    |
|---------------|--------------|---------------|--------------|---------------|--------------|---------------|--------------|---------------|--------------|------------------------------------|
| # Visits/     |              | # Visits/     |              | # Visits/     |              | # Visits/     |              | # Visits/     |              |                                    |
| # Individuals | Units of Ser | # Individuals | Units of Ser | # Individuals | Units of Ser | # Individuals | Units of Ser | # Individuals | Units of Ser | # Individuals                      |
|               |              |               |              |               |              |               |              |               |              | <b>WELLNESS</b>                    |
| 238           | 1155         | 251           | 1053         | 217           | 964          | 334           | 659          | 192           | 29           | y . Health screening .....         |
|               |              |               |              |               |              |               |              |               | 26           | z. Other health services.....      |
| 236           | 5099         | 251           | 4545         | 222           | 6468         | 268           | 6915         | 250           | 32           | aa Fitness/exercise .....          |
| 48            | 359          | 26            | 173          | 73            | 176          | 141           | 119          | 42            | 42           | bb Congregate meals .....          |
| 36            | 4572         | 36            | 5138         | 44            | 5689         | 52            | 5983         | 52            | 52           | cc Home Delivered Meals .....      |
| 189           | 263          | 134           | 334          | 163           | 419          | 150           | 200          | 95            | 95           | dd Health education .....          |
|               | 250          | 32            | 49           | 5             | 64           | 8             | 100          | 16            | 16           | e Healthy Aging workshops          |
| 60            |              |               | 56           | 56            | 55           | 55            | 21           | 21            | 21           | . Falls Prevention Day             |
|               |              |               |              |               |              |               |              |               |              | Tax Work-off Program               |
|               |              |               |              |               |              |               |              |               |              | <b>OTHER</b>                       |
| 340           | 3727         | 275           | 4161         | 510           | 6476         | 1161          | 5357         | 771           | 771          | gg Recreation/Socialization.....   |
| 77            | 122          | 112           | 95           | 79            | 658          | 538           | 104          | 85            | 85           | hh Cultural events .....           |
| 183           | 354          | 115           | 754          | 134           | 1681         | 353           | 756          | 56            | 56           | . Community Education              |
| 170           | 2463         | 210           | 2394         | 234           | 2016         | 231           | 2078         | 189           | 189          | . Lifetime learning classes        |
| 185           | 261          | 181           | 261          | 181           | 219          | 125           | 155          | 97            | 97           | k Trips                            |
| 93            | 1354         | 90            | 1543         | 128           | 1874         | 85            | 1175         | 74            | 74           | . Arts and Crafts                  |
| 27            |              |               |              |               |              |               |              |               |              | Mercury Collection program         |
|               |              |               |              |               |              |               |              |               |              |                                    |
|               |              |               |              |               |              |               |              |               |              | <b>VII. Service to NON-ELDERS</b>  |
| 100           | 250          | 125           | 250          | 125           | 280          | 135           | 281          | 136           | 136          | NE1. General information.....      |
| 11            | 1471         | 14            | 1500         | 16            | 1520         | 13            |              | 13            | 13           | NE2. Transportation (under 60).... |
| 41            | 49           | 40            | 20           | 16            | 52           | 42            | 15           | 12            | 12           | NE3. Family assistance.....        |
|               |              |               |              |               |              |               |              |               |              |                                    |
| 145           |              | 166           |              | 155           |              | 175           |              | 250           | 250          | Total Unduplicated Non-Elders <60  |
|               |              |               |              |               |              |               |              |               |              |                                    |
| 1900          |              | 1600          |              | 1600          |              | 1800          |              | 1850          | 1850         | Total Unduplicated Elders (60+)    |

\* flu shots were counted in Other Health, moved to Screening in '14

## **Senior Center Attachment 9**

### **Senior Center Program Room Use for Evening Meetings**

The Senior Center's 2 program rooms are used for community meetings in the evenings, as well as occasionally on the weekends.

Groups using the space for no charge include:

Sudbury Baseball, Sudbury Soccer, Sudbury Basketball, SEPAC, Men's Softball, Sudbury Little League, Cub Scout Pack 62, Friends of L-S Hockey, Sudbury Cultural Council, L-S Lacrosse, Sudbury Art Association, Sudbury Board of Health

Groups who rent space:

Sudbury Opera Lovers, New England Genealogical Society, Landham Crossing Condo Association, Dudley Brook Preserve, Swedish Ancestry Research Association, Charles River Wheelers