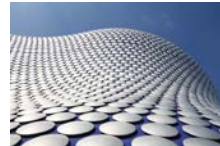


T.E.D. Talks
Wednesdays, 10:00 AM
April 24 – May 15



TED (Technology, Entertainment and Design) is a non-profit organization devoted to “Ideas worth spreading”. Talks on a wide range of subjects are presented by highly accomplished professionals in their fields, at a number of annual conferences. Talks are made available to the public free of charge, in 70 languages, via the internet. Individual talks are generally between 15 and 20 minutes in duration. There are about 1,200 of them so far. You can view them yourself at www.ted.com/talks.

We will meet for four one-hour sessions. In each session we will watch two or three TED talks and then discuss them among ourselves. The talks for each session will be selected so that they deal more-or-less with the same subject, possibly offering different opinions or points of view. Four sessions, four subjects. Subjects for the four sessions will be selected by the participants at our first meeting, from a short menu of possibilities.

Ted Bially, facilitator of this forum, is a resident of Sudbury with an interest in many subjects who relishes a lively discussion.

There is no charge for this program, but you must register at the Sudbury Senior Center. Call (978) 443-3055 for information. Space is limited.



**The World Was Never the Same:
Events that Changed History**
April 22 – June 3
6 Mondays, 10:30 AM



History is made by great individuals, great ideas, and great events. We will continue this popular DVD series on *Events That Changed History* with Prof. J. Rufus Fears, PhD. on Monday mornings. We will show the next two DVDs; each has 6 lectures. We will show two 30 minute lectures each Monday. We will continue the series the week of June 10 on another day of the week through the summer. This DVD series was donated by Ivan Lubash. Thank you Ivan!

To register for this course, please call the Senior Center at (978) 443-3055. Free.

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A MESSAGE FROM THE COUNCIL ON AGING CHAIR,
DAVID LEVINGTON

Hold onto Those Tax Returns

Don't put your 2012 Tax Return in the basement just yet, you may need it to apply for Sudbury's new "Means Tested Senior Citizen Tax Exemption". If your property taxes exceed 10% of your income, you may qualify.

There are about 1,200 households in Sudbury with at least one person over 65, and we estimate that about 200-250 will be able to participate. If you think you may be one of these, you'll need to have your 2012 tax returns handy. Here's how we think it will work:

The Assessors are preparing an application, and expect to begin providing them to seniors in May; the application period will extend into the summer. Exact dates haven't been determined.

You'll have to request an application from the Assessors, and then fill it out and return it with a copy of your Federal and State Tax returns. If you don't file tax returns, because your income doesn't require it, you will have to complete a Massachusetts *Form CB*, available at the Assessors' office, the Senior Center, or <http://www.mass.gov/dor/docs/dor/forms/inctax11/f1-nrpydfs/sch-cb.pdf>.

If you qualify, then you will receive an exemption, ideally enough to lower your property tax for next year to no more than 10% of your income. If there are more applicants than the money allocated to the program, everyone will receive a smaller exemption, but proportional to need.

A quick way to see if you're likely to benefit is to look at your Massachusetts return and see if you qualified for the *Circuit Breaker Credit*. That statewide program reduces most eligible senior's taxes to 10%. If you didn't qualify, then your income is too high, or your taxes too low. If you did qualify, and after including the \$1,000 credit in your calculations your taxes still exceed 10% of income, you are very likely to qualify for this program.

Spread the word! You won't get this credit unless you apply for it, and there's no provision for helping those who don't apply in time.

Class Registration Policy

Many of our classes, programs and performances are very popular and demand exceeds the capacity of the main program room (the Sudbury Pines room). If you are interested in a class, we ask that you register in advance for the class and let us know if you will only attend some of the classes. We also ask that you pay any program fees in advance as well, as these hold your space. When a class is full, we will take a waiting list. If we find that a space becomes available, we will notify you as soon as possible. If you are on the waiting list, please check with us to see if space is available before coming to the Senior Center the day of the class. We are trying to be as fair as possible. Thank you for your understanding and patience.

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Healthcare Decisions: Planning Ahead

Tuesday, April 23
10:30AM

If a family member becomes ill and is unable to communicate their wishes, are you prepared? What if you are ill and unable to tell your family what to do? Planning ahead can reduce anxiety for us and our family, and serves to reduce some of the stress involved in serious illnesses. In Massachusetts, we can choose a Health Care Proxy to speak for us should we be unable to communicate our wishes. However, most people have not chosen a proxy and/or have not shared their health care wishes with their family.

The newly formed Parmenter Foundation, along with Parmenter Community Health and the Senior Center would like to help people take that step. Come to this informative discussion to learn more about making your health care choices known.

- Cynthia Mayher, Executive Director of the Parmenter Foundation, will talk about the importance of making your health care decisions known and how the Parmenter Foundation seeks to help in that effort;
- Stuart Hamilton, Elder Law Attorney, will discuss the documents that you can use to clarify your choices;
- Abby Leonard of Parmenter Hospice will talk about the choice of hospice, how it helps, and what it costs.

Please call the Senior Center at (978) 443-3055 to register for this informative talk.

***Soups
On!***

Stress Less
Thursday, April 4



Soup: 12:00 Noon; Speaker: 12:30 PM

Laurie Bender RN, MS, CCNS, owner of Home Instead Senior Care will be here to talk about stress, caregiver stress and stress management. How do you determine your stress level? Are there different kinds of stress? What can you do to minimize or manage your stress?

Soup is served at 12:00 noon, our speaker will begin at 12:30 PM promptly. To reserve your space, call the Senior Center at (978) 443-3055. If you would like to order soup, please call before 4:00 PM on Wednesday, April 3.



Hope in the Springtime

Bereavement Group
April 8 – May 20
Mondays 1-2:30 PM

*Spring is an energetic season of hope,
a time of awakening,
of stirring and coming alive.
-Wiederkehr and Rupp-*

For those who have experienced a recent loss, this may seem difficult.

If you have suffered a recent loss through death, you are invited to join a six week bereavement support group at the Senior Center. Come and be with others. Rituals will begin and end each group. Educational materials will be provided regarding the grief process.

Please call Beacon Hospice Bereavement Coordinator Judith Chaloux at (508) 875-1380 with questions and to register. Registration is required in order to participate in this group. This group will meet at the Senior Center.



Health Coaching

Tuesday, April 23
12:30-2:30 PM

Health Coaching is now offered at Sudbury Senior Center! Please register and list the health care topic you would like to discuss during your 15 minute session. Together with the BOH nurse, you will identify your health care goals and create and achieve small steps toward that goal. You will also focus on improving self-management of your health care concerns and learn how to stay motivated. Call (978) 443-3055 for information.

Advanced Beginner to Intermediate Bridge Lessons

Session 2 - Pavlicek Methods
Wednesdays, 9:30 – 11:30 AM
April 17 – May 22
\$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: 12 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.

Current Events

Thursdays
April 4, 18
10:30 AM



Join Facilitator Richard Nesmith for an enlightening and energetic give-and-take on the topics of the day! Please call to let us know that you will attend at (978) 443-3055. Group limited to 20 participants. Free.



Our Semi-Annual Men's Breakfast

Thursday, April 18
9:00-10:00 AM

Flapjacks, sausage, fruit, coffee and juice, along with great conversation! Let us know you are coming, so that we can prepare enough food and space! Call (978) 443-3055. \$3 at the door.

Thanks to our Front Desk Staff!

Did you know that while our regular morning Front Desk Receptionist Jean Taylor is away from January through March, that we have some wonderful Senior Community Work Program participants who fill in her shoes?

For the past several years, Gini Frazer and Marie Gardiner have come in the dead of winter to take care of the Senior Center Front Desk and they do a fantastic job! We are so appreciative of their dedication and skills. This year, we have a new Work program participant helping out – Mary Ellen French. We hope you will welcome Mary Ellen, and say a warm hello to Marie and Gini when you see them. We could not do our jobs without them!

In the afternoon, we have several amazing volunteers who share their time and skills with us. Our thanks to Esther, Lillian, Jean, Anne, Margaret, and Jovanna.

Please take a moment to thank all of our Front Desk staff – the Senior Center really relies on their smiling faces and their dedication to a job well done.

Teen Tech Workshops



Wednesdays
April 10 and 24
2:00-4:00 PM

Lincoln-Sudbury high school students will be here to help you out with laptop, cell phone, software or Facebook questions. Please reserve your 2:00 or 3:00 PM appointment by calling (978) 443-3055.

Special 6 week program

Healthy Living
with Diabetes
Tuesdays, April 23 – May 28
1:00-3:30 PM

Are you living with diabetes or pre-diabetes? Would you like to join a group that provides structured support, education and guidance on living more healthfully with diabetes?

“Healthy Living with Diabetes” is based on a Stanford University evidence-based program proven to improve several key health factors. Participants meet for 2 ½ hours each week for 6 weeks learning about healthy eating, stress reduction, communicating with the doctor, maintaining even blood sugar and more.

This program is supported by a federal Title III grant from BayPath Elder Services in Marlborough. Participants have the opportunity to contribute to the cost of the program and book by making a \$10 donation, but this is not necessary to participate. Please call the Senior Center at (978) 443-3055 for more information and to register.



Piano in the Springtime

Tuesday, April 16
1:30 PM



Treat yourself to the engaging piano playing of Sudbury's own Bob Pilsbury – longtime pianist with the New Black Eagle Jazz band. Join us for an afternoon treat! Please call (978) 443-3055 to let us know that you are coming! Free.

Medicare Information from the S.H.I.N.E. Program

Staying Healthy with Preventive Care

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

We have trained SHINE (Serving Health Information Needs of Elders) volunteers at the Senior Center who can help you. They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. You can also 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.



Mercury Removal and Disposal Program

Saturdays, April 20 and May 18
11:00 AM – 1:00 PM

Mercury is a very toxic and dangerous material to both humans and the environment. As much as possible, it should be removed from your home. To meet this challenge, the Sudbury Senior Center established the Mercury Recovery & Disposal program. Kaz, Inc. is generously donating Vick's brand digital fever thermometers to exchange for your mercury-containing fever thermometer or similar mercury-containing item.

You can exchange your mercury-containing item(s) for one new digital fever thermometer (one per family) at the Sudbury Senior Center on April 20 and May 18 from 11:00 to 1:00. *Special thanks* to Ed Gottmann for creating and organizing this program.

Please note: we are unable to accept large fluorescent lightbulbs, but we can accept compact fluorescent lightbulbs.

Thursday Crafters

9:30-11:30 AM
Drop-in




Join the crafters for fun, creative projects to be sold at the annual Holiday Bazaar in November, or bring your own project or new idea. Beginners welcome!



Legal Clinic
Tuesday, April 16
10:00 – 12:00

Schedule your free 20 minute appointment with Elder Law Attorney Denise Yurkofsky. Call the Senior Center at (978) 443-3055 for more information.

APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00-2:30 I&R Hours 10:30 <i>Significant Speeches</i> (4) (last) 11:00 Fit for the Future 1:00 Better Bones (5) 2:15 Tai Chi (7)	2 8:30-10:30 BP Clinic** 9:00 Cribbage 9:40/11:00 Yoga (1) 10-11:15 <i>Shakespeare</i> (4) 12:00 Lunch 12:30 Bridge 3:00 Council on Aging	3 8:30 Fit for the Future 9:00-2:30 I&R Hours 9-4 AARP Tax Help 9:30-11:30 <i>Drawing</i> (5) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 12:30 Zumba 55+ (1)	4 9-12 No SHINE Today 9:30 Tap Dance (4) 9:30 Thursday Crafters 10:30 <i>Current Events</i> 12:00 Soups On: <i>Stress Less</i>	5 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Movie: <i>Darling Companion</i> 1:00 Watercolors (10)
8 9:00-2:30 I&R Hours 11:00 Fit for the Future 10:00 Stamp Club 10-12:30 <i>Bridges Reunion</i> 1:00 Better Bones (6) 1:00-2:30 <i>Hope in Springtime Bereavement group</i> (1) 2:15 Tai Chi (8)	9 8:30-10:30 BP Clinic** 9:00 Cribbage 9:40/11:00 Yoga (4) 10-11:15 <i>Shakespeare</i> (5) 12:00 Lunch 12:30 Bridge	10 8:30 Fit for the Future 9-4 AARP Tax Help 9:00-2:30 I&R Hours 9:30-11:30 <i>Drawing</i> (6) 10-12:30 <i>Bridges Reunion</i> 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 12:30 Zumba 55+ (2) 2:00-4:00 Teen Tech	11 9-12 SHINE*** 9:30 Tap Dance (5) 9:30 Thursday Crafters 10:00-12:30 <i>Bridges Together Reunion</i>	12 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:30 <i>Opera</i> (2)(makeup class for March 8) 1:00 Watercolors (11)
15 Patriot's Day Holiday  Senior Center Closed	16 8:30-10:30 BP Clinic** 9:00 Cribbage 9:40/11:00 Yoga (2) 10-11:15 <i>Shakespeare</i> (6) 10-12:00 Legal Clinic 12:00 Lunch 12:30 Bridge 1:30 <i>Piano in Springtime with Bob Pilsbury</i>	17 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30-11:30 <i>Bridge Lessons</i> (1) (Van Houten room) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 12:30 Zumba 55+ (3)	18 9:00 <i>Men's Breakfast</i> 9-12 SHINE*** 9:30 Tap Dance (6) 9:30 Thursday Crafters 10:30 <i>Current Events</i>	19 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Movie: <i>New Years Eve</i> 1:00 Watercolors (12) ----- Mercury Recovery – Sat., April 20 - 11am-1pm
22 9:00-2:30 I&R Hours 10:30 <i>The World Was Never the Same</i> (1) 11:00 Fit for the Future 1:00 Better Bones (7) 1:00-2:30 <i>Hope in Springtime Bereavement group</i> (2) 2:15 Tai Chi (1)	23 8:30-10:30 BP Clinic** 9:00 Cribbage 9:40/11:00 Yoga (3) 10-1 SHINE 10:30 <i>Healthcare Choices</i> 12:00 Lunch 12:30 Bridge 12:30-2:30 <i>Health Coaching w/Nurse</i> 1-3:30 <i>Healthy Living with Diabetes</i> (1)*	24 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30-11:30 <i>Bridge Lessons</i> (2) (Van Houten room) 10:00 TED Talks (1) 11:00 Fit for the Future 12:30 Quilters 12:00 Lunch 12:30 Zumba 55+ (4) 2:00-4:00 Teen Tech	25 9-12 SHINE*** 9:30 Tap Dance (7) 9:30 Thursday Crafters 12:00 Pizza and a 12:30 Movie: <i>Argo</i> 3:00 Friends	26 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Movie: <i>Buck</i> 1:00 Watercolors (1) ----- <i>Goodnow Library Open House</i> – Sat. 10-2- <i>Visit the Senior Center Table</i>
29 <i>Special Van trip</i> 9:00-2:30 I&R Hours 10:30 <i>The World Was Never the Same</i> (2) 11:00 Fit for the Future 1:00 Better Bones (8) 1:00-2:30 <i>Hope in Spring Bereavement group</i> (3) 2:15 Tai Chi (2)	30 8:30-10:30 BP Clinic** 9:00 Cribbage 9:40/11:00 Yoga (4) 12:00 Lunch 12:30 Bridge 1-3:30 <i>Healthy Living with Diabetes</i> (2)*	*** <i>Healthy Living with Diabetes</i> is a special 6 week class, see details on page 4. Please preregister for this class. ***SHINE – Medicare counseling	**BP Clinic – Blood Pressure clinic with Sudbury Board of Health Nurse Phyllis Schilp; you can also get your blood glucose checked.	Would you like to receive our newsletter via email? You can join our email subscription list at www.sudbury.ma.us .



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.

The April menu was not available at press time. Please look for it at the Senior Center and on the Senior Center webpage at www.sudbury.ma.us/departments/seniorcenter.

NEW CHOICE: There will be two choices for Wednesday lunch! One will be a traditional hot lunch, the other an alternative that will include salad and/or soup.

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

Looking ahead...

A Revolution of Her Own! Thursday, May 9, 2:00 PM



In honor of Mother's Day, a one woman show featuring Judith Kalaora as *Deborah Samson Gannett*, the first woman to enlist, fight in and to be honorably discharged from the American Military. This hour-long program chronicles the life of this extraordinary woman who was an indentured servant by the age of five and lived in a man's world, but was determined to enlist in the Continental Army. This show will captivate you. **Sign up for *Sudbury residents*** begins on Wednesday, April 3; on Friday, April 12 for all others.

Movie and Pizza Thursday, April 25

Argo

2012
Rated R
120 minutes



In 1979, when Iranian militants seize the American embassy, six Americans slip into the Canadian embassy for protection, prompting the CIA to concoct an elaborate plot to rescue them by pretending that they are filmmakers rather than diplomats.

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**.

Friday Afternoon Movies – 12:30 PM

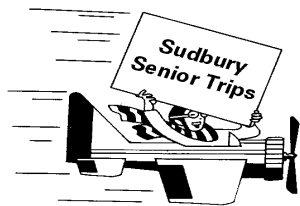
April 5 – *Darling Companion* – 2012 – Empty-nester wife bonds with dog

April 12 – No movie today, due to Opera Class Makeup

April 19 – *New Years Eve* – 2011 – Star-studded romantic comedy

April 26 – *Buck* – 2011 – documentary on the “Horse Whisperer”





After the weather we have had recently, it is hard to believe that spring is actually here. We all need to get out and enjoy every minute of it. With this in mind, we have some great trips planned for you.

Registration has started for our summer and fall trips. As we must pay most of our vendors at least a month prior to the actual trip or cancel it (or lose our deposit) we are now basing our trips on 29 passengers. After that we will take a wait list until we reach at least 36-38, before reserving a larger bus. Please sign up as early as you can; *noting our cancellation policy.*

The Don Who Show, Friday, April 19th, cost \$49. This show is really a great bargain and includes lunch, transportation as well as the show. Don Who is a very talented singer, comedian and impersonator who has appeared all over New England and Wrights Farm is noted for their delicious Chicken dinners. As we are sharing this trip with Concord, please call to see if there is space.

Thoroughly Modern Millie, Wednesday, May 8th, cost \$59.50 is another real bargain and includes both the show and transportation. This theatre is very senior oriented and certain Wednesdays are reserved price-wise for seniors. Rousing dance numbers and toe tapping music as well as the charming décor of the theatre makes this a really great experience. We will make a lunch stop at a local Mall with time for shopping and

browsing prior to the show.

Those Shining Lives, Wednesday, June 12th, cost \$41.00 is even a bigger bargain than *Thoroughly Modern Millie*. This dramatic, spell-binding play is the true story of 4 young ladies who had the courage to stand up to their uncaring employers who endangered their lives by making them use dangerous chemicals in their jobs. We will make an AM stop at a local Mall or restaurant for lunch on our own.

Trains of the Colorado Rockies, July 12-20 cost \$2,649 is still available but please call me at 978-443-8320 for more information.

Dreamgirls, Thursday, July 11th, cost \$52.00 at the Interlakes Theatre in beautiful Meredith N.H. Cost includes both the show and transportation. This very glitzy show was nominated for 13 Tony awards and chronicles the rise of the group "The Dreams" who became music superstars. It is full of both glitzy sets and costumes and great music. We will plan to arrive by 11AM to have enough time to enjoy both the ambiance of the lake (Winnepesaukee) and the quaint and lovely shops and restaurants across the street and in the "Mill Falls Marketplace."

Lobster Bake and Show, A Tribute to Patsy Cline, Wednesday, August 14 at the Log Cabin in Holyoke. Cost \$79.00; enjoy a delicious, Lobster, BBQ Ribs, Chicken, Dessert, Coffee, Tea, a Glass of Wine and a GREAT SHOW

starring Janice Dee in a tribute to Patsy Cline. (*She even looks like Patsy Cline.*) A real summertime treat. **PLEASE NOTE:** This trip fills up quickly.

La Cage Aux Folles, Wednesday, September 25 at the North Shore Music Theatre. Cost \$78.00. This includes seating in the PRIME area of the theatre and Motor Coach transportation. We will stop at the Woburn Mall for *A Little Shopping* at one of your favorite stores and lunch on our own...

Albuquerque Balloon Festival, Thursday, October 3-Tuesday October 7, \$1639PP. double occupancy. This trip is sold out with a wait list of 8.

We hope to announce the rest of our fall schedule in the May newsletter; while *Christmas Pops* information will be available late summer - early fall.

Happy Spring to all, *Carmel*

AARP Tax Help Continues until April 10

Need some help with your income tax return? Our specially trained volunteers from the AARP Tax Assistance program will help you with your forms, for **free**. One and a half hour appointments are available on Wednesdays (9:00, 10:30, 12:00, 1:30, and 3:00). To schedule one, call 978-443-3055.

Be sure to bring with you the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*. Arrive 10 minutes early for your appointment so that you have time to complete the information form. Please call (978) 443-3055.

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 8:30-10:30 AM**. **Free** blood sugar testing is also provided each **Tuesday from 8:30-9:30**. 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.

Zumba 55+

Wednesdays at 12:30 PM
4 weeks at \$12; Drop-in for \$4/class



Get into the groove with Zumba! Instructor Susan Craver keeps the music and students (safely) hopping.

**Tai Chi**

Mondays, 2:15 PM
Next session: April 22 – June 24
8 weeks - \$34

Join Certified Instructor Jon Woodward for an exploration of the art and practice of Tai Chi. Tai Chi is well known for improving balance and reducing stress. Please register and pay by Wednesday, April 17. Minimum of 5 students; a maximum of 14.

Fit for the Future

Mondays, Wednesdays, Fridays 11:00 AM
Wednesdays 8:30 AM - \$2 Drop-in

**Yoga for Living Well**

Tuesdays - 9:40 and 11:00 AM
April 2 – May 21, 8 weeks - \$56

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 February 4 and pay the \$56 fee when you register. Your payment holds your space. *New students* - Try a free class on March 26.

**Tap Dance**

Thursdays at 9:30 AM
April 4 – May 9
Six classes for \$30

The ultimate mind-body exercise! Please register at the Senior Center and pay as you register. Call (978) 443-3055 for more information about any fitness class.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

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

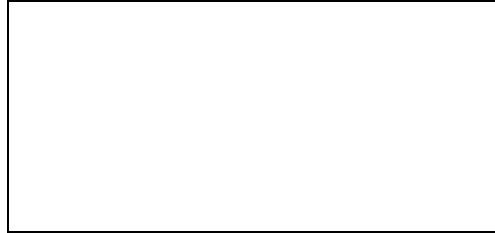
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

<http://senior.sudbury.ma.us>

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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: 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



Men's Breakfast

**Thursday, April 18
9:00-10:00 AM**

\$3.00 at the door

**Pancakes, sausage, fruit, juice
and coffee**

*Featuring Chefs-
Joe Bausk and Barry David*