



Songbirds of the Northeast

with Naturalist/Educator John Root

Thursday, April 10

1:00 PM

Learn how to recognize songbirds by their songs and calls in this intriguing presentation by Naturalist John Root. John will also discuss the birds' diet, migration, habitat, life cycles, social behavior and adaptations for survival. John's presentation will feature photographs and recordings of our region's songbirds. This program is supported in part by a grant from the Sudbury Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Please register for this presentation by calling the Senior Center at (978) 443-3055. Registering ensures that we are prepared for the audience, and that we can contact you should there be a change in the schedule.



Springtime Piano

With Bob Pilsbury

Friday, April 11, 1:30 PM

\$5



New Black Eagle Jazz Band veteran Bob Pilsbury is back to tickle the keys and treat you to some lively springtime jazz! Bob is a resident of Sudbury, when he's not on the road with the New Black Eagle Jazz Band. Always a treat!

Sudbury residents may sign up immediately, non-residents as of March 31. Please call (978) 443-3055 for more information and to register.

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A MESSAGE FROM THE CHAIR OF THE COUNCIL ON AGING

Winter is over, and while some of the youngsters complained about how much snow we got, it wasn't like that one we had back in '78, was it! But enough of winter, let's focus on one universal sign of spring here in New England – the sport played by the likes of Joe Cronin, Bobby Doerr, Ted Williams, Yaz, and Sudbury's own Babe Ruth! (Oops! Sorry for that last one.) But baseball is only part of what you can experience at the Senior Center. What about Lifelong Learning programs, luncheons, music, arts and crafts? What about canasta, bridge, bingo and cribbage? What about yoga, better bones, tai chi, tap dance and Zumba? What about movies, biking, walks and swims? What about health assistance, tax assistance and legal assistance? What about all the socializing and volunteer opportunities?

There is so much going on and even more so as the warm weather begins to envelop us. Look through this issue of Senior Scene and each issue of Senior Scene to see all that is happening here in Sudbury and at the Senior Center. If Babe Ruth had the opportunities we have now, he would not have had to entertain himself by throwing pianos into local lakes. And instead of heading off to NYC, he would have stayed right here in Sudbury. Maybe there would not have been that 86 year gap between 1918 and 2004. Enjoy the oncoming spring and summer and all that the Sudbury Senior Center has to offer!

Jack Ryan



**Sudbury Council on Aging
Seeking new members!**

Would you like to help steer the future of the Sudbury Senior Center? The Sudbury Council on Aging is a 9 member committee that helps to analyze the needs of the 60+ population of Sudbury, plan for the future of the Senior Center, and advocate for those needs. The Council on Aging meets monthly on the first Tuesday from 3:00-5:00 PM at the Sudbury Senior Center. Please call us for an application. Interviews will take place in the next month and new members will start in June.

Current Events Group

Thursdays, April 3 and 17
10:00 AM



Join our lively discussion group with Facilitator Richard Nesmith. Please call to sign up at (978) 443-3055.

*Refresh-
ments!*

**A Matter of Balance:
Fall Prevention with Parmenter Health Care
Wednesday, April 9, 11:00AM**

You can't learn about Fall Prevention too often! Parmenter's Physical and Occupational Therapists will be here to talk about falls, balance and the best exercises to help you keep yourself upright! Please call to let us know you're coming, so that we can prepare for the audience.

COUNCIL ON AGING

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**FRIENDS OF SUDBURY
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- June Allen, Catherine Kuras, Bob Diefenbacher, Judy Deutsch, Martha Dow, Marie Lupien, Carol Oram, Jean Semple, Judith Honens, Patricia Howard, Esther Mann, Donald Oasis, Dorothy Sears



Thank You, Sudbury Town Crier!

The Sudbury Town Crier started a new Senior page about a month ago and they have been featuring a "Meet Your Neighbor" column with profiles of some of Sudbury's interesting older residents. In addition, the paper sent a reporter to the Senior Center on February 12 to chronicle all the happenings here! This resulted in a front page article, "Behind the Doors of the Sudbury Senior Center". Thank you to the Town Crier for dedicating a page to senior news and information and for visiting the Senior Center. See the article at <http://sudbury.wickedlocal.com/article/20140221/NEWS/140229152/0/SEARCH>. If you missed the "Meet Your Neighbor" articles, they are also available at the Town Crier website, called "Wicked Local", and we are posting the Senior Center article and the "Meet Your Neighbor" articles on our bulletin board as well.

Soup's On!

Food as Medicine: How to Manage Chronic Illnesses with Healthy Eating Thursday, April 17

12:00 Soup
12:30 Talk

Ann Mazzola, BS, RN, nurse at Home Instead Senior Care, has more than a dozen years' experience designing, developing and teaching dynamic and interactive courses on health, nutrition and fitness. She was the Nurse Health Educator at Atlantic Union College, South Lancaster, MA for three years, teaching health, wellness, nutrition, stress management and physical education classes. Please sign up for this event by Wednesday, April 16. Let us know if you want soup!



Sudbury 375 Needs You!

Volunteers! Join the Sudbury 375 group to celebrate Sudbury's 375th anniversary with an Olde Time Family Community Fair on Saturday, August 23, 2014 at the Sudbury Grange Hall. Help is needed with planning children's activities, creating play and game equipment and supervising all the fun on Fair day! Contact Sue Rushfirth at (508) 265-8748 or at suerpt@gmail.com. See more about Sudbury 375 at <http://sudbury.ma.us/departments/Sudbury375/>.

Continuing...

TED Talks & Discussions

Mondays
April 7, 14, 28
10:00 – 11:30 AM



TED (Technology, Entertainment, 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 several annual conferences.

In each session, watch two or three TED talks and discuss them with the group. 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. Ted Bially, facilitator of this forum, is a resident of Sudbury with an interest in many subjects who relishes a lively discussion.

Admission is free. You must register for this series at the Sudbury Senior Center, call (978) 443-3055 for information. Thank you Ted Bially!

Bridges Reunions

Tuesday, April 15, 10-12:30
Wednesday, April 16, 10:00-12:30

Sudbury's intergenerational program, Bridges Together, brings older adults into 4th grade classrooms for 6 weeks, and culminates with a reunion at the Senior Center. Watch for the next reunions, there will be 4th graders visiting with their senior partners and taking a Senior Center tour. If you are interested in being a part of this special program, please contact Chris Hammer, Bridges Coordinator at sudburybridges@gmail.com.

Drawing Workshop

4 Wednesdays, 10:00-12:00
April 16 – May 28, \$18
no class: 4/23, 5/14, 5/21



This session will be a "potpourri". Students are invited to bring in whatever challenge they are interested in tackling and instructor Susan Funk will assist them. Past classes have focused on portraits, still life, animals, calligraphy and others. Sign up for Sudbury residents until April 2, all others thereafter. Student limit is 15.

Hot Topic of the Month

Thursday, April 24

2:00 PM

\$5



Popular instructor Dr. Larry Lowenthal will address the most up to date issues of local, national and international concern-politics, health care, religion, military conflict, social trends, economics, and entertainment, in a 1 hour session once a month on the last Thursday of the month. Please pay the fee and sign up for this class by calling the Senior Center at (978) 443-3055.

Chess or Scrabble Anyone?

Do you play Chess and/or Scrabble? We have some players interested in getting together at the Senior Center. If you are interested, please give us a call at (978) 443-3055 and leave your name and contact information.

Looking to Keep Sharp?

Join our weekly Cribbage crew on Tuesday mornings at 9:00 AM; or stop by for Bridge on Tuesday afternoons at 12:30 PM.

Legal Clinic Tuesday, April 15 10:00-12:00

Elder Law Attorney Susan Shipley will be here to discuss your legal issues. Please sign up for a free 20 minute consultation at (978) 443-3055.

Although we make every effort, for the information in our newsletter to be accurate. There are times when we inadvertently leave something out or make an error.



Beginner Mah Jongg 6 Wednesdays, 1:00-3:00 PM May 7 – June 11 \$30

Meet and Greet the Teacher Wednesday, April 23 11:00 AM

Were you ever curious about the Chinese tile game called Mah Jongg? Today, the ancient game of the Mandarins is a popular American pastime. This course designed for the beginner, will introduce you to the basic rules of the game. A very small amount of time and effort is required to master the elementary principles. By the second class, students will begin playing a game. The only materials necessary for each player will be the purchase of an "official standard hand card" for \$8.00 (if you feel that you want to continue playing with a current Hand Card). Come join the fun. Your patience in mastering the fine points of Mah Jongg will be repaid many times by the keen enjoyment that is derived from this game. Please sign up and pay the \$25 fee by May 5. 8 student maximum.

The Medical Equipment Loan Closet - *Needs Your Donations!*

Clean, gently used walkers, wheel-chairs and other items. Questions? Leave a message for Ed Gottmann.



Stamp Club

We have a monthly Stamp Club meeting on the second Monday of each month at 10:00 AM. Feel free to drop in! Bring your stamps!



Teen Tech Workshops Wednesdays, April 9 and 23 2:00-4:00 PM

Visit with one of our fabulous Lincoln-Sudbury High School students and ask all your tech questions. Students will be here to answer questions about email, Facebook, your laptop, your cell phone, ipad, Skype and more. Sign up for an appointment at 2:00 or 3:00 PM (other dates may be added). Please give us a general idea what types of assistance you will require.



AARP Tax Return Assistance – *last days* Monday, April 7 Thursday, April 10 9:00 AM-4:00 PM

Our Tax Assistance program is winding down. We may have a few appointments left for the last two sessions. Please call to check!

Coolidge at Sudbury – Affordable Housing

The Coolidge at Sudbury is still accepting applications. It is not too late! Applications are still being accepted for the new *Coolidge at Sudbury* affordable apartments on Boston Post Road (Route 20). You can pick up an application at the Senior Center, Goodnow Library or the Planning Office in the Flynn Building. Applications should be mailed to: Peabody Properties, Coolidge, 536 Granite Street, Braintree, MA 02184.

FROM INFORMATION AND REFERRAL SPECIALIST, ANNE MANNING

Prevent Falls

Did you know?

- One-third of people aged 65 years and over typically fall once or more each year.
- Falls are the most common cause of injury and the 6th leading cause of death for seniors
- Almost half of admissions to long term care facilities are fall-related.
- Falls usually happen because of the combined effects of a number of factors, such as loss of balance, side effects of medicine, impaired mobility or vision, and environmental hazards.
- Most falls occur in seniors' homes, while doing usual daily activities.
- 40 percent of falls that require hospitalization involve hip fractures.
- Older adults may develop a "fear of falling"; causing them to restrict their activities which can *increase their risk* of falling due to weak muscles, stiff joints and poor balance.

Fall prevention is the best way to avoid a fall – properly fitting shoes, at home and when out and about; taking to your doctor about any medication side effects that effect balance; getting your vision checked and improving lighting at home; making sure floors are clear of clutter and removing throw rugs; taking a fitness class such as Tai Chi for Healthy Aging, Fit for the Future, or Better Bones to maintain strength and balance. For more information contact Anne Manning, LMHC, Information and Referral, at (978) 443-3055.

Reference: Falls and Injury Prevention Coalition, Dr. Vicky Scott

Hospital Observation Stays and Original Medicare

Hospitals are increasingly admitting patients under observation status. Patients under "observation" are considered outpatients even though they may stay in a hospital bed for many days. For those with Original Medicare, outpatient stays at a hospital could result in increased costs. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under "observation" in a hospital will not count toward that three-day minimum.

In addition, a Medicare Supplement (Medigap) **will not** cover any of the costs of the skilled nursing care if Medicare has not paid first. So patients with Original Medicare who have been under observation status, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home, because they are unable to cover the costs.

Medicare Advantage plans **will** cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial.


Currently, there are bills filed in both houses of Congress (the Improving Access to Medicare Coverage Act of 2013) requiring that time spent in "observation" be counted towards meeting the three-day prior inpatient stay that is necessary to qualify for Medicare coverage in a skilled nursing facility. All members of the Massachusetts delegation support this pending legislation.

The Senior Center's trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the Senior Center at (978) 443-3055. For other SHINE related matters, 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.



APRIL 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please note:</i></p> <p><i>Poetry is cancelled on April 15.</i></p> <p><i>Alexander the Great is cancelled on April 16 and April 30.</i></p>	<p>1</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 10:00 <i>Poetry (3 of 6)</i> 12:00 Lunch 12:30 Bridge 1:15 <i>Tai Chi for Healthy Living (5)</i> 3:00 COA Meeting</p>	<p>2</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alex the Great (12)</i> 10:00-12:00 <i>Drawing (5)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta (Van Houten room)</p>	<p>3</p> <p>9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>Nebraska</i> 1:00-4:00 SHINE 2:00 <i>Connection Circle</i></p>	<p>4</p> <p>9:30-11:30 Bingo 9:30 Better Bones (1) 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Movie: <i>The Frisco Kid</i> 1:00 Watercolors (1)</p>
<p>7</p> <p>9-4 AARP Tax Return Assistance 9:00-2:30 I&R Hours 10:00 <i>TED Talks (2)</i> 11:00 Fit for the Future 1:00 Better Bones (2) 2-3:30 <i>Caregiver Workshop (3)</i> 2:15 Tai Chi (2)</p>	<p>8</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 10:00 <i>Poetry (4 of 6)</i> 12:00 Lunch 12:30 Bridge 1:15 <i>Tai Chi for Healthy Living (6)</i></p>	<p>9</p> <p>9:00-2:30 I&R Hour 9:30 Alex the Great (13) 10:00-12:00 <i>Drawing (6)</i> 11:00 <i>A Matter of Balance: Fall Prevention with Parmenter Health Care</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta (VH rm.) 2:00-4:00 Teen Tech</p>	<p>10</p> <p>9:00 <i>Men's Breakfast</i> 9-4 AARP Tax Return Assistance 9:30 Tap Dance 9:45 Thursday Crafters 1:00 <i>Songbirds of the Northeast</i> 1:00-4:00 SHINE 2:00 <i>Connection Circle</i></p>	<p>11</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (2) (in Room 3) 11:00 Fit for the Future (in Room 3) ***No Friday Movie 1:00 Watercolors (2) 1:30 <i>Springtime Piano with Bob Pilsbury</i></p>
<p>14</p> <p>9:00-2:30 I&R Hours 10:00 <i>TED Talks (3)</i> 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Bones (3) 2-3:30 <i>Caregiver Workshop (4)</i> 2:15 Tai Chi (3)</p>	<p>15</p> <p><i>Debbie Reynolds Trip</i> 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) 10:00 BRIDGES ***No Poetry this week 10:00-12:00 Legal Clinic 12:00 Lunch 12:30 Bridge 1:15 <i>Tai Chi for Healthy Living (7)</i></p>	<p>16</p> <p>9:00-2:30 I&R Hours ***No Alex the Great 10:00-12:00 <i>Drawing (1)</i> 10:00 BRIDGES Reunion 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta (VH)</p>	<p>17</p> <p>9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events 1:00-4:00 SHINE 12:00 Soups On: <i>Food as Medicine</i> 2:00 <i>Connection Circle</i></p>	<p>18</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (3) 11:00 Fit for the Future 12:30 Friday Movie: <i>Bizet: Carmen</i> 1:00 Watercolors (3)</p>
<p>21</p> <p><i>Senior Center Closed</i></p>  <p>Patriot's Day *The gym is not available this week. Check with Front Desk for Fitness class locations.</p>	<p>22</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10:00 <i>Poetry (5 of 6)</i> 12:00 Lunch 12:30 Bridge 1:15 <i>Tai Chi for Healthy Living (8)</i></p>	<p>23</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alex the Great (14)</i> No Drawing this week 11 <i>Mah Jongg Meet/Greet</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00-2:30 <i>Sudbury Police Talk - Scams and More</i> 1:00-3:30 Canasta (VH) 2:00-4:00 Teen Tech</p>	<p>24</p> <p>9:30 Tap Dance 9:45 Thursday Crafters 10:00-12 <i>Charlie Card Event</i> 1:00-4:00 SHINE 2:00 <i>Hot Topic of the Month</i> 2:00 <i>Connection Circle</i> 3:00 <i>Friends' of Sudbury Seniors</i></p>	<p>25</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>Mozart: Cozi Fan Tutte</i> 1:00 Watercolors (4)</p>
<p>28</p> <p>9:00-2:30 I&R Hours 10:00 <i>TED Talks (4)</i> 11:00 Fit for the Future 1:00 Better Bones (4) 2-3:30 <i>Caregiver Workshop (5)</i> 2:15 Tai Chi (4)</p>	<p>29</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 9:00-12:00 SHINE 10:00 <i>Poetry (6 of 6)</i> 12:00 Lunch 12:30 Bridge 1:15 <i>Tai Chi for Healthy Living (1 - new session)</i></p>	<p>30</p> <p>9:00-2:30 I&R Hours <i>No Alex the Great this week</i> 10:00-12 <i>Drawing (2 of 6)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 <i>Volunteer Appreciation Luncheon</i> 12:00 Zumba (Room 3) 1:00-3:30 Canasta (VH rm.)</p>	<p>SP – Sudbury Pines Room VH – Van Houten Room</p>	<p>KEYTAGS! Don't forget to pick up your keytags! Use them to check in at the Front Desk and help us to keep track of our participation levels. Thank you!</p>

LUNCH

Tuesdays and Wednesdays at 12 noon

BayPath Elder Services provides a hot lunch on Tuesdays and Wednesdays at noon; as well as a hot home delivered meal 5 days each week. All are funded by the federal Title IIIC nutrition program. A \$3.00 donation per meal is suggested. Please sign up for lunch for either day at the Center by Monday morning at 11:00 AM. To receive home delivered meals, please call BayPath Elder Services at (508) 573-7200.

A monthly menu is posted at the Senior Center and on the Senior Center webpage at www.sudbury.ma.us/departments/seniorcenter.

- 4/1 - Chicken Breast/Apricot Glaze, Couscous
- 4/2 - Turkey Tetrazzini, Pasta
- 4/8 - American Chop Suey, Green Beans
- 4/9 - Minestrone Soup, Chicken, Picatta sauce
- 4/15 - Tomato Bisque, Baked Salmon
- 4/16 - Swedish Meatballs, Noodles
- 4/22 - Bok Choy Soup, Sweet & Sour Chicken
- 4/23 - Beef Burger, Pepper & Onions
- 4/29 - Cream of Vegetable Soup, Potato Fish
- 4/30 - Roast Turkey, Cranberry, Au Gratin Potato

Coming in May...

**More Random Accidents
that Changed History
Tuesdays, 10:00-11:30 AM
May 6 – June 10**

Bill Koenigsberg returns with *More Random Accidents!* More information will be in the May newsletter. Sign up for Sudbury residents is immediate, all others may register as of Tuesday, April 22.

**Movie and Pizza
Thursday, April 3**

Nebraska

2013
Rated: R
1 hour, 53 minutes



Nebraska is a father and son road trip, from Billings, Montana to Lincoln, Nebraska that gets waylaid at a small town in central Nebraska, where the father grew up and has scores to settle. Told with deadpan humor and a unique visual style, it's ultimately the story of a son trying to get through to a father he doesn't understand. Oscar-nominated for Best Picture.

Cast: Bruce Dern, Will Forte, June Squibb, Stacy Keach

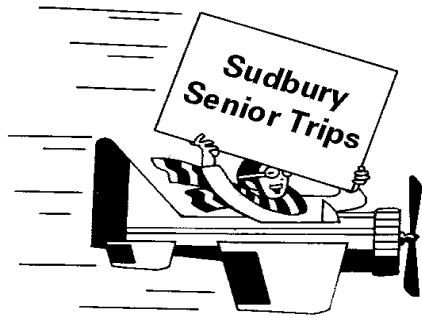
Pizza at 12:00 Noon; Movie at 12:30 PM

Please order your pizza by 10:00 AM; and please arrive by 12:15 PM if you have ordered pizza!

The Movies - 12:30 PM

Please call to sign up at (978) 443-3055; we will contact you should the schedule change.

- Fridays:
- 4/4 – *The Frisco Kid*- 1979 – PG – 1 h, 59 m – comedy/western
- 4/11 – we have a piano performance! See page 1.
- 4/18 – Bizet: *Carmen*
- 4/25 - Mozart: *Cozi fan Tutte*



What a beautiful word "SPRING". Let's hope it lives up to its reputation after this long and hard winter. I am hoping a nice, warm and sunny spring will help improve the attendance on our trips this year. Sign-ups have been somewhat disappointing. Fortunately our Ronan Tynan and our Debbie Reynolds trips are with Best of Times, they will still pick us up even with small numbers.

However, our Secret Garden trip is on our own and is in danger of having to be cancelled if we do not get enough people by the end of April to pay for the motorcoach.

Debbie Reynolds

Our Debbie Reynolds trip, Tuesday, April 15th, Price: \$79.00, may have some openings still available (although they will close them about the end of the first week of April). Please call either myself (978-443-8320) or the Center (978-443-3055) before coming in to sign up if it is after April 1. This should be a really great "take in" as it also includes a Casino gaming package and a meal voucher which is good at any eating facility at the Mohegan Sun Casino.

Secret Garden

The Secret Garden, Wednesday, May 28, Price \$59.00. This Broadway musical won 3 Tony Awards including Best Score

Awards including "Best Score for a Musical". It is being presented at the beautifully redecorated Stoneham Theatre. As this is "Senior Day" we are able to do this trip at a very good price. ***NOTE: As there is no afternoon show we will be attending the 10AM show.** (A change from the original time on the flyer). We will leave the Senior Center at 8:30 AM. After the show we will go to the Woburn Mall for lunch on our own. You will also have time for a little shopping. (Our favorite Appleseed's store is still there.) We should be home at approx. 4:30 PM (traffic permitting).

Moses/Kutztown

Our "Moses" trip is doing very well, and we may run out of spaces by the time you are reading this. If you have not as yet signed up and are interested, please do so as soon as possible. (A \$50.00 deposit is due at sign-up and the insurance of \$28.00 is available at sign-up only). The final payment for those already on the trip is due no later than May 23 (\$375.00-Db1) (\$445.00-Sgl.) payable at the Senior Center if by check or directly to Tours of Distinction if by credit card.

Summer Schedule

We are now in the process of getting ready to announce our summer schedule. We are planning to go to the Arundel Theatre in Kennebunk to see a beautiful afternoon production of "My Fair Lady". As the theatre has not yet opened for reservations we will be

announcing the date and price in the May Newsletter. We will be making a short morning stop in Kennebunkport for lunch on our own.

The date for our Lobster Boat Trip and Lobster Luncheon will depend on the date of our Arundel theatre trip and will also be announced in the May Newsletter.

Panama Canal

The Panama Canal trip has only received a few deposits as of this writing. As announced in last month's newsletter a first deposit of \$500 + optional insurance is due now. A second deposit of \$1,200 is due May 23. Final payment (based on the Stateroom chosen) is due June 22, 2014. These payments must be made directly to "Tours of Distinction". Flyers and Signup sheets are on our trip rack.

Happy Spring,

Carmel

Watercolors Class

8 Fridays, 1:00-3:00 PM
April 4 – May 23
\$55



Join our supportive and congenial Watercolors class. Experienced instructor Sandra Wilensky, offers a new lesson each week, but also allows time for working quietly on your own within the group. Sudbury residents may sign up anytime; non-residents as of March 21.

Interested in billiards/pool?

We are contemplating setting up some hours for pool playing at the Senior Center. If you are interested, please call to be put on our Interest List at (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 2:00 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.

Sand Buckets: Volunteers will deliver a bucket of sand for you to use on your walks and driveway, free. Call the Senior Center, at (978) 443-3055. Let us know where you'd like the bucket to be placed.

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 \$60 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 suggested. Menus can be found each month posted on the Town website and in the Senior Center.

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.

Join us!

Yoga for Living Well

Tuesdays, 9:40 or 11:00 AM
March 25 – May 20; no class May 6
8 weeks for \$56 (payment due at registration)

Discover the joys of Hatha yoga, while building strength, increasing flexibility and improving balance. Class is designed for seniors and/or those with chronic illness. Bring a mat, towel and water. Please register and pay early!

Tai Chi

Mondays, 2:15 PM
March 31 – May 12; no class April 21
6 weeks for \$27 (payment due at registration)

Tai Chi is well known for improving balance and reducing stress. Join certified instructor Jon Woodward for an exploration of the art and practice of Tai Chi. Newcomers can try a class for free but please talk to instructor first.

Look for FitWalk in May! Phyllis Schilp, Sudbury Board of Health Nurse, will lead group walks at Haskell Field.

Better Bones, Senior Strength

Mondays at 1:00PM - March 31–June 9; no class April 21, May 5, 26
Fridays at 9:30AM; Apr. 4–June 6; no class Apr. 25, May 9
8 weeks for \$56 (payment due at registration)

Build strength, improve balance, feel good! Please bring a mat, towel, 2 free weights and water. New students try a class for free, on Mon., March 31 or Fri., March 28.

Zumba

Wednesdays, 12:00 – 1:00 PM
\$4 drop-in; \$12 (advance for the month) - April 2, 9, 16, 23
Please bring water and your enthusiasm! No class Apr. 30.

Tap Dance

Thursdays, 9:30-10:30AM
\$20 for 4 classes; April 3, 10, 17, 24
(Payment is due at registration.)
Put on your tap shoes and get happy!



Fit for the Future

Mondays, Wednesdays, Fridays at 11:00AM; \$2, drop-in
Flowing aerobics and strength training to good-time music with Lois Leav. Bring your hand weights and water.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

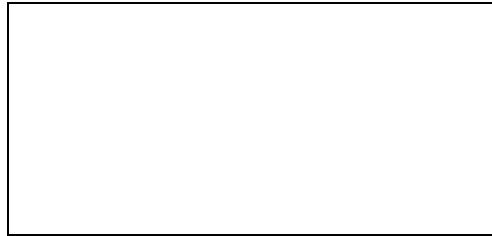
**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

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Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

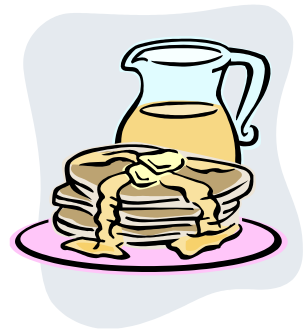
E-mail: senior@sudbury.ma.us

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

Men's Breakfast

Thursday, April 10

9:00-10:00 AM Cost: \$3



Pancakes, sausage, fruit, coffee/tea

Special Guest: Lee Swanson, The Settlement of Sudbury Plantation

Please register in advance at (978) 443-3055.



Sudbury Police Talk

Wednesday, April 23

1:00 PM

Learn about the latest phone, mail and home scams, how to deal with store security breaches, and emergencies at home.

Bring your questions!

Sign up at (978) 443-3055.