

Music and the Military

Thursday, December 6
2:00 PM
FREE

Music and the Military takes a historical look at how music is used for battle calls, military maneuvers and managing daily life in the military. Music educator Richard Travers will discuss the important use of the bugle, drum, bagpipe and fife as well as the marches of John Phillip Sousa.

Music educator Richard Travers earned a master's degree in Choral Conducting from the Boston Conservatory as a student of Allen Lannom and a degree in Music Education from Berklee College of Music. A recently retired music educator in the Newton Public Schools for 35 years, Travers was the director of choirs at Newton North High School.

Travers has served as the Music Director of the Masterworks Chorale, Choral Director of Fitchburg State College, and Director of the New England Conservatory Youth Chorale. He has been the Music Director of the Newton Community Chorus since 1998, and the Fine Arts Chorale in Weymouth since 2008. Travers recently completed his tenure as Music Director at the Rosie's Place Jazz Choir, working closely with Kip Tiernan, founder of Rosie's Place.

Please register for this class by calling the Sudbury Senior Center at (978) 443-3055 by December 4.

*See also Mr. Travers' *Opera Series* on page 4.

The program is offered in partnership with Sage Educational Services.

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COUNCIL ON AGING



Holiday Luncheon
Wednesday, December 12
12 Noon
\$5



Our Annual Holiday Luncheon will feature a delicious meal of cheese lasagna, meatballs, Caesar salad, garlic bread, and dessert from Heritage Assisted Living of Framingham, followed by the delightful music of *Strings and Things* from Concord. We have space for 80 guests, so register early.

Please make sure to reserve your space by Thursday, December 6th!



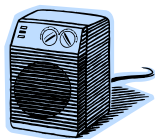
Seeking Volunteers
to Help Promote our Programs

Help us to share and promote our continuing education classes and other special programs by volunteering to videotape or take photos! We are hoping to get more of our programming on tape for SudburyTV so that your neighbors who are unable to attend our programs can watch them at home. Training will be provided by SudburyTV at their professional studio at Lincoln Sudbury High School. Please call (978) 443-3055 and leave your name and contact information and we will call you back.

Current Events
Thursday, December 6
10:00 AM



Exciting give-and-take on the topics of the day! The Current Events group meets on December 6 and then will take time off for the rest of December and January. Look for more information about *Current Events* in the February 2013 newsletter. Call (978) 443-3055 for more information.



Space Heater
Program

Don't use that old, dangerous space heater! If you are a Sudbury senior with a space heater that should be retired, we'll swap it for a new one! Thanks to Kaz, Inc. of Southborough we have some brand new Honeywell space heaters to trade for your old ones. A new space heater can be yours **free** if you are a Sudbury senior and have an *old, unsafe* heater to trade. To arrange a swap, call 978-443-3055.

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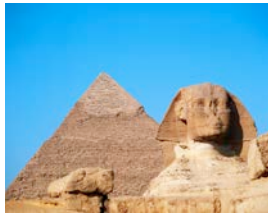
OFFICERS:

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- Donald Oasis

Continuing...



History of Egypt Series

Part II continuing

Mondays, 10:00-11:30

December 17 – February 4

The History of Egypt series will continue on December 17. There will be **no class on December 3 and 10** due to the Bridges Together Celebrations. We will continue to show three ½ hour classes each week to finish the series. The series will run most Mondays, but will not be shown on Monday, December 24, and 31 or Monday, January 21. For information, please call the Senior Center at (978) 443-3055. Free.



Bridges Reunions

On several days in December, our Bridges senior volunteers and their students will be meeting for a reunion here at the Senior Center. The 4th graders get a grand tour of the Senior Center and then settle in with their senior partners to share memories from their 6 classes together. The children often bring a thank you creation to share with their senior partners. After the students go back to school, senior partners stay for a luncheon.

Watch for the morning celebrations on December 3, 10, 11 and 13. You can't miss them – 40 4th graders certainly will make themselves known! They'll even try some senior aerobics and Tap dance!

For further information or if you are interested in becoming involved in this unique intergenerational educational program, please send an email to sudburybridges@gmail.com.



Boxwood Holiday Tree Workshop

Friday

December 7, 2012

10:00-11:30 AM

\$15

The Sudbury Garden club, with the leadership of Polly Meltzer, will once again offer their popular workshop to make a boxwood Christmas or holiday tree. These are made with fresh boxwood, and last for weeks.

To register, please bring a check for \$15 to the Senior Center, payable to the *Sudbury Garden Club*.

The day of the workshop, please bring clippers or scissors with you. The garden club will supply a simple green holder for the tree, or you can bring a suitable holder from home. *Please sign up at the Senior Center by Monday, December 3.*

New Class in January...

Opera Series

January 4, 18, and 25

3 Fridays at 1:30 PM

\$20



This series includes the beginnings of Opera and its historical development. Historical performances, short biographies of popular composers, librettos and significant operas throughout the history of music will be listened to and discussed. The lectures will feature selections from such composers as Monteverdi, Puccini, Wagner, Bizet, Donizetti, and Verdi. Instructor Richard Travers is a longtime Music Educator with a Master's Degree in Choral Conducting from Boston Conservatory and a Music Education degree from Berklee. Please register and make your payment at the Senior Center by January 2. You may call (987) 443-3055 for more information.

*S.H.I.N.E. News***Medicare and Prescription Drugs**

Does it matter which pharmacy you use? For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, you should go to one that does.

This year about half of the Medicare drug plans have preferred pharmacies in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies. Your prescription drugs may cost much less at a preferred pharmacy. There are plans where a drug may cost \$0 at a Preferred Pharmacy, but may cost \$7 at a Non-Preferred Pharmacy.

Some plans also offer a mail-order program that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

**MEDICARE Open Enrollment
Ends December 7!**

If you want to change your Medicare Plan for 2013, call 1-800-MEDICARE Now!

S.H.I.N.E. – Serving the Health Insurance Needs of Elders

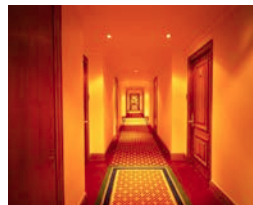


**Play Bridge!
Tuesday, 12:30PM**

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

Dean Machamer, our Bridge Coordinator, an experienced player, is involved in Bridge programs at several locations. He can offer tips and help you to find a group that suits your skill level. Call the Senior Center at (978) 443-3055 or drop by on Tuesdays for more information.

***No Teen Tech Workshops in
December due to the many
special events on Wednesdays.***



**Drawing:
One Point Perspective and
Beyond**

January 9 – February 13
9:30-11:30 AM
\$25

Susan Funk returns with another fun and educational Drawing class. Starting at the scratch, you will learn how to create multiple levels of depth in your drawings, watercolors and paintings. Sudbury residents may register as of Monday, December 3. All others may register as of Monday, December 17.

Maximum: 12 students.

Coming in January...**Watercolors**

January 4 – March 22
12 weeks
Fridays, 1:00-3:00PM
\$80



Cynthia Durost returns in the new year to offer her Friday afternoon *Watercolors* class. Due to the popularity of these classes, Sudbury residents may register beginning Monday, December 3. All others may register as of December 17. Maximum 17 students.

**Medical Equipment Loan
Closet**

During rehabilitation from surgery or an injury, you may need medical equipment for support and safety. If you have need of a walker, cane, crutches, wheelchair, sock puller or other device, the Loan Closet has gently used, clean medical equipment that you can borrow for as long as you need. Call the Senior Center at (978) 443-3055 to leave a message for Ed Gottmann, our Volunteer Coordinator.

Stay on Your Toes!

And feet. Remember to be extra careful when the temperature is close to or below 32 degrees. Walkways may be icy!

Volunteers are available to deliver sand buckets for your slippery walks. Just leave your name, number and bucket location at (978) 443-3055.

FROM THE DESK OF
INFORMATION AND REFERRAL
SPECIALIST
ANNE MANNING



Music – A Key to Health

Music makes the world go round. Isn't that the saying? Well, music also makes the human body go round. Seniors with high blood pressure, heart conditions, Alzheimer's, chronic pain and many more ailments are seeing the benefits of music and music therapy. Scientists have proven repeatedly that the human body responds positively to music. While people of all ages can benefit from music as part of daily living, seniors and their caregivers are seeing immediate positive results.

How the body responds to music

Generally, people know that music elicits feelings. Researchers have proven this through brain studies, such as those done at Stanford University and the Music Therapy Institute in Germany. They have shown that the brain is directly stimulated by music. When people listen to music, there is an increase in their level of serotonin, the hormone that helps the organs in the body carry out normal functions.

Music with a faster beat will promote sharper concentration and more-alert thinking. While music with a lower tempo encourages calm and even meditative states. Both ends of the music spectrum have their place in helping to improve life for a senior.

Another major advantage is that music enables the brain to change speed more easily, which means that a person's state of mind is greatly enhanced. A person's depression and anxiety levels decrease, while optimism and creativity increase.

A person's breathing rate, blood pressure, heart rate and degree of muscle tension are all positively impacted by exposure to music as well. Music and music therapy can help a patient reduce the risk of stroke and counteract the damaging and biological effects that stress the body.

Reference: Senior Spirit reference; Music therapy for depression

Anne Manning, LMHC – Information and Referral – (978) 443-3055 or manninga@sudbury.ma.us.

Weather related events and the Senior Center

In the past, the Senior Center has followed the Sudbury Public Schools lead with regard to cancelling programs for severe weather. However, with the change in weather events (and related power outages and tree damage), the schools and the Senior Center may *not necessarily* follow the same schedule.

To find out if the Senior Center is open and whether classes and programs will be running, call the Senior Center at (978) 443-3055. We will keep this phone line up to date with the latest information. In addition to the phone line, you can look for information on the Town website and at the Senior Center webpage at www.senior.sudbury.ma.us.

CERT Emergency Shelter

The Fairbank Community Center Gym and the Senior Center classrooms are sometimes used as an Emergency Shelter by the Sudbury Citizens Emergency Response Team (CERT). When a decision is made to open the Emergency Shelter, an automated phone call will be made to Sudbury residents. Additionally, information will be displayed on the Town of Sudbury website at www.sudbury.ma.us. You may also call the Public Safety Dispatch Center business line at (978) 443-2239 for information about the Emergency Shelter.

Emergency Call List



Senior Center staff will call seniors to check in before severe weather events (when possible). This is especially important for seniors living alone without family nearby. Please call 978-443-3055 for more information or to sign up.



DECEMBER 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Holiday Van Trip 3 9:00-2:30 I&R Hours 10:30-1:00 Bridges Together Celebration 11:00 Fit for the Future (Room 2) 1:00 Better Bones (1) (Room 2)	Special Election 4 8-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) (Room 2 and Room 3) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	5 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30 <i>U.S History</i> (11) 9:30-11:30 <i>Bridge Lessons</i> (4) 11:00 Fit for the Future 12:00 Lunch 12:00 <i>Wayside Inn Luncheon</i> 12:30 Quilters 12:30 Zumba 55+	6 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:00 <i>Current Events</i> 2:00 <i>Music and the Military</i>	7 9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 NEW -Better Bones (1)* 10:00-11:30 <i>Holiday Boxwood Tree Workshop</i> 11:00 Fit for the Future 12:30 Friday Aft. Movie: <i>It Happened One Night</i> 1:00 Watercolors (10) ----- Mercury Recovery Prog. Sat. Dec. 8 11am-1pm ⇄
Holiday Van Trip 10 9:00-2:30 I&R Hours 10:30-1:00 Bridges Together Celebration 11:00 Fit for the Future 1:00 Better Bones (2)	11 8-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) 11:00-1:30 Bridges Together Celebration 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 <i>West Point Grads-Civil War Enemies (rescheduled)</i> 3:00 COA Meeting	12 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30 <i>U.S History</i> (12) (last) 9:30-11:30 <i>Bridge Lessons -5</i> 11:00 Fit for the Future 12:00 <i>Holiday Luncheon</i> 12:30 Quilters 12:30 Zumba 55+ (Room 3)	13 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 11:00-1:30 Bridges Together Celebration	14 9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 NEW -Better Bones (2)* 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Love in the Afternoon</i> 1:00 Watercolors (11)
17 9:00-2:30 I&R Hours 10:00-11:30 <i>History of Egypt DVD Series (4)</i> 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Bones (3)	18 8-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	19 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30-11:30 <i>Bridge Lessons (6) (last)</i> 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 12:30 Zumba 55+	20 9-12 No SHINE 9:30 No Tap Dance 9:45 Thursday Crafters 12:00 Pizza and a... 12:30 Movie: <i>Dolphin Tale</i>	21 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Miracle on 34th Street</i> 1:00 Watercolors (12)
24 <i>Christmas Eve</i>  <i>Senior Center Closed</i>	25 <i>Christmas Holiday</i>  <i>Senior Center Closed</i>	26 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch No Zumba 55+ 12:30 Informal Quilters	27 9-12 No SHINE No Tap Dance 9:45 Thursday Crafters	28 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>It's a Wonderful Life</i> No Watercolors today
31 9:00-2:30 I&R Hours 11:00 Fit for the Future				*New Friday <i>Better Bones</i> class has an 8 student minimum.



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 at 11:00 AM** to make a reservation for either day.

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

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

**Movie and Pizza
Thursday, December 20**

Dolphin Tale

**2011
Rated: PG
113 minutes**



A badly maimed juvenile dolphin is given a new tail, and a new life, through the efforts of the humans who save it in this true-life adventure saga. After losing its tail to a crab trap, the dolphin is doomed until a young boy spots its plight.

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

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

Sand buckets



An antidote to icy walks!

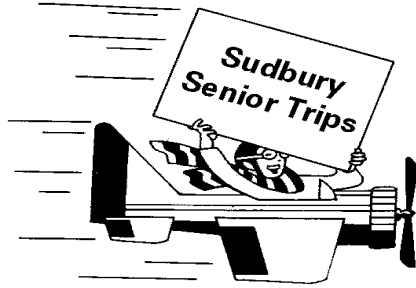
Our volunteers will deliver a bucket of sand for you to use on your walks and driveways, **free**, just for the asking. Just call 978-443-3055 and tell us if this is a new bucket or a refill. Pick a place for the bucket to be placed and we'll do the rest.

Friday Afternoon Movies – 12:30 PM

Light Refreshment - Theme: Classics

Thanks to Lydia Hughes and Marcelle Kosersky for the movie suggestions!

- 12/7 – *It Happened One Night* – 1934 – 1 hour, 45 minutes
- 12/14 – *Love in the Afternoon* – 1957 – 2 hours, 10 mins.
- 12/21 – *Miracle on 34th Street* – 1947 – 1 hour, 36 minutes
- 12/28 – *It's a Wonderful Life* – 1946 – 2 hours, 22 minutes



single occup. A \$200.00 deposit will be due in January. Date to be announced.

We will be attending the opening ceremonies to view the ascension of hundreds of uniquely designed hot air balloons on day 3 of our trip (day 1 of the Fiesta). Later in the day we will visit the fabulous old town of Albuquerque with a ride on the Sandie Peak Tramway. We will also attend the closing day events on the evening of day 4 to see the unique “Balloon Glow”, when just before dusk 100’s of balloons are ignited transforming the evening sky into a kaleidoscope of brilliant colors topped off with a vivid fireworks display.

Other interesting excursions on this trip will be a visit to Taos (day 2), a village that has been inhabited for over 800 years by Native Americans with a visit to historic Taos Plaza for lunch and sightseeing. A guided tour of Santa Fe (day 4) to see the famous Loretto Chapel whose winding spiral staircase was “miraculously built” by an unknown carpenter who disappeared upon its completion, the State Capital and time for you to explore the century-old buildings, narrow winding streets filled with museums and of course the unique Southwestern shops for you to explore on your own.

The trip includes: 4 nights accommodations at The Lodge at Santa Fe, Opening day Fiesta ceremonies, Evening Balloon Glow, 4 breakfasts and 2 Dinners, sightseeing in Taos, Albuquerque and Santa Fe and

services of a Professional Tour Manager.

Reservations for this trip will begin in January 2013. *Carmel*

Special Van Trips for the Holidays

The Senior Center van will make a special trip on Mondays in December to accommodate holiday shoppers, and will stop at a restaurant for lunch. This means we will not have regular van trips for that day. Here are the dates and expected destinations:

Monday, December 3:
Shopper’s World/
The Villa Restaurant

Monday, December 10:
Ocean State Job Lot/
Kennedy’s Pub

The cost to ride the van for these special trips is **\$4.00**. Please reserve your space in advance by calling 978-443-3055. We reserve the right to return to our regular Monday schedule if fewer than three people sign up for a particular trip.

Mercury Removal and Disposal Program



**Saturdays, December 8
11:00 AM – 1:00 PM**

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 at the Sudbury Senior Center on Saturday, December 8 from 11:00 AM to 1:00 PM.

Please note: we are unable to accept large fluorescent lightbulbs.

Trip News for December 2012

Happy Holidays to all. 2012 is almost over and so are our trips for this year. I want to thank all of you who responded to our Bulletin Board and listed the trips that you would be interested in for next year. I have enjoyed reading them each time that I come into the Center. Rest assured that I will be trying to incorporate some of ideas into our 2013 Trip Brochure, whenever possible.

This year I noticed that we had fewer people signing up for our trips. I am sure that the economy is largely to blame for this. However, I also noticed that we have more people on our trips when we do actual shows, like “Hello Dolly” for example or when we have an unusual trip like a Schooner Cruise on the agenda. I will certainly try to seek out more of these if possible.

* We do have one trip already purchased for 2013. This was a trip that I had suggested for last year but was unable to find it being done by any of the companies. However, Conway Tours (remember our wonderful Azalea trip) decided to plan one. I have purchased it for us. This is a 5 day trip that will take place from October 3 thru the 7th, 2013 to the “Albuquerque Balloon Fiesta” in New Mexico. Cost is \$1639.00 dbl. occup. and \$1939.00

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

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

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

HEALTH SERVICES

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

Medical Equipment Loan Closet:

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

CONSULTATION

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

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

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

IN-HOME SERVICES

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

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

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

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

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

NUTRITION

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

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

*New Fitness Sessions:***Zumba 55+**

Wednesdays at 12:30 PM
December 5, 12, 19



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

Drop-in \$4 per class; advance registration \$9 for the month of December.

Tap Dance

December 6, 13, 20 – 9:30 AM
3 Thursdays - \$15



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.

*New Fitness Sessions:***Better Bones/Senior Strength**

2 Fridays, 9:30 AM
December 7, 14
\$14

Friday- New Option!

In addition to our Monday afternoon session, we are trying a second session on Friday mornings.

Increase your bone density, prevent falls and improve balance, using free weights, resistance bands, and gentle yoga. Work in a chair, standing and use a mat on the floor. Please register by December 6 and *pay the \$14 fee as you register.* *There is an 8 person minimum to run the class.*

Please note: Due to the October 29 storm, the Yoga and Better Bones schedules will be extended by one week.

Yoga: Nov. 20-Jan. 22 - 9:40/11 AM - Tuesdays

Better Bones: Dec. 3-Feb. 11 – 1:00 PM - Mondays

Fit for the Future

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

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

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

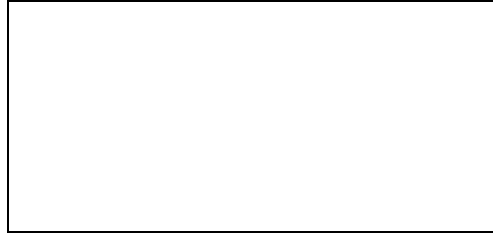
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

Return Service Requested



U.S. POSTAGE

PAID

Sudbury, MA

PERMIT NO. 141

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

Holiday Luncheon

Wednesday, December 12

12 noon

\$5 at the door

Featuring a special meal from

HERITAGE ASSISTED LIVING
OF FRAMINGHAM

Entertainment by **STRINGS AND THINGS!**

Please reserve your space by Thursday, December 6 by calling the Senior Center at (978) 443-3055.

