

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



*Special Events this month!*

**Holiday Luncheon**  
**Wednesday, December 11**  
**12 noon**

Join us for our annual Holiday Luncheon featuring a delicious meal from Heritage Assisted Living in Framingham, along with the beautiful music of the Wolverine Jazz Trio! Please call the Senior Center at (978) 443-3055 and sign up by Thursday, December 5.

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**Holiday Cookie Swap**  
**Wednesday, December 18**  
**2:00 PM**



Bake and package your favorite homemade cookies, bring copies of the recipe and be ready to taste and share!

Join us for an informal gathering of friends and staff to share cookies and warm drinks! The Senior Center will provide hot coffee, tea, cocoa and cider. You bring two dozen cookies to share (in four bags of 6 each) along with copies (or a copy) of the recipe. We open one bag to share at the gathering and everyone will take another few bags home. Please call (978) 443-3055 to sign up so that we can be prepared for the attendance. If possible, let us know what type of cookies you plan to bring and make sure to leave your phone number.

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**Winter Warm-up!**  
**Monday, December 23**  
**12 Noon – 2:00 PM**



Warm up at the Senior Center with hot cocoa or hot cider, sample a cup of soup or a light sandwich. Relax and enjoy some lovely music while visiting with your neighbors. Please let us know that you are coming by Friday, December 13 at 2:00 PM so that we can order enough food.

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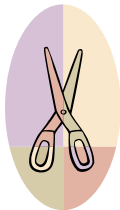
A MESSAGE FROM **JACK RYAN**,  
 SUDBURY COUNCIL ON AGING CHAIR  
**Fairbank Community Center Update**

After a couple of months it's time to report on the status of the feasibility study for a multigenerational community center at Fairbank Community Center. BH+A, the architectural firm retained by the Town to perform the study, has been meeting with user representatives, including the Senior Center Director, the COA and Friends of Sudbury Seniors. BH+A has been or will be meeting with Park & Recreation representatives and is planning a town-wide type forum. The BH+A report and conceptual plans will be completed by January.

Input into the conceptual designs which will be generated by BH+A is critical for Sudbury Seniors. Why? Because seniors, defined by the Commonwealth as those over the age of 60, are the fastest growing demographic in Sudbury. We are growing faster than the beards on the 2013 Red Sox. In the year 2000, seniors represented about 12-13% of the Sudbury population. Now we represent just under 20%. There are now more seniors in Sudbury than students in the K-8 system. When did you ever think you would hear that? We need input from this burgeoning demographic into the conceptual designs for any community center to insure senior needs are met. Stop by the Senior Center and fill out one of the questionnaires. Look for the time and place of the town-wide meeting on the community center, attend and give input. Talk to any member of the COA and express your views of what a multigenerational community center should include.

Help insure that the conceptual designs developed by BH+A for any community center adequately reflect the needs of Sudbury seniors, 20% of the population – and growing.

Jack Ryan



*Sudbury Garden Club's Polly Meltzer  
 returns with*  
**Boxwood Holiday Tree Workshop**  
**Monday, December 16**  
**10:00 AM**  
**\$15**

The Sudbury Garden club, with the leadership of Polly Meltzer, will once again offer their popular workshop to make a boxwood winter 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 Wednesday, December 11.*

SUDBURY SENIOR SCENE

COUNCIL ON AGING

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- Allen, Jacqueline Bausk, Judith
- Honens, Patricia Howard, Ellen
- Morgan, Donald Oasis, Dorothy
- Sears

*Coming in January 2014...*

**Powerful Tools for Caregivers**  
**Tuesdays, 9:30-11:00 AM**  
**January 14 – February 18**



Are you providing unpaid help to a spouse, relative, or friend who is ill, disabled, or needs help with basic activities of daily living? Do you help with shopping, meals, bill paying, bathing, grooming, housekeeping, managing medications, or arranging services to be provided by others? If you provide services like these, whether or not you live with the person you are helping, you are a caregiver.

Caregiving is hard work. It can be rewarding but also exhausting. Caregivers tend to have increased stress, and may have increased health issues themselves as they may not take care of themselves.

The Powerful Tools for Caregivers workshop helps the caregiver: reduce stress, better communicate feelings, locate resources, make tough decisions and find confidence and balance. This is a six week educational series offered by two trained leaders, both with caregiving experience.

Please contact Anne Manning, LMHC, the Senior Center Information Specialist at 978-443-3055 or [manninga@sudbury.ma.us](mailto:manninga@sudbury.ma.us) for information and to register. Please register early, this workshop needs a minimum of 8 participants. Open to caregivers of any age. (See related article on page 5)

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**American Drama Series – *Date Change***

There are two more classes in December. Please note the Thu., Dec. 19 class has been moved to Tues., Dec. 17 at 2:00 PM.



**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.

*Coming in January 2014...*



**Tai Chi for Healthy Aging**  
**Tuesdays, 1:15-2:15 PM**  
**January 7 – February 25**  
**\$10**

Tai Chi for Healthy Aging is a simplified Tai Chi program specifically designed to address the needs of older adults. The curriculum consists of simplified Tai Chi exercises that focus on falls prevention by improving balance and facilitating greater relaxation through better breathing. The goal is for participants to come together with their peers and learn Tai Chi to:

- Improve their strength and balance
- Reduce their fear and risk of falling
- Be more relaxed, flexible, and socially engaged through group Tai Chi classes
- Utilize these skills in activities of daily living

The complete curriculum continues for 24 weeks. We are offering the program in three 8 week sessions. This Tai Chi class is being sponsored by the Executive Office of Elder Affairs state formula grant, so there is a reduced cost. For safety reasons there is a student limit of 15. Please sign up early!

This class will be taught by our Tai Chi instructor Jonathan Woodward (who will continue to offer his more traditional Tai Chi class). Should you have any questions, leave a message for Jon and he will contact you. To register for this class, please call the Senior Center at (978) 443-3055.

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***Also coming in January...***

**Mr. DJ's Hollywood Quiz Show!**  
 Thursday, January 16 at 1:00 PM

**Alexander the Great DVD Series**  
 Wednesdays at 9:30 AM  
 January 8 – March 26

**Opera DVD Series** – dates and titles coming soon!

*Look for more new classes in our January newsletter.*



## A Great Holiday Bazaar! Thank You to All Who Contributed!

The Friends of Sudbury Seniors organized and hosted a fantastic Holiday Bazaar on Saturday, November 9. Many thanks are owed to local businesses who donated money or items, including: Sudbury Coldwell Banker Real Estate, Sudbury Farms, Citizen's Bank, Shaw's Supermarket, 29 Sudbury restaurant, Bill Semple Lawn & Landscape, Dunkin Donuts, Russell's Garden Center, and Merle Norman Cosmetics, located in Framingham.

An event like this takes a lot of organizing and coordinating, which was done with exceptional flair by Jean Semple of the Friends, along with some heavy lifting by her husband Bill and other family members. She was helped by Vera Gazza and Judy Demers who did a slam dunk job of organizing the Craft table, while Judy Honens and Doris LaScaleia made the Bake table extraordinary. Those who visited the amazing Jewelry table, have Mary Thomas and Dottie Sears to thank, and Pat Howard and Laurel MacKinnon were specialists at Boxwood centerpieces and birdhouses. All those who enjoyed the wondrous homemade chowder and delicious soup, will appreciate the efforts of Senior Center staff person Claire Wigandt and volunteer Judy Demers. Lastly, we are grateful for the help of Mary Vivaldi, our expert on publicity! Many thanks go to the many others who did their part in helping out and who made this Bazaar such a wonderful success!

## Holiday Shopping Trips on the Van

### Monday, December 2

Shopper's World and The Villa Restaurant

### Monday, December 9

Christmas Tree Shoppes (Rte. 9, Natick) and Olive Garden

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.

On these Shopping Mondays, our additional van **will** be available for trips in town from **9:00 AM- 1:00 PM**.

*Please note:*  
**Van Service Change**

Van Service will be from 8:30 AM – 1:30 PM on Wednesday, December 18 and Tuesday, December 24.

### 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](http://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.



## Drawing Class:

**Still Lives Come to Life!**  
**Wednesdays, 10:00-12:00**  
**January 8 – February 12**  
**\$25**

Come explore the delight of creating a composition with unrelated objects that, through your creativity, will look like first cousins when completed. We will discuss form, texture, composition and shading through color. Please bring a sketch book, pencils and any medium that you would like to use for "coloring in" your creation. Please pay and register at the Senior Center by January 7.

Board of Health Nurse Talk  
**Diabetes Update**  
Tuesday, December 17  
11:00 AM

Diabetes affects almost 26 million Americans (8.3%), one quarter of whom don't know they have it. Another 79 million Americans have pre-diabetes, which raises their risk of developing type 2 diabetes, heart disease, and stroke. By 2050, 1 in every 3 adult Americans will have diabetes if current trends continue.

Phyllis Schilp, Sudbury Board of Health Nurse, will share the latest information on diabetes signs and symptoms, testing, management and risk. She will also offer a diabetes risk screening. Please call to sign up at (978) 443-3055.

## 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.

This year more than 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. Some generic drugs may cost \$0 at preferred pharmacies.

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.

Unfortunately, the Senior Center's volunteer S.H.I.N.E. Counselors are booked. However, you can call the Senior Center to get information on other locations that may have an opening for assistance with changing your Medicare Health or Drug plan, or you can call Medicare directly at 800-MEDICARE (800-633-4227).

S.H.I.N.E. – Serving the Health Insurance Needs of Elders – is a federal and state funded program that trains volunteers to offer unbiased Medicare counseling. The Senior Center currently has three excellent volunteer Counselors: Kathleen Fitzgerald, Kathleen Woerhling and Susan Foley.

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## Caregiving and the Holidays: From Stress to Success

*Excerpt from the Family Caregiver Alliance newsletter*

For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and good will.

Caregivers may feel resentful towards other family members who they feel have not offered enough assistance. Managing care for someone who has a cognitive impairment may leave caregivers feeling that they will not be able to participate as fully as they would like in family gatherings...

\*The Family Caregiver Alliance offers a plethora of information for all types of caregivers. Please see the complete article above for suggestions to make the holidays healthier and less stressful at [http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=1039&utm\\_source=November+15%2C+2013&utm\\_campaign=Constant+Contact&utm\\_medium=email](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1039&utm_source=November+15%2C+2013&utm_campaign=Constant+Contact&utm_medium=email) .

You may call the Family Caregiver Alliance at (800) 445-8106 or email at [info@caregiver.org](mailto:info@caregiver.org).



## 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 4<sup>th</sup> 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 2, 3, 12 and 16. You can't miss them – 4<sup>th</sup> graders certainly will make themselves known! They'll even try some senior aerobics and Yoga!

### *What is Bridges?*

Bridges is an award-winning program designed to bring together older adults and children to explore a curriculum in the classroom that touches on young and old, aging and remembering, past and future, all while fitting into the school curriculum.

The Sudbury Bridges program takes place in all 4<sup>th</sup> grade classrooms for 6 weekly sessions, along with a special reunion at the Senior Center. The next session begins in January. For further information or if you are interested in becoming involved in this unique intergenerational educational program, please call or send an email to [sudburybridges@gmail.com](mailto:sudburybridges@gmail.com).

## DECEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Van Shopping Trip</i> 9:00-2:30 I&R Hours 9:00 <i>Bridges Reunion</i> 11:00 Fit for the Future 1:00 Better Bones (3) 2:15 Tai Chi (3)	3 8:30-10:30 BP Clinic 9:00 Cribbage 9:00 <i>Bridges Reunion</i> 9:40/11:00 Yoga (5) 9-3 SHINE 12:00 Lunch 12:30-3:30 Bridge 1:30 <i>India-Pakistan</i> (2) 3:00 COA Meeting	4 9:00-2:30 I&R Hours 10:00-12:00 Drawing (5) 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 Informal Quilting 1:00 Canasta 2:00-4:00 Teen Tech Help	5 9-4 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events 12:00 <i>Wayside Inn Luncheon</i>	6 9:00-2:30 I&R Hours 9:30-11:30 Bingo 9:30 Better Bones (4) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>61</i> 1:00-3:00 Watercolors (2)
9 <i>Van Shopping Trip</i> 9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future * 1:00 Better Bones (4)* 2:15 Tai Chi (4) * <i>*Check at Front Desk for Room location</i>	10 <i>Special Election</i> 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) * 12:00 Lunch 12:30-3:30 Bridge 1:30 <i>India-Pakistan</i> (3) <i>*Check at Front Desk for Room location</i>	11 9:00-2:30 I&R Hours 10:00-12:00 Drawing (6, last) 11:00 Fit for the Future 12:00 <i>Holiday Luncheon</i> 12:00 Zumba (room 3?) 1:00 Informal Quilting 1:00 Canasta	12 9:30 Tap Dance 9:45 Thursday Crafters 9-4 SHINE 10:30 <i>Bridges Reunion</i> 2:00 <i>American Drama Series (3 of 4)</i>	13 9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (5) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Field of Dreams</i> 1:00-3:00 Watercolors (3)
16 9:00-2:30 I&R Hours 10:00 <i>Boxwood Holiday Tree Workshop</i> 10:30 <i>Bridges Reunion</i> 11:00 Fit for the Future 1:00 Better Bones (5) 2:15 Tai Chi (5)	17 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 11:00 <i>Diabetes Update</i> 12:00 Lunch 12:30-3:30 Bridge 2:00 <i>American Drama Series (4 of 4)**</i> <i>(**moved from Dec. 19)</i>	18 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 Informal Quilting 1:00 Canasta 2:00 <i>Holiday Cookie Swap</i> <i>** Van Service will be from 8:30AM-1:30PM today</i>	19 <i>Holiday Pops Trip</i> 9:30 Tap Dance 11:30-4 SHINE 12:00 Pizza and a... 12:30 Movie: <i>42</i>  <i>American Drama class #4 has been moved to Tuesday, Dec. 17</i>	20 9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (6) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Chicago</i> 1:00-3:00 Watercolors (4)
23 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00-2:00 <i>Winter Warmup</i> 1:00 Better Bones (6) 2:15 Tai Chi (6) <i>Stop by for cider and hot cocoa today!</i>	24 BP Clinic returns on January 7 9:00 Cribbage No Yoga today 12:00 Lunch Bridge returns next week <i>Van Service will be from 8:30AM-1:30PM today</i>	25 Christmas Holiday  Senior Center Closed	26 No Tap Dance 9:45 Thursday Crafters 12:30 Afternoon movie: <i>Phantom of the Opera</i>	27 9:30-11:30 Bingo 9:00-2:30 I&R Hours No Better Bones today 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Holiday</i> 1:00 Informal Watercolors
30 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Afternoon movie: <i>Today's Special</i> No Better Bones today No Tai Chi today <i>Stop by for cider and hot cocoa all day!</i>	31 BP Clinic returns on January 7 9:00 Cribbage No Yoga today 12:00 Lunch 12:30-3:30 Bridge		VAN SERVICE CHANGES Please note: Van Service will be available from 8:30AM-1:30PM on Wednesday, December 18 and Tuesday, December 24.	



**Lunch Menu**

**Dec. 3** – Butternut Mac & Cheese/Broccoli  
**Dec. 4** – Shaved Steak/Onions/Baked Beans

**Dec. 10** – Swedish Meatballs/Egg Noodles  
**Dec. 11** – Special Event, see pg. 1

**Dec. 17** – Roast Beef au Jus/Roasted Potatoes  
**Dec. 18** – Potato Fish/Mac & Cheese

**Dec. 24** – Chicken Picatta/Brown Rice

**Dec. 31** – Meatballs/Hawaiian Sauce/Rice

If you would like to order lunch, please let us know by the preceding Monday morning at 11:00 AM. Call the Senior Center for more information at (978) 443-3055.

**LUNCH**

**Tuesdays and Wednesdays at 12 noon**

BayPath Elder Services provides a hot lunch on Tuesdays and two lunch choices on Wednesdays at noon; as well as a hot home delivered meal 5 days each week.

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](http://www.sudbury.ma.us/departments/seniorcenter).

**Teen Tech Workshop**  
 December 4, 2:00-4:00 PM

**Movie and Pizza**  
**Thursday, December 19**

**42**

**2013**  
**PG-13**  
**2 hours, 8 minutes**



This biopic focuses on the relationship between baseball icon Jackie Robinson and Brooklyn Dodgers general manager Branch Rickey, who signed Robinson and in 1947 made him the first black Major League Baseball player of the modern era.

Starring: Chadwick Boseman, Harrison Ford

**Pizza: 12 Noon Movie: 12:30 PM**

Please call (978) 443-3055 to sign up and to order your slice of pizza (\$1.25/slice) by 10:00 AM that morning!

**December at the Movies - 12:30 PM**

Please sign up at (978) 443-3055.

Dec. 6 – **61** – 2001- NR – 2 hrs., 8 mins. – Story of Roger Maris and Mickey Mantle;

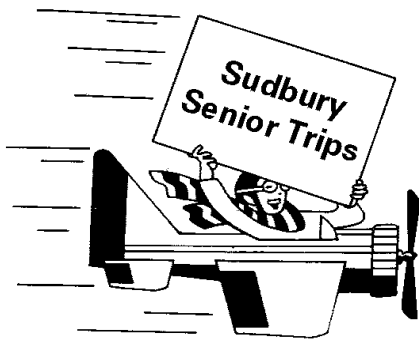
Dec. 13 – **Field of Dreams** – 1989 – 1 hr., 47 mins. – Baseball fantasy; Kevin Costner

Dec. 20 – **Chicago** – 2002 – PG13 – 1 hours, 53 mins. Musical; Catherine Zeta-Jones, Renee Zellweger

Dec. 26 – **Phantom of the Opera at Royal Albert Hall** – 2011 – NR – 2 hrs., 40 mins., musical

Dec. 27- **Holiday** – 1938 – 1 hr., 33 mins. – classic comedy; Katherine Hepburn, Cary Grant

Dec. 30 – **Today's Special** – 2009 – R – 1 hr., 39 mins. – quirky, feel good; young Manhattan chef Samir rediscovers his heritage and his passion for life



### Sudbury Senior Trips News 2013

Happy Holidays to all our wonderful trip friends. We will be doing our last trip of 2013 to the Holiday Pops (Dec. 19) in just a couple of weeks. Please remember that we will be leaving promptly at 2:15 PM, IF THE WEATHER IS FINE and earlier (1:45 PM) if it is stormy. Symphony Hall will most likely not cancel the program unless conditions are extremely critical. It might be wise to call either myself or the Senior Center if in doubt. Wingate will be preparing and donating light lunches for us to bring with us. Our trip will finish up with a short excursion around the Boston Common to see the Holiday Lights.

#### **Foxwoods**

Our next Foxwoods trip will be on Monday, February 3, 2014. You may sign up beginning on December 2. Cost is still \$26.00. For this trip, please complete a new Green signup form for Foxwoods. Please make sure we have up-to-date phone and emergency contact information. Once you complete the form, you need only add the date and your check number to it for each Foxwoods trip.

Your check will be attached to it and put it in our trip envelope. This ensures that you are

registered. The green form will then be available for your next trip.

The November Foxwoods trip was fantastic! Thank you all for signing up early enough so that there was no worry about possibly having to cancel the trip. For the February trip, please remember to be at the Senior Center by 7:15 AM.

#### **Trips in the New Year**

We received only a couple of replies to our Trip Questionnaire. I am presently looking at a Panama Canal trip (we did it some years ago), a Repositioning Cruise and/or a Scandinavian River Cruise. We may also do a short trip to the Sight and Sound Theatre in Lancaster, PA to see the new Moses Play and visit the Pearl Buck home (author of The Good Earth). We will need a full bus to do this.

Other suggestions are welcome! Please feel free to leave any suggestions at the Senior Center. Look for the new Trip Schedule soon!

Thanks, *Carmel*



#### **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 Anne Manning at 978-443-3055 for more information or to sign up.

## IN MEMORIAM

### **Mary-Lee Mahoney-Emerson**

The Sudbury Council on Aging lost a wonderful member this year. Mary-Lee Mahoney-Emerson was on the Sudbury Council on Aging from 2008 through 2013. She was unfailingly courteous, generous and friendly, always considering the perspective of the individual older adult. Every year, Mary-Lee assisted with obtaining door prizes for the Wayside Inn Holiday Luncheon, and helped with preparation for various special events. She was also involved in the development of the COA strategic plan and was a liaison to the BayPath Elder Services Board of Directors. Mary-Lee was a resident of Sudbury for many years and worked at St. Patrick's Manor as Assistant Administrator. She will be greatly missed.

#### *Weather related events and the Senior Center*

The Senior Center will follow the Sudbury Public Schools lead with regard to cancelling programs for severe weather. When the Sudbury Public Schools are closed, the Senior Center will cancel all programming for that day. This most likely will mean that Van Service is also cancelled.

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](http://www.senior.sudbury.ma.us).



## 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.

**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 requested. 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.

*What are you waiting for? Join us and get healthy!*

### **Yoga for Living Well**

Tuesdays, 9:40 or 11:00 AM

January 21 – March 4

8 weeks for \$56 (payment due at registration)



### **Fit for the Future**

Mondays, Wednesdays, Fridays at 11:00AM

\$2 Drop-in, on-going

### **Tai Chi** - see also new *Tai Chi* pg. 3

Mondays, 2:15 PM

Jan. 27 – Mar. 24, no class Feb. 17

8 weeks for \$36 (payment due at registration)

### **Awesome Aquatics at Atkinson Pool**

Monday, Tuesday, Thursday, 11:00 AM-12:00 PM, 30 classes for \$60

Perfect for adults/seniors looking for a slower paced workout and/or those who want to continue exercise after physical therapy. Call (978) 443-1092 for more information.

### **Better Bones, Senior Strength**

Mondays, Jan. 27 – March 24, 1:00 PM; no class Feb. 17

Fridays, Jan. 17 – Mar. 7, 9:30 AM

8 weeks for \$56 (payment due at registration)

### **Zumba**

Wednesdays, 12:00 – 1:00 PM

\$4 drop-in; \$9 (advance)- Dec. 4, 11, 18, no class Dec. 25

Please bring water and your enthusiasm!

### **Tap Dance**

Thursdays, 9:30-10:30AM

\$15 for 3 classes; Dec. 5, 12, 19

(Payment is due at registration.)

Put on your tap shoes and get happy!



### **Snowshoe Loan Program through Park and Recreation**

Sudbury Park and Rec has 4 pairs of men's, 4 pairs of women's and 8 pairs of children's snowshoes available for loan. Call Park and Rec at (978) 443-1092 for more information and to reserve!

THE  
SUDBURY  
SENIOR

# SCENE

A monthly publication from the

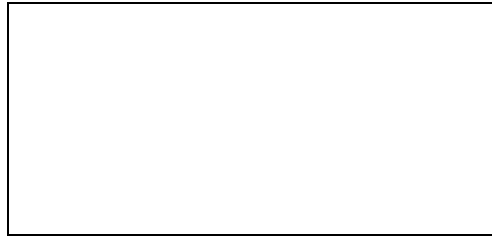
**SUDBURY SENIOR CENTER AND  
SUDBURY COUNCIL ON AGING**

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](mailto:senior@sudbury.ma.us)

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



**Holiday Luncheon**  
**Wednesday, December 11**  
**12 noon**



Luncheon and entertainment catered and sponsored by  
*Heritage Assisted Living of Framingham*

A delicious meal and engaging music by  
***The Wolverine Jazz Trio!***

*Please call the Senior Center at (978) 443-3055 to sign up by Thursday, December 5!*