



Chocolate 101 *A Celebration of Chocolate*

Thursday, February 20
2:00 PM
\$5

Nine out of ten people love chocolate... and the tenth person is lying! What is it about this delicacy that makes mouths water? How did this food get such a bad reputation? And did you know that chocolate is good for you? All the questions you've ever had about chocolate, such as where it comes from, how it's made, and why it tastes so good, are answered in this class. You'll even learn what your chocolate preference says about your personality. *Chocolate 101* is not for the faint of heart, as we will sample some of the best chocolates from the world over, ranging from white chocolate, all the way up to 99% cacao. So, if chocolate is an invaluable part of your life, then this program is for you!

Judith Kalaora is a professional actress, historical interpreter, and educator. She holds a Bachelor of Fine Arts from Syracuse University and attended the Globe Education Program of Shakespeare's Globe Theatre in London, England. Judith works as a consultant and guide for Boston Chocolate Tours/Taste of Chocolate. This program is offered in partnership with Sage Educational Services.

You must register and pay for this workshop in advance. *Sudbury residents may sign up immediately, all others beginning on Monday, February 10.* Thank you for your understanding. There is a 48 person maximum for this workshop.

Interaction of Global Civilizations since 600 AD **4 Mondays, February 24 – March 17, 1:00 PM**

Sudbury resident Zaheer Ali returns with a four-part lecture series covering world events starting 600 AD to Present.

- *The world around 600 AD
- *Birth of Islam and Arab empire(s) -first resurgence of Islam
- *Mongols leading to second resurgence of Islam
- *Renaissance and European empires
- *Causes and conditions leading to European Colonial rule
- *World Wars, America and Soviet Union
- *Reversal of conditions, independence, democracy and resurgence of Islam.
- *Politics of Oil and Energy.
- *Perceptions, fears and myths of current world situations including radical Islam.



The final class is reserved for a discussion and question and answer period. Please register for this class by calling the Senior Center at (978) 443-3055.

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A MESSAGE FROM COUNCIL ON AGING CHAIR, JACK RYAN

We have some significant developments on the Fairbanks Community Center front. If you had an opportunity to attend or watch the Town Forum at the end of January, you know that it now appears BH+A, the architectural firm performing the feasibility study of Fairbanks, has concluded that because of its structure and design it would be more expensive to renovate the existing “classroom” section of the Fairbanks building than to build new. In many respects this is not surprising. The unreinforced concrete block construction of schools in the 1950’s does not allow much flexibility for renovation while complying with 21st century building codes. This is the kind of situation we ran into when looking to renovate the Sudbury elementary schools and Lincoln-Sudbury High School. If the goal is to make Fairbanks into a modern multigenerational community center, with the kind of facilities needed by 21st century seniors (Yes! we are 21st century seniors), then we have to look to replace the “classroom” section of Fairbanks.

So, where do we go from here? Well that depends on your input! There will be a Town-wide Public Forum focused entirely on the status of the Fairbanks Community Center on Thursday evening, February 13th at 7:30 PM at the Senior Center. The purpose will be to inform folks of the current status of the feasibility study and to seek input into what kind of conceptual designs BH+A should develop. BH+A may have some degree of conceptual designs at that point, but nothing final. They are seeking input from the Town as a whole, including, and I would say especially including, seniors in Town. So if you are able, be present at the Senior Center the evening of February 13th and don’t hesitate to give input and ideas as you learn more about what the future of a multigenerational community center can look like in Sudbury. Please call the Senior Center at (978) 443-3055 if you think you will need transportation to this event, and we will try to schedule a van.

Jack Ryan



Current Events Group
Thursdays, February 6 and 20
10:00 AM

Join our lively Current Events group with Facilitator Richard Nesmith! Please call to sign up; as it helps us to plan for the audience and to notify you with any schedule changes.

Teen Tech Workshops

Wednesdays, February 12 and 26
 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. You could learn how to use Skype to call your family across the country via the internet! Sign up for an appointment at 2:00 or 3:00 PM. Please give us a general idea what types of assistance you will require.

COUNCIL ON AGING**CHAIRPERSON:**

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Carol Oram, Jean Semple,

June Allen, Judith Honens,

Patricia Howard, Donald

Oasis, Dorothy Sears

New Monthly Class!



Hot Topic of the Month
With Dr. Lawrence Lowenthal
Thursday, February 27
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.

Health Information from Sudbury Board of Health Nurse, Phyllis Schilp, R.N.

Heart Health – Wear *Red!*
Tuesday, February 4
11:00 AM

Why does the American Heart Association ask you to wear red today? Because Heart disease, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease, is the leading cause of death for *men and women* in the U.S.

Phyllis is ready to share tips on how to keep your heart healthy! And, as usual, she will bring healthy snacks to share. Sign up at (978) 443-3055 so that we can plan for the audience.

Certified SHINE (Medicare) Volunteer Counselors Needed!!

Are you looking for a challenging volunteer opportunity? Do you enjoy learning about complex topics? Are you good at analyzing and solving problems? Do you like to work with people? The SHINE program may be just what you are looking for!

For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (508) 532-5980 x 4109. For an appointment with a SHINE Counselor at Sudbury Senior Center, call (978) 443-3055.



Soup's On!
Ask the Pharmacist
Thursday, February 13

12:00 Soup
 12:30 Talk

Donna Bartlett, PharmD, CGP, will be here to discuss common medications, their interactions with other medications, foods and drinks, as well as other guidelines for safe medication use. Ms. Bartlett is a staff pharmacist with the Mass. College of Pharmacy and Health Sciences in Boston.

Come with your questions, she will have the answers! Please call to reserve your spot, and your soup by Wednesday, February 12 at 4:00 PM.

Opera Film Fest
on Mondays



February 3, 10
 12:00 PM

By special request from Opera lovers in Sudbury, we are showing several DVDs of famous and popular operas that have been filmed. For February, we will show the DVDs on Monday afternoons as follows:

Feb. 3: *Tosca* (Puccini) – 1976 with Placido Domingo, Sherrill Milnes – Italian – 2 h.
 Feb. 10: *La Traviata* (Verdi) – 2007 with Angela Gheorghiu at Teatro alla Scala di Milano live – Italian – 2 h, 14 m.

Please sign up in advance by calling (978) 443-3055.



A Special Thank You to Sudbury Pines

A special Thank you to Sudbury Pines Extended Care for providing delicious drinks and snacks for our Friday afternoon movies in December!



**Next Step Living/
Mass Save
Wednesday, February 5
9:15-12:00**

Stop by the Next Step Living table in our lobby area to find out more about how you can save money and energy at home. Next Step Living works with the state of Mass. to provide information and home energy assessments and weatherization services.



**Powerful Tools for
Caregivers Workshop
Re-scheduled for
Mondays, 2:00-3:30 PM
March 24 – May 5**

This specially designed 6 week caregiver workshop is now scheduled to begin on March 24. Please call Anne Manning for information and to register at (978) 443-3055. Class needs a minimum number of participants to run.



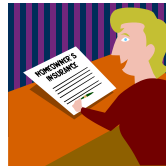
**Legal Clinic
Tuesday, February 25
10:00-12:00**

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

**Senior Circuit Breaker
Tax Credit
Information Session
Thursday, February 27
10:30 AM**

Brian Lynch, from the Mass. Department of Revenue's Office of Advocacy, Training and Communication, will be here to explain the Circuit Breaker Senior Tax Credit and answer your questions! The credit is worth \$1,030 this year for eligible taxpayers who are 65 and older who own their home or rent. Eligibility is based on income and property tax bills.

Be sure to sign up for this talk at (978) 443-3055, so that we can be prepared for the audience (and call you with any weather related changes).



**Sudbury Senior Tax
Exemption Info Session
Thursday, March 13
10:00 AM**

Cynthia Gerry, Town Assessor, will be here to describe all of the current Senior Property Tax Exemptions, as well as, how Tax deferral works. Please bring your questions! You must call to register for this talk at (978) 443-3055.

Medicare Assistance

Call to make an appointment with a SHINE Counselor at (978) 443-3055.



**AARP Tax Help
Mondays, beginning February 24**

Need some help with your income tax return? Once again this year our specially trained volunteers from the AARP Tax Assistance program will help you with your forms, for **free**. Returns will be filed electronically.

One and a half hour appointments are available on Mondays (9:00, 10:30, 1:00, and 2:30). To schedule one, call 978-443-3055.

For people who don't have brokerage accounts, help starts **Monday, February 24**. For those with brokerage accounts, (including people with stocks) appointments will begin **Monday, March 3** because the account paperwork is not mailed until after February 15.

Be sure to bring with you the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*.

This year's aides are Dave Calder, Emil Ragonas, and Fred Taylor.

This service is targeted toward taxpayers age 50 and older who do not have complex returns, as well as, low income individuals and families.

Please call the Senior Center at (978) 443-3055 to schedule an appointment and for more information.

FROM INFORMATION AND REFERRAL SPECIALIST, ANNE MANNING

Coping with the “Winter Blues”

More than two million adults over the age of 65, are diagnosed with some form of depression every year. Yet, only 38% of older adults believe depression is a health issue. And they’re more likely than any other age group to “handle it themselves.” In fact, research reveals that more than half of adults who are 65 and older, believe that it is normal for people to become depressed as they get older! This is simply not true and that’s why it is so important to raise awareness about depression this winter – a time when many people feel down.

Near the end of the year, people are used to a lot of social activity and spending time with friends and family. But between the New Year until about Easter, all of that social activity dramatically declines for many older adults, especially if they are caring for a spouse or parent, or their family lives out of state. Add cold weather or not much sunlight to their days, and you have people who may suddenly be faced with the “winter blues”.

Be on the lookout for these three most common signs of depression in yourself or your older relatives: lack of appetite, fatigue and problems with concentration. Don’t pass off these symptoms as stress or normal aging. It’s important to recognize the difference. A little space, time and an extra set of eyes and ears can help everyone involved get through the winter. Sharing your feelings or symptoms with a family member or good friend can help to clarify or demystify your symptoms. Another good resource to turn to for help is the Senior Center. The Senior Center Information Specialist is a great listener and knows about resources and can help to identify what resources would be most helpful. The Senior Center’s Board of Health Nurse is available, and she can discuss health and chronic illness issues and also provide resource information. Please call to make an appointment with Anne Manning, our Information Specialist, or drop by during our Blood Pressure clinic to see Phyllis Schilp, R.N., our Board of Health Nurse (you may also leave Phyllis a message at (508) 358-3000 x237 and she will return your call).

Happy, Healthy 2014!
Anne Manning, LMHC, Information and Referral



Reference: Caregiver Wellness. Caregiving Tips, Mark Friedman.

Heating Assistance Available to Sudbury Residents through The HOPE Fund

The HOPE Fund, a project of HOPEsudbury, is a source of short-term financial assistance for Sudbury residents with emergency or unexpected financial need. Any individual or family who has resided in Sudbury for at least one year is eligible for assistance.

Funds are available for: Fuel/Utilities, Medical Care/Medicine, Food/Special Dietary Needs, Rent/Mortgage/Insurance, Household Repairs and other needs. Funding decisions are based on individual circumstances, not specific income limits. Distributions are capped at \$500 per individual or \$1,000 per family.

To seek assistance, residents should call 978-639-3358 and leave a message for Martha Lynn, the Sudbury Town Social Worker. All requests are completely confidential. More information is available at http://hopesudbury.org/?page_id=73.


 FEBRUARY 2014
 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Opera Film Fest: <i>Tosca</i> 1:00 Better Bones (2) 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9-12 SHINE 9:00 Cribbage **No Yoga today** 11:00 <i>Heart Health</i> <i>w/Board of Health Nurse</i> 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (5)</i> 3:00 COA Meeting	9:00-2:30 I&R Hours 9:15-12:00 <i>Next Step Living Table in lobby –stop by!</i> 9:30 <i>Alexander the Great (5)</i> 10:00-12:00 <i>Drawing (5)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 Canasta 1:00 Informal Quilting	9:30 Tap Dance 9:45 Thursday Crafters 10:00 <i>Current Events</i> 12:00 Pizza and a... 12:30 Movie: <i>The Butler</i> 1:00-4:00 SHINE	9:30-11:30 Bingo 9:00-2:30 I&R Hours **No Better Bones** 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Jobs</i> 1:00 Watercolors (1)
10	11	12	13	14
9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 12:00 Opera Film Fest: <i>La Traviata</i> 1:00 Better Bones (3) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (6)</i>	9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (6)</i> 10:00-12:00 <i>Drawing (6)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 Canasta 1:00 Informal Quilting 2:00-4:00 Teen Tech	9:30 Tap Dance 9:45 Thursday Crafters 12:00 Soups On: <i>Ask the Pharmacist</i> 1:00-4:00 SHINE 7:30 <i>Fairbank Community Center Forum</i>	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 Afternoon Movie: <i>Johnny Carson: King of Late Night</i> 1:00 Watercolors (2)
17	18	19	20	21
<i>Presidents Day Holiday</i> <i>Senior Center Closed</i> <i>*Due to limited gym availability – Fitness Classes may be in different locations. Please check with the Front Desk – thank you!</i>	8:30-10:30 BP Clinic 9-12 SHINE 9:00 Cribbage 9:40/11:00 Yoga* (4) (Sudbury Pines room) 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (7)</i>	9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (7)</i> 10:00-12:00 <i>Drawing (1)</i> 11:00 Fit for the Future* 12:00 Lunch 12:00 Zumba 1:00 Canasta 1:00 Informal Quilting	9:30 Tap Dance* 9:45 Thursday Crafters 10:00 <i>Current Events</i> 2:00 <i>Chocolate 101!</i> 1:00-4:00 SHINE	9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (4) 10:30 Fit for the Future* 12:30 Friday Afternoon Movie: <i>The Lone Ranger</i> 1:00 Watercolors (3)
24	25	26	27	28
9-4 AARP Tax Return Assistance 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 <i>Global Civilizations (1)</i> 1:00 Better Bones (4) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10:00-12:00 <i>Legal Clinic</i> 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (8)</i>	9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (8)</i> 10:00-12:00 <i>Drawing (2)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 Canasta 1:00 Informal Quilting 2:00-4:00 Teen Tech	9:30 Tap Dance 9:45 Thursday Crafters 10:30 <i>Circuit Breaker Tax Credit Talk</i> 1:00-4:00 SHINE 2:00 <i>Hot Topic of the Month</i> 3:00 <i>Friends of Sudbury Seniors meeting</i>	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>Parkland</i> 1:00 Watercolors (4)

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. All are funded by the federal Title IIIIC nutrition program through Mass. Executive Office of Elder Affairs.

Please sign up for lunch for either day by calling us before 11 AM on Monday morning. 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.

**Movie and Pizza
Thursday, February 6**

The Butler

2013
PG-13
1 hour, 53 minutes



Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades

Starring: Forest Whitaker, Oprah Winfrey, John Cusack, Jane Fonda

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

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.

Severe Weather Events

If the Sudbury Public Schools are closed due to severe weather, Senior Center programs will be cancelled for the day; this usually means that the Senior Van will be cancelled as well. The Senior Center will be open regular hours, unless the Town Manager has determined that Town offices will be closed. Please call to verify whether programs are running.

The Movies - 12:30 PM

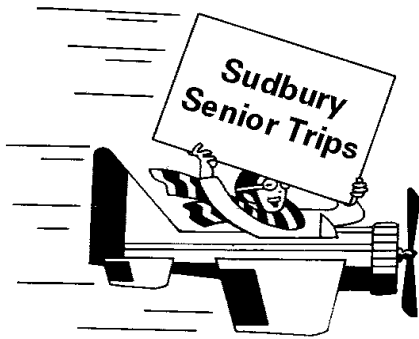
Please call to let us know that you are coming at (978) 443-3055. We will contact you should the schedule change. Fridays:

*Feb. 7 – **Jobs** – 2013 – PG13 – 2 h, 2 m - Apple Founder Steve Jobs biopic.*

*Feb. 14 - **Johnny Carson: King of Late Night** – 2012 – NR – 1 h, 54 m - documentary (rescheduled from Jan. 3)*

*Feb. 21 – **The Lone Ranger** – 2013 – PG13 – 2 h, 29 m – Native American warrior Tonto rescues wounded lawman and forms contentious partnership.*

*Feb. 28 – **Parkland** – 2013 – PG13 – 1 h, 27 m – political drama, at the Dallas Hospital that JFK was taken to after being shot on Nov. 22, 1963.*



Sudbury Senior Trips News

I hope that everyone received their green copy of our 2014 trip brochure with the January newsletter. I did not realize how much extra work it made for our very faithful "inserters". For the first time, I came in to give them a helping hand and I was shocked, to say the least, as to what a big job it is for the small handful of people who come in each month to help, especially when there is an insert to put into the newsletter. If you have a few hours to spare and would like to work with a congenial group of people preparing the newsletter, please leave your name at the front desk.

As the John Singer Sargent trip was planned on very short notice, I was pleased at how many were able to go. It was difficult to reach people as it was in-between newsletters. I am pleased that so many were able to hear about it and see the notices I put up. Needless to say "It was wonderful. Thank you all who were able to come with us."

Our first Foxwoods Trip

Monday, February 3, Price \$26.00. We have tried to keep the cost the same even though the motor coach fare is expected to go up. This means that we need at least 35 paying passengers to allow for any emergency cancellations.

*Remember that you only need to fill out the Reservation form once this year on your "FIRST Trip Signup" thereafter you can use the same form and just enter the new trip date and your check number. Forms will be in a Black Index Box, labeled "Foxwoods Trips" at the front desk. Just ask our receptionist for it and find your own GREEN Reservation Form.

Day Trips

We will be offering the same "FIRST Trip Signup" procedure to the folks who go on our regular day trips this year. Complete a PINK form and then add trips as you sign up. Your Black Box will be labeled "One Day Trips".

The Ronan Tynan Show

Tuesday, March 11 at the Venus De Milo in Swansea, price \$79.00, is expected to be a sellout for our trip company. If you love this very talented gentleman's wonderful voice (Did you hear him Sing "God Bless America" at the new Boston Mayor's Inauguration? It sent chills down your spine.) I suggest you book as soon as possible, as I expect reservations may be cut off very soon by our trip company.

Meal choices are *Corned Beef and Cabbage* or *Baked Haddock* with all the fixings. Please be sure to indicate your choice on the memo line of your check and on the pink sign-up form.

The Debbie Reynolds Show

Tuesday, April 15 at The Mohegan Sun Casino, price, \$79.00. This legendary actress, dancer and singer is still very

active in show business and does her own show (not an impersonator). If you enjoyed her when she was younger you'll love her now. Trip includes the Casino Gaming package (free slot play and meal voucher).

The Secret Garden

Wednesday, May 28 at the Stoneham Theatre, price \$59.00. We are able to do this trip at this lower price as this is "Senior Discount Day" at the theatre. This lush Broadway Musical won 3 Tony awards on Broadway, including "best musical score". We will make a lunch and shopping stop at the Woburn Mall in the morning (Appleseed's Outlet store is there).

Moses and the Kutztown Folk

Festival June 26-28 It is now time to sign up for our 3 Day Moses trip to Lancaster Pa. June 26-28 price \$425.00 Double. A brand new show of epic proportions which has already been sold out at many Centers and not to be missed. We are very lucky with our dates as we will also be able to attend a very colorful Dutch Cultural Folk Festival on our way home. This is a great 3 day trip at a great price. Pick up our colorful brochure and read all about it.

Panama Canal Cruise and Much

More (16 days) October 20-November 3 Price \$2,449.00 Dbl. This trip has so much in it that you just have to pick up a brochure and "read all about it." Besides going through the Canal Locks and Gatun Lake we will be making stops at several very interesting ports including 3 Mexican ports and Costa Rica. The trip also includes airfare, Port Taxes, all meals and entertainment while aboard. Please call me if you have any questions.

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.

Fitness Programs

Yoga for Living Well

Tuesdays, 9:40 or 11:00 AM
March 25 – May 13
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. Class minimum is 8 students.

Tai Chi

Mondays, 2:15 PM
March 31 – June 9; no class Apr. 21, Jun. 2
8 weeks for \$36 (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. Please register at least one week in advance of start date.

Better Bones, Senior Strength

Mondays, March 31 – June 2, 1:00 PM; no class Apr. 21
Fridays, March 28 – May 16, 9:30 AM
8 weeks for \$56 (payment due at registration)

Build strength, stronger bones and better balance. Please bring a mat, towel, 2 free weights and water.

Zumba

Wednesdays, 12:00 – 1:00 PM
\$4 drop-in; \$12 (advance) - Feb. 5, 12, 19, 26
Please bring water and your enthusiasm!

Tap Dance

Thursdays, 9:30-10:30AM
\$20 for 4 classes; Feb. 6, 13, 20, 27
(Payment is due at registration.)



Put on your tap shoes and get happy!

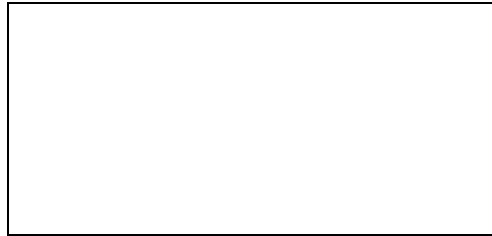
Fit for the Future

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.

A monthly publication from the
**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**
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Sudbury, Massachusetts 01776-1681
on the web at:
<http://senior.sudbury.ma.us>

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

Chocolate 101

A Celebration of Chocolate

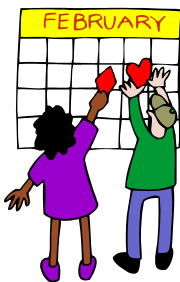
With Judith Kalaora



Thursday, February 20
2:00 PM

\$5 *You must register for this workshop! See guidelines on page 1.*

Program Highlights for February:



- **Global Civilizations**
- **Hot Topic of the Month**
 - **Opera Film Fest**
 - **Heart Health**
- **Ask the Pharmacist**
- **Next Step Living/Mass Save**
- **Senior Tax Exemptions/Tax Assistance**

