

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



Opera Series
Fridays at 1:30 PM
January 4, 18, 25
No class January 11
\$20



Opera fans will be thrilled to know that Richard Travers will offer a three-part Opera Series on Friday afternoons in January. 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.



A Trip to Antarctica
Thursday, January 17
12:30 PM



Take an armchair trip to Antarctica by way of Buenos Aires and Ushuaia, presented by Sudbury resident, Bob Diefenbacher. He joined a Lindblad National Geographic expedition to the Antarctic Peninsula in December 2011. The trip was to visit and learn about the Great White Continent, and to photograph the landscape and wildlife.

Bob is an experienced photographer who competes as a member of the Boston West Photographic Society and whose images have been accepted for exhibition in a number of international competitions sponsored by the Photographic Society of America. Bob's show includes a brief PowerPoint introduction and then a "Ken Burns" style digital image presentation. He will bring some large prints plus maps, and other materials from the two week trip, that included 9 days of exploration on the Antarctic Peninsula with hikes onshore and Zodiac trips in the bays and coves around the peninsula.

To keep you warm while traveling over the ice, we will be serving hot cocoa and "snowballs"! Please call (978) 443-3055 to let us know that you are coming, so that we can prepare enough food. Free.

INSIDE THIS ISSUE

Message from the COA Chair	2
Message from the Director	2
Soups On!	3
Drawing	3
Mercury Program	3
Watercolors	4
Teen Tech	4
Intro to Tai Chi	4
History of Egypt	4
Information and Referral	5
Out of Town Subscribers	5
Calendar	6
Lunch	7
Movies/Pizza	7
Trips	8
Legal Clinic	8
Community Events	8
Services	9
Fitness Classes	10
Pianist Rick Scalese	12

A MESSAGE FROM THE COUNCIL ON AGING CHAIR
DAVID LEVINGTON

Great News!

The voters have voted, and endorsed the new Sudbury Senior Property Tax Relief plan by a wide margin! That means that next year (if nothing goes wrong) about 250 of us will receive a “tax exemption” that will really help!

How do you know if you’re eligible?

The easiest way to know if this may help you is to answer: Have you been eligible for the “Circuit Breaker” credit from the Commonwealth? If so, this new plan may help you. The idea is to keep seniors’ property tax bills at 10% or less of their income, but only for those who qualify. We’ll be providing more guidance in this newsletter over the next year. If you’d like to talk with someone about it, leave a message at the Senior Center at (978) 443-3055.

A Special Thanks to Ralph Tyler

Lots and lots of people worked very hard, for a number of years to make this new plan possible, but none of it would have happened without Ralph Tyler. Almost every senior citizen article on the Town Warrants over the last ten years has been initiated by Ralph, and this one was no exception.

There are lots of old sayings about “breaking eggs to make an omelet”, and “hitting a donkey on the head to get his attention”, and so forth. In our case, Ralph raised the issue of tax relief for seniors year after year! Some folks were happy, some were mad, but over the years we all got educated about who needed help and how to provide it. The new local law is the result, and we all owe Ralph a vote of thanks.

A MESSAGE FROM THE DIRECTOR, DEBRA GALLOWAY

Looking back at 2012, the Senior Center had a really successful, busy, interesting year. Highlights included many lifelong learning programs, such as “How Art Became Modern” and “America Votes”, along with “Random Events that Changed History”. We also offered practical arts such as “Drawing”, “Watercolors”, “Create Your Own Beads” and more. And often we were able to find wonderful speakers to talk about entertaining, or educational topics: “From Purgatory to Podunk”, “Learn About Meditation”, “Atticus” and many others. An important safety topic that we tackled with Parmenter Community Health was “Fall Prevention”. This Saturday workshop featured tai chi and yoga instructors, physical therapists and nurses talking about how to keep yourself “on your feet”.

I know that in 2013, the Suggestion Box will continue to be very useful in planning for education and entertainment, please keep the suggestions coming!

We wish you a healthful and happy New Year and hope to see you at the Senior Center!

COUNCIL ON AGING

CHAIRPERSON:

David Levington

BOARD OF DIRECTORS:

- Phyllis Bially
- John Beeler
- Barry David
- Robert Diefenbacher
- Mary-Lee Mahoney-Emerson
- Robert May
- Sam Merra
- John Ryan

SUDBURY
SENIOR CENTER
STAFF

DIRECTOR

Debra Galloway

ADMINISTRATIVE
COORDINATOR

Claire Wigandt

INFORMATION AND
REFERRAL

Anne Manning

RECEPTIONIST

Jean Taylor

SENIOR COMMUNITY
WORK PROGRAM
COORDINATOR

Peg Whittemore

S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald

Sue Foley

Kathleen Woerhling

MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O’Connell

VAN DRIVER

Linda Curran

VOLUNTEER
COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Phyllis Schilp

FRIENDS OF SUDBURY
SENIORS

PRESIDENT:

Catherine Kuras

OFFICERS:

- Esther Mann
- Joe Bausk
- Martha Dow

MEMBERS:

- Berthe Lessard, Marie Lupien,
- Carol Oram, Ronald Riggert,
- Jean Semple, June Allen,
- Jacqueline Bausk, Robert
- Diefenbacher, Patricia Howard,
- Donald Oasis

Soup's On!

Help! My Family Says I Can't Hear

Thursday, January 10

12:00 PM Soup

12:30 PM Talk



Unfortunately, as we age, some of us begin to lose our hearing, and some more than others. This is a change that is hard to accept and easy to deny. It is estimated that it takes 7 years from the time they begin to have problems, for someone to get help with hearing loss. Find out more for yourself or your loved one with hearing loss.

Leslie McCowan, Director of Audiology at the Learning Center for the Deaf Audiology Clinic in Framingham, will be here to talk about hearing loss, audiology testing, hearing aids, communication strategies and more. Learn more about this common problem and find ways to better cope with what can be a significant change.

Soup will be served at noon; the speaker begins at 12:30 PM. Please reserve your soup and your space by 4:00PM on Wednesday, January 9 by calling the Senior Center at (978) 443-3055.

MERCURY COLLECTION DRIVE A SUCCESS

The Sudbury Senior Center conducted a mercury product collection drive at the Senior Center on two Saturdays in October and one Saturday in December. The objective of the collection was to remove as much mercury from the environment as possible.

Sudbury residents were asked to bring mercury containing products in their homes, such as fever thermometers, wall thermometers, thermostats, switches, and any other product containing mercury to the Senior Center. In exchange, residents were given a digital thermometer, free of charge. The KAZ Company generously donated the digital thermometers.

The response to the collection program was successful beyond all expectations. On October 20, October 27 and December 8, 45 residents brought their mercury containing items to the Senior Center. The items were then placed in a safety container and taken to the Sudbury Recycling and Transfer Station for professional disposal. Thanks to Ed Gottmann for coordinating this program and Leonard Simon for helping with collection and disposal.



Drawing:

One Point Perspective and Beyond

Wednesdays, 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/water colors/paintings. Week one is a review and practice of One Point Perspective. Each week we add another "point". Along with multiple vanishing points, we will learn about curvilinear perspective. Novices are always welcome. While this is somewhat technical, it is fun! Susan always has pencils and 9 x 12 paper. If you like to work big, feel free to bring an 18 x 24 pad of paper. Please remember to bring a ruler and eraser!!!!

Please make your payment as your register at the Senior Center. Call (978) 443-3055 for more information. Minimum 8 students, maximum 12 students.

Coming in February...

February 7th Soup's On Senior Medicare Patrol

Do you understand the Medicare Summary Notice (MSN) that comes in the mail? Do have other medical bills that are confusing? Get the scoop on what the Medicare Summary Notice means, as well as your other medical bills. In addition, learn about Medicare health guidelines and Medicare protections for you when you are hospitalized. And, learn how to spot fraudulent claims on your bills and help to keep thieves from stealing from Medicare. Please reserve your soup and your seat by Wednesday, February 6 by calling the Senior Center at (978) 443-3055.

New!

Watercolors for Absolute Beginners

with Cynthia Durost
Thursdays, 1:30-3:00 PM
January 17 – February 28
\$60

The joy and spontaneity of the watercolor medium presents a fluid, fun and sometimes challenging encounter. These workshops will focus on the basics; how to get started, materials, and essential techniques of the versatile and transparent medium. If you have always wanted to paint, but have been hesitant, this is the workshop for you.

Sudbury residents may register as soon as the newsletter is available; all others may register as of Friday, January 4. Please call (978) 443-3055 for more information, including a materials list.

New!

Intro to Tai Chi
Mondays, 2:15 PM
January 7 – February 4
\$20

Join Certified Instructor Jon Woodward for an Introduction to the art and practice of Tai Chi. Tai chi is well known for improving balance and reducing stress. Please register and pay by Friday, January 4. There must be a minimum of 4 students; a maximum of 12. You may call the Senior Center at (978) 443-3055 for more information.

Senior Center Notes...

The Friends' Holiday Bazaar

A phenomenal Friends' Holiday Bazaar was held on Saturday, November 10. Many thanks go to the members of the Friends' Board, Martha Dow and the Thursday Crafters, many Friends members and many many more!



Captain Thom Kenney speaks at the 2012 Veterans Luncheon.

Veteran's Luncheon – A Very Special Event

Another special November event was our second annual Veterans Luncheon on November 14. Thank you to Patty Houpt and Cindy Beckham of the Sudbury Military Support Network for helping to organize, plan and serve this delicious luncheon to our well-deserved veterans. We also are very grateful to the Wayside Inn for providing a delicious luncheon!

And, if that were not enough, Captain Thom Kenney, a Sudbury reservist and a fabulous speaker, shared his experiences and insights into his tour in Afghanistan. We also remembered a special friend to the Senior Center and the Town of Sudbury, Clay Allen, who passed away in October 2012.



Teen Tech Workshops

Wednesdays, January 9 and 30
2:00-4:00 PM

For the month of January, the suggested topic is social networking sites, such as Facebook and Google+; but, you should feel free to bring any questions you like to your appointment. Please call (978) 443-3055 to reserve your 2:00 or 3:00 PM appointment.

History of Ancient Egypt

DVD Series Continues
Mondays
10-11:30 AM
January 7, 14, 28
February 4
No class January 21



What's Up with Blood Pressure?

Tuesday, January 15
11:00 AM

Get the latest information about Blood Pressure. Sudbury Board of Health Nurse Phyllis Schilp will review what the numbers mean, the latest guidelines, lifestyle and medication recommendations and more. Please call (978) 443-3055 to reserve your spot!

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
ANNE MANNING

As we begin a new year, we may look to make resolutions - new ways to help ourselves and others. In these financially challenging times, the cost of activities or gifts has become a consideration. This New Year, wouldn't it be nice to share your presence and offer your time?

Wouldn't it be nice to:

- Provide a free night of babysitting for your grandchildren or a friend's children.
- Help a relative with household chores.
- Take a friend, neighbor or your daughter or son out to breakfast.
- Offer your expertise with a task.
- Offer to run errands for someone who has trouble getting around.
- Offer transportation to doctor's appointments, the pharmacy, the grocery store.
- Cook someone a delicious meal.
- Become a companion to an older family member or neighbor.
- Offer to do yard work for your neighbors who can no longer do it themselves.

A special thought to consider. A material gift can be pricey, but the gift of your time is priceless! If you would like to offer this type of assistance through the Senior Center, feel free to leave a message for Ed Gottmann, our Volunteer Coordinator.

Happy, Healthy 2013!

Anne Manning, LMHC

⇒⇒⇒ **Out-of-Town Subscribers** ⇐⇐⇐

Keep the *Sudbury Senior Scene* coming to your mailbox throughout 2013. A paid subscription costs **\$7.00** for all eleven issues. Please write a check payable to **Friends of Sudbury Seniors** and mail it with this coupon to: *Sudbury Senior Scene*, Sudbury Senior Center, 40 Fairbank Road, Sudbury, Massachusetts 01776. *If you are able, please save paper and sign up for our email newsletter list instead.*

Name

Address

Email Address

City/Town

State

Zip Code

❄️ **JANUARY 2013** ❄️

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 9:00-2:30 I&R Hours 11:00 Fit for the Future	1 New Years Day  <i>Senior Center Closed</i>	2 8:30 Fit for the Future 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+	3 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 1:00 <i>Bridges Together Training</i>	4 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Watercolors (1) 1:30 <i>Opera (1)</i>
7 9:00-2:30 I&R Hours 10:00-11:30 <i>History of Egypt DVD Series (5)</i> 11:00 Fit for the Future 1:00 Better Bones (4) 2:15 Intro to Tai Chi (1) <i>NEW!</i>	8 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 12:00 Lunch 12:30-3:30 Bridge 3:00 COA Board Meeting	9 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>Drawing (1)</i> 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 2:00-4:00 Teen Tech	10 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 <i>Soup's On: Can You Hear Me?</i>	11 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Watercolors (2) <i>No Opera this week</i>
14 9:00-2:30 I&R Hours 10:00-11:30 <i>History of Egypt DVD Series (6)</i> 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Bones (5) 2:15 Intro Tai Chi (2)	15 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 11:00 <i>Blood Pressure Talk</i> 12:00 Lunch 12:30-3:30 Bridge 1:30 <i>Trip Meeting</i>	16 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>Drawing (2)</i> 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+	17 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:30 <i>A Trip to Antarctica</i> 1:30-3:00 <i>Beginner Watercolors - NEW!</i>	18 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Watercolors (3) 1:30 <i>Opera (2)</i>
21 Martin Luther King Jr. Holiday  <i>Senior Center Closed</i>	22 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 10:00-12:00 Legal Clinic 12:00 Lunch 12:30-3:30 Bridge	23 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>Drawing (3)</i> 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 1:30 <i>Pianist Rick Scalese</i>	24 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza 12:30 <i>Movie: Joyful Noise</i> 1:30-3:00 <i>Beginner Watercolors (2)</i> 3:00 Friends Meeting	25 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Watercolors (4) 1:30 <i>Opera (3)</i>
28 9:00-2:30 I&R Hours 10:00-11:30 <i>History of Egypt DVD Series (7)</i> 11:00 Fit for the Future 1:00 Better Bones (6) 2:15 Intro to Tai Chi (3)	29 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) 12:00 Lunch 12:30-3:30 Bridge	30 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>Drawing (4)</i> 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 2:00-4:00 Teen Tech	31 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 1:30-3:00 <i>Beginner Watercolors (3)</i>	



LUNCH



A full lunch is served at the Sudbury Senior Center at noon on Tuesdays and Wednesdays. A voluntary donation of **\$3.00** per meal is requested. Please **call by Monday 11:00 AM** to make a reservation for either day.

- 1/2 – Meatloaf and Mashed Potato
- 1/8 – Veggie Chili, Sloppy Joe
- 1/9 – Turkey Ham, Baked Beans
- 1/15 – Chef Salad, Pasta Salad
- 1/16 – Shepherd's Pie
- 1/22 – Swedish Meatballs, Noodles
- 1/23 – Salmon Boat, Brown Rice
- 1/29 – Roast Turkey, Mashed Potato
- 1/30 – Chicken Teriyaki, Brown Rice

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. *Menu available soon.*

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

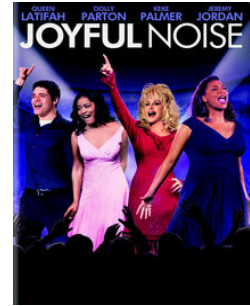
Thursday, January 24

Joyful Noise

2012

Rated: PG-13

118 minutes



Dolly Parton and Queen Latifah square off in this big-hearted comedy about a flat-broke town choir whose members dream of winning a national contest. However, the stars' struggle for leadership could scuttle the group's harmony and hopes of success.

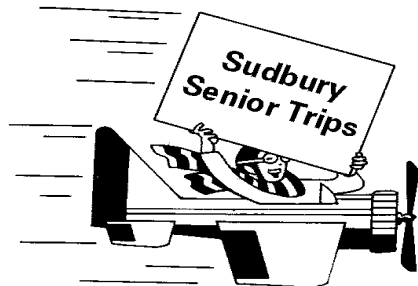
Please call (978) 443-3055 by 10:00 that morning if you are coming! And, please let us know if you want pizza (\$1.25/slice).

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

Please Note

Friday Afternoon Movies will return in February!

There will be no Friday afternoon movies during January due to the Opera Series. Friday movies will return in February.



A New Year for Travel!

A very Happy New Year to all our traveling friends. May 2013 be your best year ever.

Also, many thanks to all of you who responded to our December bulletin board with all your trip suggestions. Be assured that I have read them all and when possible have tried to include some of your ideas into our new 2013 Brochure. (Unfortunately some theatre ideas might be too high priced.)

As you may know some of our favorite trip vendors, especially those who are involved with summer theatre do not have their programs ready until early spring and others do not publish until after the first of the year. Therefore, you will notice that in some instances our brochure will say "to be announced". This is to allow us time to choose programs that we feel will be the most suitable for us. We plan to publish an insert to go into our brochure when this information becomes available.

*PLEASE NOTE: Sudbury trippers may sign up for any trips through June immediately. Our out of town friends may sign up for them on January 14.

Also, please remember, we must have a completed Pink Form with all signups. Otherwise we may have

to hold your check until we have your necessary information. If you wish to sign up for more than 1 trip at a time, please use our Pink multi-trip form which has space to list other trips on it.

Our Foxwoods friends should use our green multi-trip form which allows you to sign up just once as it has spaces for you to just add the dates for any other Foxwoods Trips you may wish to add later on.

Overnight Trip forms are always included in the trip brochure by the companies sponsoring the trip and also must be filled out in full.

Foxwoods Information

Also, note: Until further notice, please do not send checks for the February 4 Foxwoods trip. There may be a price increase.

Trip Meeting – January 15

A general Trip Meeting will be held on Tuesday, January 15 at 1:30 PM at the Senior Center. Come discuss travel opportunities for 2013! All are invited!

*All Trip Forms should be in our Trip Rack.

Carmel

Legal Clinic Tuesday, January 22 10:00-12:00

Elder Law Attorney Denise Yurkofsky will offer **free** twenty-minute consultations on legal matters. Appointments are required. Please call 978-443-3055 to schedule yours.

Please Make Note: Change in Blood Pressure Schedule

Our weekly blood pressure screening schedule will change to **8:30-10:30 AM** every Tuesday, as of January 8. The Board of Health Nurse also performs glucose tests between 8:30-9:30 AM on Tuesdays.

Community Events:

Swing Dance!

Friday Jan. 11th, 7-10pm.
LS Cafeteria

Fundraiser for L-S Music Dept. tour to Washington D.C.! Suggested minimum donation: \$10 adults, \$5 students and seniors. L-S Groups: Concert and Symphonic Jazz Ensembles, Jazz Combos, Chamber Singers. Also, Professional Big Band! (Group to be announced). Swing Dance Lessons (6pm-7pm) included in price!



"Solving the Health Care Crisis: Can we afford Universal Coverage? Can we afford anything else?"

Sunday, January 13, 2:30 PM
Goodnow Library

Professor Gerald Friedman will discuss "Solving the Health Care Crisis", presented by the *League of Women Voters of Sudbury*. Prof. Friedman is a Professor of Economics at UMass Amherst and has been the consultant on single-payer health care to the Vermont Legislature and campaigns for single-payer health insurance in several states. He is known as an informative and entertaining speaker.

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: Our volunteers will deliver a bucket of sand for you to use on your walks and driveways. Tell us if this is a new bucket or refill, and where it should be placed. Call (978) 443-3055.

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+**

January 2, 9, 16, 23, 30
Wednesdays at 12:30 PM

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

- Drop-in \$4 per class
- Advance registration \$15 for 5 Wednesdays in January.

Tap Dance

January 3, 10, 17, 24, 31 – 9:30 AM
5 Thursdays - \$25

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:***Senior/Healing Yoga**

Tuesdays,

February 5 – March 26

9:40 and 11:00 AM

Discover the joys of hatha yoga at a gentle, accessible pace. This class is for seniors and those living with chronic illness. Please register for the class by February 4 and pay the \$56 fee when you register. Your payment holds your space. *New students* - Try a free class on January 22 and 29.

Fit for the Future

Ongoing aerobics and strength building class set 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, Wednesday, Fridays at 11:00 AM, and Wednesdays also at 8:30 AM.

Call the Senior Center for information on any of these programs at (978) 443-3055.

Coffee Cups?

In an effort to be more environmentally aware, the Senior Center is trying out paper coffee cups (instead of Styrofoam). Still, we use a huge number of cups every month. If you are a regular at the Senior Center, perhaps you would like to bring your own coffee cup or mug to use while you're here? You can wash it in our sink and put it into the cabinet with your name on the bottom, or take it home to wash it and bring it back next time. Some are already doing this, bringing in a travel mug with a cover to keep the coffee hot longer. Just a suggestion!

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>

U.S. POSTAGE

PAID

Sudbury, MA

PERMIT NO. 141

PRESORT STANDARD

Return Service Requested



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

Pianist Rick Scalers

Wednesday, January 23

1:30 PM



**Join us for light classical music,
with dessert and sparkling cider.**

Call (978) 443-3055 to reserve your space – free.