

Special Events/New Programs this month!



Mr. DJs Hollywood Quiz Show
Thursday, January 16
1:00 PM

Take a stroll down memory lane and name that tune! Answer questions about U.S. history, music, geography, Hollywood movies and actors and more! Tad Travis brings his engaging Quiz Show here for a little light-hearted entertainment during the short days of January. Please sign up in advance so that we know the audience to plan for. Call the Senior Center at (978) 443-3055 for more information and to sign up.

Pianist Jeffrey Moore
Thursday, January 23
1:00 PM



To dispel the darkness of January, we have invited Pianist Jeffrey Moore to return and delight us with his beautiful piano playing. Mr. Moore will be playing the songs and music of Rodgers and Hammerstein.

Rodgers and Hammerstein created a string of popular Broadway musicals in the 1940s and 1950s during what is considered the golden age of Broadway. With Rodgers composing the music and Hammerstein adding the lyrics, five of their shows were outstanding successes including *Oklahoma!* (*Oh, What a Beautiful Mornin'*, *The Surrey with the Fringe on Top*, *People Will Say that We're in Love*, and *Oklahoma!*), *Carousel* (*If I Loved You* and *You'll Never Walk Alone*), *South Pacific* (*Bali Ha'I*, *Younger than Springtime* and *Some Enchanted Evening*), as well as a medley of songs from *The King and I* and *The Sound of Music*. Among the many accolades that Rodger's and Hammerstein's shows (and their film versions) received were thirty-four Tony Awards, fifteen Academy Awards, the Pulitzer Prize, and two Grammys.

Pianist Jeffrey Moore is the signature pianist of the Ritz-Carlton-Boston Common Hotel. He is known as "a living library of American music" and is able to perform more than three thousand works of popular, classical, jazz, and show tunes. His rich, multi-faceted musical arrangements are compelling, uplifting, and entertaining.

This program is offered in partnership with Sage Educational Services.

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A MESSAGE FROM COUNCIL ON AGING CHAIR, JACK RYAN

I hope this issue of Senior Scene still finds you in the midst of the holiday season, enjoying the company of family and friends. As we begin the New Year, it seems we always look back to see what has changed and look forward to see what we can change. As I reported last month, seniors have grown from 12-13% of the Sudbury population in 2000 to 19-20% of the population in 2013. That fact caused me to pause and think of the accomplishments of some seniors in the recent past, distant past and more distant past. Almost 200 years ago, Thomas Jefferson, at the age of 76 and after everything else he had done in his life, founded and designed the University of Virginia. Some 100 years ago, a 67 year old Thomas Edison, after everything else he had invented in his life, developed a process for connecting the phonograph and a camera to make talking pictures. Less than 10 years ago and at age 86, Mother Teresa, a recipient of the Nobel Peace Prize, continued to serve the poor, sick and dying of Calcutta as head of the Missionaries of Charity. In his early to mid-70's, after 27 years in prison, Nelson Mandela served as the first black president of South Africa after the abolition of apartheid. There are countless other examples. Seniors, in their late 60's, 70's, 80's and even 90's can and do bring so much to the world.

So it made me think of how much seniors can and do bring to the Town of Sudbury. 2014 marks the 375th anniversary of the incorporation of the Town of Sudbury. But perhaps we should also designate 2014 as the Year of Seniors in Sudbury. Perhaps we should celebrate all that seniors are and do and how important they to the fabric of our town and to society itself. Join me in making 2014 a year in which we celebrate those who have given so much of themselves to others for six, seven, eight or nine decades and who continue to do so.

Jack Ryan

Wayside Inn Luncheon – Delicious and a Lot of Fun!

A wonderful Holiday Luncheon feast was enjoyed by 95 Senior Center participants at the Wayside Inn on Thursday, December 5. After dessert, our fantastic Emcee Bob Diefenbacher, with help from Glenna Lessard, gave away the wonderful door prizes!

We want to thank the sponsors of all of the door prizes including:

- *Sudbury Farms
- *Longfellow Health Club
- *Sullivan Tire of Sudbury
- *Hill's Jewelers
- *Orchard Hill Assisted Living
- *Best Friends Pet Care
- *Kirk Dental Group
- *Kappy's Liquors
- *St. Patrick's Manor of Framingham
- *Bullfinch's Cooking School
- *Duck Soup
- *Friendly's of Sudbury
- *Wild Birds Unlimited

Please thank our sponsors when you do business with them. They were very generous!

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Hot Topic of the Month
With Dr. Lawrence Lowenthal
Thursday, January 30
2:00 PM

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.



Alexander the Great
DVD Series
Wednesdays, January 8 – March 26
9:30-10:30 AM

“Alexander the Great, youthful king of Macedon and the most celebrated conqueror in history, dramatically, unexpectedly, and irrevocably altered the ancient world. This course examines not only the career of Alexander but also the historical conditions that produced this greatest of conquerors as well as Alexander’s impact and legacy that endures to the present day.” The first quarter of this course from the Teaching Company will share the Greek and Persian worlds two generations before the birth of Alexander. The middle half covers Alexander’s career, including his military genius, and impact on the Hellenic world, Near East and India. The last quarter of the course deals with the Hellenistic world after Alexander’s conquests, how his actions transformed the face of the Near East.

Please register for this class by calling the Sudbury Senior Center at (978) 443-3055. This DVD series comes to us from the generosity of Mimi Murphy.



Opera Film Fest on Mondays
 January 6, 13 and 27
 12:30 PM

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

- January 6 – Mozart’s *The Magic Flute*
- January 13 – Mozart’s *The Marriage of Figaro*
- January 27 – Puccini’s *La Boheme*

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



5 Simple Exercises
to Increase Strength Today
 Wednesday, January 29
 1:00 PM

Steve Satin of Satin Wellness will be here to discuss 5 simple exercises that almost everyone can do that will help you to increase your strength now. It doesn’t matter if you don’t exercise, the exercises are safe and practical. He will demonstrate them and show you how to do them yourself! This is sure to be educational and a lot of fun! Please sign up at (978) 443-3055 so that we can be prepared for the audience.

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.

A HAPPY
NEW YEAR

Start the New Year Right and Get back on Track!

Tuesday, January 21
11:15 AM

Get back on track with Healthy Eating! Have fun comparing portion sizes from 20 years ago to today. Get some healthy tips on diet and lifestyle to help achieve your New Year's resolutions! Join Phyllis Schilp, R.N., Sudbury Board of Health Nurse, for a fun and engaging talk about starting the New Year off right. Please call (978) 443-3055 to sign up to assist us with planning for this event.

Soups On! Everything You Always Wanted to Know about Rehab

Thursday, January 9

Soup: 12 Noon
Speaker: 12:30 PM

Mary Bass, Director of Rehab at Wingate Healthcare will be here to give you the latest information on how the rehab process works, from planning ahead for surgery, discharge out of the hospital, to physical and other therapies, and how Medicare and supplemental insurance covers these costs.

As usual, we will serve homemade soup at noon; and our speaker will begin at 12:30 PM. Please make your reservation by Wednesday, January 8 at (978) 443-3055.



Powerful Tools for Caregivers

Tuesdays, 9:30-11:00
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, Senior Center Information Specialist at 978-443-3055 or manninga@sudbury.ma.us for information and to register. This workshop needs a minimum of 8 participants. Open to caregivers of any age.



Tai Chi for Healthy Living

Tuesdays, 1:15-2:15 PM
January 7 – February 25
\$10

Tai Chi for Healthy Living is a simplified Tai Chi program specifically designed to address the needs of older adults, including people who may not have exercised in a while.

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.

This class will be taught by our Tai Chi instructor Jonathan Woodward (who will continue to offer his more traditional Tai Chi class). For safety reasons there is a student limit of 15. Call the Senior Center for more information at (978) 443-3055.

Teen Tech Workshops

Wednesdays, January 8 and 22
2:00-4:00 PM

Wednesdays, January 15 and 29
2:30-3:30 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.

FROM INFORMATION AND REFERRAL SPECIALIST, ANNE MANNING

10 Signs of Caregiver Stress

The demands on a person who is a caregiver can result in a great deal of stress. If caregivers aren't careful, they jeopardize their own health and well-being. There are several reasons why stress occurs, such as working too much, not sleeping enough, having to deal with family and work at the same time, and not having as many hours in the day as you need to take care of yourself. Remember you can't care for your loved one if you are ill yourself. The first step in dealing with caregiver stress is to recognize the signs. Then, you can find ways to deal with it and enlist support or help when needed.

10 signs of caregiver stress:

1. Depression: Symptoms include constant sadness, feelings of hopelessness and increased crying.
2. Withdrawal: This can occur if you are depressed. You may not wish to see family and friends. You may stop taking part in things you used to enjoy.
3. Anxiety: You may feel anxious to get things done or you may feel that you don't have enough time, or about facing another day and what the future holds.
4. Anger: You may start yelling at your loved one more, or have difficulty controlling your temper with other people. Caregivers often become angry at their loved one because they are sacrificing their own lives to care for them. Feeling angry at family members for not helping is also common.
5. Loss of concentration: You are constantly thinking about your loved one and everything that you need to do. As a result, you have difficulty concentrating at home or at work.
6. Changes in Eating Habits: This results in weight gain or loss, as well as increased illness.
7. Insomnia: You may feel tired, but cannot sleep. Or, you may not feel tired even if your body is tired. You may also wake up in the middle of the night of have nightmares and stressful dreams.
8. Exhaustion: If you frequently wake up feeling you can't get out of bed despite a good night's sleep. You're in distress.
9. Drinking or Smoking: You may find that you are drinking or smoking more. Or, you start drinking or smoking when you haven't in the past.
10. Health Problems: You may catch colds or the flu more often than usual. This is particularly common in caregivers who do not take care of themselves, by not eating properly and exercising.

Please join us for a free six week workshop for caregivers at the Sudbury Senior Center!

⇒⇒⇒ Out-of-Town Subscribers ⇐⇐⇐

Keep the *Sudbury Senior Scene* coming to your mailbox throughout 2014. 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 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please remember to pay for your classes as you register!</p> <p>Thank you for your consideration.</p>	<p>S.H.I.N.E. – Serving the Health Insurance Needs of Everyone – Medicare insurance counseling by trained, unbiased volunteers</p>	<p>New Years Holiday</p>  <p>Senior Center Closed</p>	<p>No Tap Dance 9-4 SHINE 9:45 Thursday Crafters 12:00 Pizza and a... 12:30 Movie: <i>The Great Gatsby</i></p>	<p>9:00-2:30 I&R Hours 9:30-11:30 Bingo 9:30 Better Bones (7) 10:30-12 <i>Bridges Trning.</i> 11:00 Fit for the Future 12:30 Friday Movie: <i>King of Late Night: Johnny Carson</i> 1:00 Watercolors (5)</p>
<p>9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 <i>Mozart: The Magic Flute</i> 1:00 Better Bones (7) 2:15 Tai Chi (7)</p>	<p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 12:00 Lunch 12-3 SHINE 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (1)</i></p>	<p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (1)</i> 10:00 <i>Drawing (1)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 Informal Quilters 1:00 Canasta 2:00-4:00 Teen Tech</p>	<p>9:30 Tap Dance (1) 9:45 Thursday Crafters 12:00 Soups On: <i>All You Want to Know about Rehab</i> 2:00 <i>American Drama Series #4 (rescheduled date)</i></p>	<p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (8) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Hyde Park on Hudson</i> 1:00 Watercolors (6)</p>
<p>9:00-2:30 I&R Hours 10:00 <i>Stamp club</i> 11:00 Fit for the Future 12:30 <i>Mozart: The Marriage of Figaro</i> 1:00 Better Bones (8) 2:15 Tai Chi (8)</p>	<p>8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11:00 <i>Powerful Tools for Caregivers (1)</i> 9:40/11:00 Yoga (8) 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (2)</i></p>	<p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (2)</i> 10:00-12:00 <i>Drawing (2)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 <i>2014 Trip Meeting</i> 1:00 Canasta 2:30-3:30 Teen Tech</p>	<p><i>MFA Sargent Trip 16</i> 9:30 Tap Dance (2) 9:45 Thursday Crafters 10:00 Current Events 12-4 SHINE 1:00 <i>Mr. DJs Hollywood Quiz Show!</i></p>	<p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (1) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>The Way, Way Back</i> No Watercolors</p>
<p><i>Martin Luther King, Jr. Holiday</i></p>  <p>Senior Center Closed</p>	<p>8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11 <i>Powerful Tools for Caregivers (2)</i> 9:40/11:00 Yoga (1) 11:15 <i>Start the New Year Right!</i> 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (3)</i></p>	<p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (3)</i> 10:00-12:00 <i>Drawing (3)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 Informal Quilters 1:00 Canasta 1:30 <i>Panama Trip Meeting?</i> 2:00-4:00 Teen Tech</p>	<p>9:30 Tap Dance (3) 9:45 Thursday Crafters 1:00 <i>Pianist Jeffrey Moore</i> 3:00 Friends Meeting 7:00 <i>Town Forum</i></p>	<p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (2) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>The Soloist</i> 1:00 Watercolors (7)</p>
<p>9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 <i>Puccini: La Boheme</i> 1:00 Better Bones (1) 2:15 Tai Chi (1)</p>	<p>8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11:00 <i>Powerful Tools for Caregivers (3)</i> 9:40/11:00 Yoga (2) 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (4)</i></p>	<p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (4)</i> 10:00-12:00 <i>Drawing (4)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 <i>Five Simple Exercises!</i> 1:00 Canasta 2:30-3:30 Teen Tech</p>	<p>9-4 SHINE 9:30 Tap Dance (4) 9:45 Thursday Crafters 2:00 <i>Hot Topic of the Month with Dr. Larry Lowenthal</i></p>	<p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (3) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Renoir</i> 1:00 Watercolors (8)</p>

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 IIIC nutrition program.

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.



January Menu

- 1/7 - Chicken Breast, Red Bliss Potatoes, Squash
- 1/8 - Three C Soup, Salisbury Steak, Noodles
- 1/14 - Baked Ham, Baked Beans, Carrots
- 1/15 - Harvest Soup, Sweet Potato Fish, Rice Pilaf
- 1/21 - Chicken, Brown Rice, Oriental Veggies
- 1/22 - Chicken Breast, Bowtie Pasta, Tomato Sca.
- 1/28 - Tomato Chick Pea Soup, Fish Sticks, Corn
- 1/29 - Swedish Meatballs, Noodles, Carrots

An alternative meal choice is available on Wednesdays – though the menu was not available at press time. Look for the full menu posted at the Senior Center and on the Senior Center webpage at the beginning of January.

**Movie and Pizza
Thursday, January 2**

The Great Gatsby
2013
PG-13
2 hr., 23 minutes



Pizza: 12 Noon
Movie: 12:30 PM

Leonardo DiCaprio stars as literary icon Jay Gatsby in this adaptation of F. Scott Fitzgerald's novel. Fascinated by the mysterious, affluent Gatsby, his neighbor Nick Carraway bears witness to the man's obsessive love and spiral into tragedy.

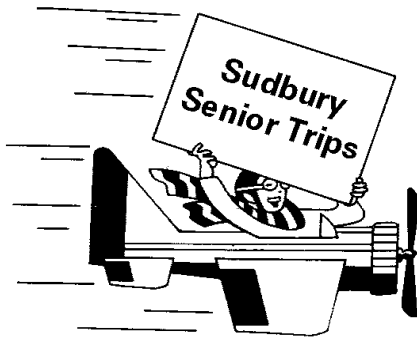
Please call (978) 443-3055 to sign up and to order your slice of pizza (\$1.25/slice) by 10:00 AM that morning!

The Movies - 12:30 PM

Please call to let us know that you are coming at (978) 443-3055. Should the schedule change, we will contact you.

Fridays:

- January 3 – **King of Late Night: Johnny Carson** – 2012 – NR – documentary – 1 hr., 54 min.*
- January 10 – **Hyde Park on Hudson** – 2012 – R – drama based on real life – 1 hr., 34 mins.*
- January 17 – **The Way, Way Back** – 2013 – PG-13 – indie comedy/drama - 1 hr., 33 min.*
- January 24 – **The Soloist** – 2009 – PG-13 – Jamie Foxx, Robert Downey, Jr. – drama – 1 hr., 49 mins.*
- January 31 – **Renoir** – 2012 – R – French, romantic – 1 hr., 51 mins.*



Sudbury Senior Trips News

We are pleased to offer you our new Trip Brochure for 2014 (attached). The trips listed are those that we hope to offer for the coming year provided that there are enough people signed up to cover all costs. This includes the Trip Site, Lunch and Transportation (if we do not purchase the complete trip from a Tour Company). In some instances we try to make all the arrangements ourselves to keep the cost as low as possible. Then we usually do "lunch on our own" and hire our own Motor Coach. If this is not possible and we have to purchase the trip as a package from one of our trip companies the trip cost is necessarily somewhat higher.

We ask you to try to sign up as early as possible as trips need to be cancelled if we do not have at least 28 participants (Mini Coach) or 38-40 participants (large Motor Coach) and we must cancel (if need be) at least 2 weeks prior to the trip or motor coach and site fees will be incurred. We will have a meeting to go over all our 2014 trips at 1PM on January 15th. All are invited. Please call the Senior Center at (978) 443-3055 to let us know if you are coming. Additional special trips may be added during the year. If you have suggestions, please drop them in the Suggestion Box at

the Senior Center or leave a message for me at the Senior Center.

John Singer Sargent Exhibit

As of this writing we have one very special trip that we have planned for this January due to several requests. This is our trip to the John Singer Sargent Exhibit on January 16, 2014 at the MFA in Boston. The cost is \$20.00 (motor coach only). You will pay your own admittance at the Museum (\$18.00-Seniors) and have lunch on your own if desired. We will leave our Center at 9:15 and should be back on or around 2:15. Fliers with full details are available in the Trip Rack at the Senior Center. At this time we are planning on using the mini-coach (28). If you are interested we would appreciate your signing up ASAP.

Have a wonderful New Year,

Carmel O'C.

Discover our 2014 Trips!

Wednesday, January 15
1:00 PM

John Singer Sargent Trip

Thursday, January 16
9:15 AM – 2:15 PM (approx.)

Panama Canal Trip Meeting

Wednesday, January 22
1:30 PM

Current Events

Thursday, January 16
10:00 AM

This group will meet on January 16, the meeting on January 2 is cancelled.



Winter Emergencies

Please remember when the Sudbury Public Schools are closed due to the weather, all programs at the Senior Center will be cancelled. The Senior Van may also be cancelled. The Senior Center will remain open unless the Town has declared an emergency closure.

As power outages seem to be happening with more frequency, please try to be prepared by having a supply of non-perishable foods and fresh, clean water, along with flashlights/lanterns, portable radio, and extra batteries. In addition, you should have important contact phone numbers readily available and a charged cell phone. For a full list of recommended preparations, please contact Anne Manning, Information Specialist at (978) 443-3055.

SHINE

Serving the Health Insurance Needs of Everyone

SHINE is a federal and state program that trains volunteers to provide unbiased counseling and assistance to those on Medicare (of any age). Sudbury Senior Center is extremely fortunate in that we have three excellent volunteer SHINE Counselors, Kathleen Fitzgerald, Kathleen Woerhling and Susan Foley.

Should you need assistance in understanding or working with your Medicare health insurance, make an appointment to see one of our volunteers. SHINE counselors provide assistance in person and are not able to provide counseling by telephone.

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? 2014 is here!

Yoga for Living Well

Tuesdays, 9:40 or 11:00 AM

Jan. 21 – Mar. 18

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

Jan. 27 – Mar. 24, no class Jan. 20, Feb. 17

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, 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)

Build strength, improve balance. Please bring a mat, towel, 2 free weights and water.

Zumba

Wednesdays, 12:00 – 1:00 PM

\$4 drop-in; \$12 (advance) - Jan. 8, 15, 22, 29, no class 1/1

Please bring water and your enthusiasm!

Tap Dance

Thursdays, 9:30-10:30AM

\$20 for 4 classes; Jan. 9, 16, 23, 30

(Payment is due at registration.)

Put on your tap shoes and get happy!



Fit for the Future

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

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

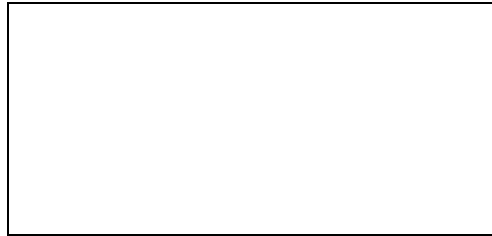
**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

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Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

Pianist Jeffrey Moore

-Rodgers and Hammerstein-

Thursday, January 23

1:00 PM



Please register by calling the Senior Center at (978) 443-3055.

And now for something completely different...

MR. DJS HOLLYWOOD QUIZ SHOW

Thursday, January 16

1:00 PM



You must register for this event by calling the Senior Center at (978) 443-3055.