



Opera
with Richard Travers
Fridays, 1:30 PM
March 1 – March 29
\$30



Popular instructor Richard Travers returns with a 5 session course that includes two operas that are scheduled for the Metropolitan Opera in March.

March 1, 2013 - Wagner's Parsifal

This lecture will feature music, synopsis and information about the HD showing of Parsifal, March 2, 2013 at the Metropolitan Opera. Jonas Kaufmann stars in the title role of the innocent who finds wisdom in François Girard's new vision for Wagner's final masterpiece. His fellow Wagnerian luminaries include Katarina Dalayman as the mysterious Kundry, Peter Mattei as the ailing Amfortas, Evgeny Nikitin as the wicked Klingsor, and René Pape as the noble knight Gurnemanz. Daniele Gatti conducts.

March 8, 2013 -From Russia with Love

The lecture begins with the history of music in Russia, how the music evolved from the influence of western civilization, the Great Russian Chorus music. Stravinsky, Borodin, Shostakovich and many other composers will be discussed as well as performers such as Horowitz and Rostropovich. The lecture will also look at how composers and performers managed to write and play music under the Soviet regime. Ballet music will be included as well as Russian folk music.

March 15, 2013 - Zandonai's Francesca da Rimini

This lecture will feature music, synopsis and information about the HD showing on March 16, 2013 of Zandonai's Francesca da Rimini at the Metropolitan Opera. Zandonai's compelling opera, inspired by an episode from Dante's Inferno, returns in a ravishingly beautiful production, last seen in 1986. Soprano Eva-Maria Westbroek and tenor Marcello Giordani are the doomed lovers. Marco Armiliato conducts.

March 22- Hail! Britannia

The lecture will include selections from the greatest English composers –from Purcell to Britten, from Handel to Tippett. Choral and instrumental music will be presented to the listener as well as a look at the nationalist composers such as Ralph Vaughan-Williams and Gustav Holst.

March 29- Vive La France

This lecture presents some of the most significant French composers and performers from renaissance to modern times. Composers such as Berlioz, Ravel, Faure and Offenbach will be discussed as well as singers such as Edith Piaf.

Please pay the course fee as you register. For information, please call (978) 443-3055.

INSIDE
THIS ISSUE

Shakespeare	2
Solving the UFO Enigma	2
Lose Your Clutter!	3
Wise Up on Meds	3
Theatre of the 30s, 40s, and 50s	3
Figure Drawing	4
Teen Tech	4
Healthy Living with Diabetes	4
Current Events	4
Significant Speeches	4
Information and Referral	5
AARP Tax Assistance	5
Crafters/Legal Clinic	5
Calendar	6
Lunch	7
Movies	7
Trips/Frost Farm/Willy Wonka	8
Services List	9
Fitness Classes	10
St. Patrick's Luncheon	12

SHAKESPEARE
 with Stephen Collins
Tuesdays, 10:00-11:15 AM
March 12 – April 16
\$20



Mr. Collins brings Shakespeare alive! In Elizabethan England, Shakespeare's plays were heard and performed, not read. Join Stephen Collins, instructor and actor for an experiential class on Shakespeare. Demystifying the language, and sharing his understanding of Shakespeare's sense of humor and philosophy, Mr. Collins will examine some of his famous soliloquies and several of his sonnets.

Please register and pay for this 6 week class by March 4. You may call the Senior Center for more information at (978) 443-3055.

**Solving the UFO Enigma: How Modern Physics
 is Revealing the Technology of UFOs**



Thursday, March 14
1:00 PM

People are often skeptical about the UFO phenomenon but they shouldn't be. A subset of UFO reports of around 5 percent are from credible witnesses and frequently backed by hard data such as radar tapes or gun camera film. For example, astronauts Gordon Cooper and Buzz Aldrin as well as Harvard astronomer Clyde Tombaugh have all publicly described their UFO sightings.

But the interesting thing is that we may be on the threshold of understanding the technology of UFOs. In a nutshell, it was once thought that the idea of extra dimensions was strictly the domain of science fiction. That has all changed in the last several decades as physicists appear to be closing in on a final "theory of everything" which suggests we may live in an eleven dimensional universe. These cutting edge theories are now being tested at the Large Hadron Collider particle accelerator in Geneva, Switzerland. Among the theories being tested is one called Warped Geometry by a Harvard physicist. Warped Geometry may allow for fast interstellar travel in the extra dimensions. Join Sudbury resident, Bob Schroeder and his wife, Carol, for a layman's level talk about science and UFOs. Audience feedback is very welcome!

Bob Schroeder is a recent retiree from Hewlett-Packard after 26 years in Operations and Product Development. He has a BA in Math, an MS in Aerospace Engineering and an MBA. Carol Schroeder has been a Math teacher at Lincoln-Sudbury Regional High School for several decades where she continues to teach part-time. Please call the Senior Center to let us know that you are interested in attending at (978) 443-3055. Free.

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*Soup's On!***How to Lose Your Clutter and Find Yourself**

Thursday, March 7

Soup: 12 Noon

Speaker: 12:30 PM

We all know clutter is easy to accumulate, but why is it so hard to get rid of? It doesn't have to be. There are simple steps you can take to get clutter under control. Whether you're right-sizing into a home that better fits your lifestyle or you've simply hit your personal clutter threshold, this interactive discussion is for you. We'll cover topics including:

- why clutter happens
- how it can be prevented
- what simple sorting strategies work
- what to do with things you no longer need

In many ways, decluttering is a positive editing of your possessions to tell the best possible story about yourself. Join us to learn how to convert what feels like an overwhelming chore into a series of simple, easy-to-accomplish tasks.

Join Laurie Nordman, a professional senior move manager and owner of NextStage Associates, Inc. for this fun and informative talk.

*Make sure to let us know (978-443-3055) that you are coming by **Wednesday, March 6**, and whether you want soup!*

Can You Enroll in a Medigap Plan Now?

Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

For assistance with Medicare questions, call to schedule an appointment with one of our trained, volunteer SHINE Counselors at the Senior Center. Appointments are available on most Thursday mornings and some Thursday afternoons and Tuesdays. Please call (978) 443-3055 for more information.

Board of Health Nurse Phyllis Schilp**Wise Up on Medications!**

Tuesday, March 5

11:00 AM



Conversation is the best medicine to keep you informed! *Join us* for a talk on things you need to know about managing your medicines. Highlights include: What to ask the doctor? How do you best organize your medications? And, how can you lower your medication costs? Bring your questions!

Please let us know that you will be coming, so that we can plan for this event. Call (978) 443-3055 to sign up and for information.

The Theatre of the 1930s, 1940s and 1950s

Performance by Stephen Collins

Thursday, March 28 – 1:30 PM



The thirties through the fifties represent a great period of American Theatrical History. The influence of and reaction to the Great Depression is evident in the work of William Saroyan, among others.

The forties saw the talent of the three great playwrights emerge, who dominated the theatre: Tennessee Williams, Arthur Miller, and Eugene O'Neil. All three examine dysfunctional families and the American dream gone awry.

In 1954, N. Richard Nash's play *The Rainmaker* opens at the Cort Theater in New York City. The character Starbuck charms audiences with his brand of con and hucksterism. Stephen Collins performs monologues from these and other playwrights and may even sing a Cole Porter and George Gershwin tune to round off the day.

Please reserve your seat early by calling the Sudbury Senior Center at (978) 443-3055. There is *no charge* for this program.

This program is supported in part by a grant from the Sudbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



massculturalcouncil.org



Figure Drawing/ Drapery Class

Wednesdays, 9:30-11:30
March 6-April 10
\$25

Susan Funk continues her popular drawing class with a focus on Figure Drawing and Drapery. In this class, students will revisit the "figure" and then explore how to convincingly draw the figure with drapery. Whether it is a child, teenager, adult or baby, students will review the proportions and shading that make these figures more realistic. Students will then practice the art of the garment - how to draw clothing on a figure so it looks like it belongs on that person! Supplies to bring - paper, pencil, eraser and any media you would like to use for color.

Please pay the \$25 fee when you register by March 4. Minimum 8 students, maximum 12.

Current Events

Thursdays
March 7, 21
10:30 AM



Join Facilitator Richard Nesmith for an enlightening and energetic give-and-take on the topics of the day! Please call to let us know that you will attend at (978) 443-3055. Group limited to 20 participants. Free.

Bring Your Own Cup?



Don't forget... You have the option of bringing your own coffee cup or mug. This will save paper and money. You can wash your cup and leave it here or bring it home and bring it back the next time. Covered mugs are great because they are less likely to spill.

Don't Miss in April...

**Our Semi-Annual
Men's Breakfast
Thursday, April 18
9:00-10:00 AM**

Flapjacks, sausage, fruit, coffee and juice, along with great conversation! Let us know you are coming, so that we can prepare enough food and space! Call (978) 443-3055.

Continuing...

**Significant Speeches of the
20th Century
Mondays, 10:30 AM
March 4, 18 and ?
\$10 for single classes
(if space allows)**

Dr. Larry Lowenthal continues his *Significant Speeches* series with the historical significance of the speeches of JFK, Martin Luther King and President Reagan. He will provide the actual text and examine the structure and rhetorical effect of each speech. If there is space, you may register and pay \$10 per class.

Due to the weather, Prof. Lowenthal's first class was postponed, another class will be scheduled for either March 25 or April 1. Please call (978) 443-3055 for more information.

Teen Tech Workshops



Wednesdays
March 13 and 27
2:00-4:00 PM

Lincoln-Sudbury high school students will be here to help you out with laptop, cell phone, software or Facebook questions. Please reserve your 2:00 or 3:00 PM appointment by calling (978) 443-3055.

6 week program coming in April

Healthy Living with Diabetes

Tuesdays, April 23 – May 28
1:00-3:30 PM

Are you living with diabetes or pre-diabetes? Would you like to join a group that provides structured support, education and guidance on living more healthfully with diabetes?

"Healthy Living with Diabetes" is based on a Stanford University evidence-based program proven to improve several key health factors. Participants meet for 2 ½ hours each week for 6 weeks learning about healthy eating, stress reduction, communicating with your doctor, maintaining even blood sugar and more.

This program is supported by a federal Title III grant from BayPath Elder Services in Marlborough. Participants have the opportunity to contribute to the cost of the program and book by making a \$10 - \$20 donation, but this is not necessary to participate. Please call the Senior Center at (978) 443-3055 for more information and to register.

FROM THE DESK OF INFORMATION
SPECIALIST, ANNE MANNING

Women and Heart Attack

If you're a woman, you may not believe you're as vulnerable to a heart attack as men-but you are. Women account for nearly half of all heart attack deaths. Heart disease is the number one killer of both women and men.

There are differences in how women and men respond to a heart attack. Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment.

Further, women tend to be about 10 years older than men when they have a heart attack. They are more likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure-making it all the more vital they get proper treatment fast.

Women should learn the heart attack warning signs. These are:

- Pain or discomfort in the center of the chest.
- Pain or discomfort in other areas of the upper body, including arms, back, neck, jaw or stomach.
- Other symptoms, such as shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes-5 minutes at most-to call 9-1-1. Your family will benefit most if you seek fast treatment.

To learn more about women and heart disease: [Healthy Heart Handbook for Women](#). You may also consult the Sudbury Board of Health Nurse, Phyllis Schilp, who is at the Senior Center on Tuesday mornings from 8:30-10:30 AM for the blood pressure clinic.

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



AARP Tax Help Continues...

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**. For the third year, returns will be filed electronically.

One and a half hour appointments are available on Wednesdays (9:00, 10:30, 12:00, 1:30, and 3:00). To schedule one, call 978-443-3055.

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*. Arrive 10 minutes early for your appointment so that you have time to complete the information form. Please call the Senior Center at (978) 443-3055 to schedule an appointment and for more information.

Thursday Crafters

9:30-11:30 AM

Drop-in




Join the crafters for fun, creative projects to be sold at the annual Holiday Bazaar in November, or bring your own project or new idea. Beginners welcome!



Legal Clinic
Tuesday, March 5
10:00 – 12:00

Schedule your free 20 minute appointment with Elder Law Attorney Denise Yurkofsky. Call the Senior Center at (978) 443-3055 for more information.

MARCH 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please let us know if you no longer need a paper copy of the newsletter. You can receive the newsletter via email every month.</p>		<p>You can add yourself to the email mailing list on the Town of Sudbury website at the Senior Center webpage, or just call or email us at senior@sudbury.ma.us and we will add you to the email mailing list.</p>		<p>1 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (7) 1:30 Opera (1)</p>
<p>4 9:00-2:30 I&R Hours 10:30 Significant Speeches (2) 11:00 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (3)</p>	<p>5 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga /11:00 Yoga 10:00-12 Legal Clinic 11:00 Wise Up on Medications! 12:00 Lunch 12:30 Bridge 3:00 Council on Aging</p>	<p>6 8:30 Fit for the Future 9:00-4:00 AARP Tax Help 9:00-2:30 I&R Hours 9:30-11:30 Drawing (1) 10:00 Hubble DVD (3) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 12:30 Zumba 55+</p>	<p>7 9:00-12:00 SHINE 9:30 Thursday Crafts 9:30 Tap Dance 10:30 Current Events 12:00 Soups On: <i>Lose Your Clutter, Find Yourself</i> 1:30 Beginning Watercolors (8) (last)</p>	<p>8 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (8) 1:30 Opera (2)</p>
<p>11 9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future (Room 3) 12:00 St. Patrick's Luncheon 1:00 Better Bones (Room 3) 2:15 Tai Chi (4)</p>	<p>12 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (6) 10-11:15 Shakespeare (1) 12:00 Lunch 12:30 Bridge</p>	<p>13 8:30 Fit for the Future 9:00-4:00 AARP Tax Help 9:00-2:30 I&R Hours 9:30-11:30 Drawing (2) 10:00 Hubble DVD (4) 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 12:30 Quilters 2:00-4:00 Teen Tech</p>	<p>14 9:00-12:00 SHINE 9:30 Tap Dance 9:30 Thursday Crafters 1:00 Solving the UFO Enigma</p>	<p>15 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (9) 1:30 Opera (3)</p>
<p>18 9:00-2:30 I&R Hours 10:30 Significant Speeches (3) 11:00 Fit for the Future 1:00 Better Bones (3) 2:15 Tai Chi (5)</p>	<p>19 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (7) 10-11:15 Shakespeare (2) 12:00 Lunch 12:30 Bridge</p>	<p>20 8:30 Fit for the Future 9:00-4:00 AARP Tax Help 9:00-2:30 I&R Hours 9:30-11:30 Drawing (3) 10:00 Hubble DVD (5) 11:00 Fit for the Future 12:30 Zumba 55+ 12:30 Quilters 12:00 Lunch</p>	<p>21 9:00-12:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:30 Current Events 12:00 Pizza 12:30 Movie: <i>Hope Springs</i></p>	<p>22 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (10) 1:30 Opera (4) Election setup in gym</p>
<p><i>Special Van Trip</i> 25 9:00-2:30 I&R Hours 10:30 Possibly resched.: Signif. Speeches (4) 11:00 Fit for the Future (Room 3) 1:00 Better Bones (Room 2) 2:15 Tai Chi (Rm 2) <u>Town Election Today</u></p>	<p>26 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (8) 10-11:15 Shakespeare (3) 12:00 Lunch 12:30 Bridge</p>	<p>27 8:30 Fit for the Future 9:00-4:00 AARP Tax Help 9:00-2:30 I&R Hours 9:30-11:30 Drawing (4) 10:00 Hubble DVD (6) (last) 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 12:30 Quilters 2:00-4:00 Teen Tech</p>	<p>28 9:00-12:00 SHINE 9:30 Thursday Crafters 9:30 Tap Dance 1:30 <i>The Theatre of the 1930s, 1940s, and 1950s</i> 3:00 Friends meeting</p>	<p>29 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (11) 1:30 Opera (5)</p>



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.

3/5 – Stuffed Shells with Meatballs

3/12 – Salisbury Steak/Mashed Potatoes

3/19 – Baked Fish Newburg/Red Bliss

3/26 – Chicken Chow Mein/Brown Rice

NEW CHOICE: There will be two choices for Wednesday lunch! One will be a traditional hot lunch (listed above), the other an alternative that will include salad and/or soup. Look for the Wednesday menu at the Senior Center at a later date.

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, March 21

Hope Springs

2012

Rated:PG-13

100 minutes



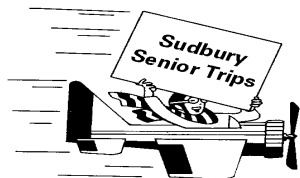
After decades of marriage, a devoted couple go see a couples' counselor in order to spice things up and reconnect. The real challenge for both of them comes as they try to reignite the spark that caused them to fall for each other in the first place. Starring: Meryl Streep, Tommy Lee Jones and Steve Carell.

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**.

Friday Afternoon Movies – 12:30 PM

Due to the Friday afternoon Opera class, there will be no Friday afternoon movies in March.



Trip news for March 2013

Happy St. Patrick's Day to all my Irish friends and those who are Irish only on St. Patrick's Day!

Our Women of Ireland Trip:

Friday, March 15th, cost is \$79.00 at the Venus De Milo in Swansea. These ladies are really great. I have heard them before and really enjoyed them. Meal choices are Corned Beef and Cabbage or Baked Haddock, and the famous Venus De Milo vegetable soup (I always bring home a bucket). This trip fills up fast at Best of Times so please sign up soon if interested.

The Don Who Show: Friday, April 19th, cost is \$49.00 at Wright's Turkey Farm. Don Who is a very talented singer and comedian and impersonator and does a really great show. Wright's Farm is famous for their delicious chicken dinners with all the fixings. Please sign up soon as this is a joint venture with Concord and our share of tickets is limited.

Thoroughly Modern Millie:

Wednesday, May 8th, cost is \$59.50 at the Stoneham Theatre. This should be a really delightful experience as along with our seats being up front in the theatre it is a special day for seniors (note the low price). Also, the toe-tapping music and rousing dance numbers should make for a 'Thoroughly' enjoyable 'Senior Day' at the theatre.

These Shining Lives:

Wednesday, June 12th, the cost is only \$41.00. We are again

returning to the Stoneham Theatre to see this true poignant story of four young women who found the courage to stand up to their employers who endangered their lives by having them use radioactive paint in their jobs. A must see.

IMPORTANT NOTE: Please call the Senior Center before signing up for our July 12th – 20th "Trains of the Colorado Rockies" Trip.

As this Newsletter is being written, our summer theatre program is not yet ready. We hope to have our Trip flyers in our trip rack by the first week of March. You may also sign up for any or all of the rest of our trips (July through October) after March 1. November and December trips will be announced sometime after August 1 (if ready).

Sweet Dreams Lobster Bake:

Wednesday, Aug. 14th, cost \$79.00 at the Log Cabin in Holyoke. This beautiful tribute to Patsy Cline by one of America's best entertainers combined with their great and extensive menu (Lobster, Ribs, Chicken and more) should make this a great Summer's day event.

La Cage Aux Folles:

Wednesday, September 25th at the North Shore Music Theatre, cost \$78.00. A Tony-Award smash Broadway Musical (remember the movie Birdcage). Seating will be in the prime area of the theatre. We will make our usual pre-show stop at the Woburn Mall for lunch on our own and a visit to Appleseeds.

Albuquerque Balloon Fiesta:

Thursday October 3-Tuesday October 7th cost \$1,639 pp.dbl. This trip sold out very shortly after it was announced. At present we have 8 people on our wait list.

*NOTE: Please help us to prepare reliable Trip Registrations by filling out our Pink slips for regular day trips and Green slips for Foxwoods (note change in color of slips for these trips).

Erin Go Bragh, *Carmel*

Community Information –

Frost Farm Condo Available

Frost Farm Village is a 44 unit age-restricted housing development for adults 55 and older of moderate income wishing to downsize to another home in Sudbury. Units are sold to eligible purchasers at prices discounted from market rate.

A condominium at Frost Farm Village is currently available. This 6 room condo with second floor and basement is available at \$349,900. To be considered an eligible buyer of this condo, one must meet eligibility guidelines and fill out an application. Interested parties can find information at the Town of Sudbury Community Housing Office webpage at www.sudbury.ma.us/cho or by calling the Community Housing Office at (978) 639-3387, or by contacting realtor Gail Shobin at (978) 621-2125.

Willy Wonka Complimentary Tix!

Curtis Middle School Theatre Troupe
Tuesday, March 12, 3:00 PM

Willy Wonka is opening his factory to five lucky kids - who will find the Golden Tickets and get this chance of a lifetime? *No tickets are needed* but you must RSVP to the Senior Center by Friday, March 8th.

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.

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

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

NUTRITION

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

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

Zumba 55+

Wednesdays at 12:30 PM
 March 6, 13, 20, 27
 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 \$12.

**Tai Chi**

Mondays, 2:15 PM
Next session: April 22 – June 24
 8 weeks - \$34

Join Certified Instructor Jon Woodward for an exploration of the art and practice of Tai Chi. Tai chi is well known for improving balance and reducing stress. Please register and pay by Wednesday, April 17. Minimum of 5 students; a maximum of 14. You may call the Senior Center at (978) 443-3055 for more information.

Better Bones/Senior Strength

Mondays at 1:00 PM
 March 4 – April 29
 \$56



Increase your bone density, prevent falls and improve balance, using free weights, resistance bands, and gentle yoga. Please register by March 1 and *pay the \$56 fee as you register*. 8 weeks. If you're new, try a free class on Feb. 25.

Tap Dance

March 7, 14, 21, 28– 9:30 AM
 Four Thursdays - \$20



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.

Fit for the Future

Mondays, Wednesdays, Fridays 11:00 AM
 Wednesdays 8:30 AM - \$2 Drop-in

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General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277

St. Patrick's Day Luncheon



Monday, March 11

12 Noon

Featuring catering by

Traditions of Wayland

and entertainment by

the Jug o' Punch Band

Please call (978) 443-3055 to reserve your space. Cost is \$5 at the door.