

Reliable Health Information on the Internet



Thursdays, March 6, 13, 20

2:00-4:00 PM

Free



Staff and students from the Massachusetts College of Pharmacy and Health Sciences will be here for a three week workshop. Learn how to safely use the internet to find reliable information on medical conditions, drugs and supplements, while avoiding websites that may look trustworthy but are not.

1. Introduction to the National Library of Medicine MedlinePlus web site.
2. How to find information on drugs and supplements on MedlinePlus.
3. Fight health scams by learning how to recognize and locate reliable health information web sites.

You must have basic computer proficiency. Computers will be available, but attendees may bring their own laptops. You will receive a Certificate when you complete all 3 sessions! Please call (978) 443-3055 to sign up, space is limited.



The Poetry of Edna St. Vincent Millay

Tuesdays, 10:00 AM

March 18 – April 22

\$20



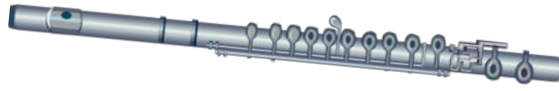
Popular instructor, Stephen Collins returns with a look at Edna St. Vincent Millay. Edna St. Vincent Millay (1892-1950), winner in 1923 of the second annual Pulitzer Prize for Poetry, was a daring, versatile writer whose work includes plays, essays, short stories, songs, and the libretto to an opera that premiered at New York's Metropolitan Opera House to rave reviews.

Millay infused new life into traditional poetic forms, bringing new hope to a generation of youth disillusioned by the political and social upheaval of the First World War. She ventured fearlessly beyond familiar poetic subjects to tackle political injustice, social discrimination, and women's sexuality in her poems and prose. In the 1920's and 30's Millay was considered a spokesperson for personal freedom in America, particularly for women, and we turn to her lines to illuminate the social history of the period and the Bohemian lifestyle she and her friends enjoyed. In this class, we will closely examine much of her poetry, beginning with the masterpiece, "Renescence" which she wrote at age 19.

Please register and pay for this course at the Senior Center. You may call (978) 443-3055 for more information.

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Flutist Mana Washio
Monday, March 24
11:00 AM

Flutist, Mana Washio will perform several selections of unaccompanied flute repertoire. The program includes "Syrinx" by Debussy, "Partita in A minor" by J.S. Bach and "Piece for flute solo" by Ibert.

A native of Japan, flutist Mana Washio received her performance degrees from the Tokyo National University of Fine Arts and Music (B.M.), the Oberlin Conservatory (A.D.), and the Boston University School for the Arts (M.M.). Mana Washio is an active solo, chamber, and orchestra musician. She has played with the Boston Lyric Opera, the Opera New England, the National Lyric Opera, the Vermont Symphony Orchestra, the Granite State Symphony Orchestra, and the New Bedford Symphony Orchestra. Ms. Washio has also held principal flute positions with the New England Philharmonic, the Neponset Valley Philharmonic Orchestra, and the Metropolitan Wind Symphony. In addition, she actively performs in various chamber music ensembles: flute & guitar, flute & harp, flute & marimba, woodwind duo, trio, quintet and many others. She is also on the faculty of All Newton Music School in West Newton, MA.

Please register for this performance by calling the Senior Center at (978) 443-3055. Space is limited.

Drawing Animals with Sue Funk
March 5 – April 9
6 Wednesdays, 10:00 AM-12:00 PM
\$25



We will explore the "how to" of drawing animals to create a recognizable pet! We will focus on building simple shapes into an animal; how to draw fur, feathers, scales, etc., and how to make these lovable creatures look three dimensional. I will supply varied images of animals. Please feel free to bring in additional images of personal interest to you.

The usual supplies: sketchbook, pencils, erasers, colored pencils, markers or whatever medium you choose to "color in" with.

Please pay and register for this class at the Sudbury Senior Center. For more information, please call (978) 443-3055.

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



Join our lively discussion group with Facilitator Richard Nesmith. Please call to sign up at (978) 443-3055.

SUDBURY SENIOR SCENE

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Hot Topic of the Month
Thursday, March 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.

Diabetes Checkup
Tuesday, March 25
8:30-10:00 AM



American Diabetes Association Alert Day®, which is held every fourth Tuesday in March, is a one-day, “wake-up call” asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risks for prediabetes or type 2 diabetes. Preventative tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider. Health educational information and glucose testing will also be provided.

For more information <http://www.diabetes.org/are-you-at-risk/alert-day/>

Please note: The diabetes checkup will be offered in conjunction with our regular Tuesday blood pressure clinic which runs from 8:30-10:30 AM.



St. Patrick's Day Luncheon
Wednesday, March 19
12 noon

Join us! Corned beef and cabbage dinner provided by Traditions of Wayland followed by inspired music with Glenshane! Please register by calling the Senior Center at (978) 443-3055. *Sudbury residents may sign up immediately, all others as of Friday, March 7.*

TED Talks & Discussions

Mondays
March 31, April 7, 14, 28
10:00 – 11:30 AM



TED (Technology, Entertainment, Design) is a non-profit organization devoted to “Ideas worth spreading.” Talks on a wide range of subjects are presented by highly accomplished professionals in their fields, at several annual conferences. All talks are made available to the public free of charge, in 70 languages, via the internet.

Individual talks are generally between 15 and 20 minutes in duration. There are more than 1,200 of them so far. You can view them yourself at www.ted.com/talks.

We will meet for four ninety-minute sessions. In each session we will watch two or three TED talks and discuss them among ourselves. The talks for each session will be selected so that they deal more-or-less with the same subject, possibly offering different opinions or points of view. Four sessions, four subjects. Subjects for the four sessions will be selected by the participants at our first meeting, from a short menu of possibilities.

Ted Bially, facilitator of this forum, is a resident of Sudbury with an interest in many subjects who relishes a lively discussion.

Admission is free. You must register for this series at the Sudbury Senior Center, call (978) 443-3055 for information. There is a 30 student limit. No class April 21 due to Patriot's Day holiday.



Tai Chi for Healthy Living
2nd 8 week Session
March 11 – April 29
Tuesdays, 1:15-2:15 PM
\$10

Tai Chi for Healthy Aging 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. Sign up early for this popular 8 week workshop with Jonathan Woodward, our Tai Chi instructor. There is a maximum of 16 students. Please pay for the class when you register. (See also regular Tai Chi, p. 10)

**Sudbury's
Senior Tax Exemptions and
Tax Deferral Program
With Cynthia Gerry**

Thursday, March 13
10:00 AM

Cynthia Gerry, Town Assessor, will be here to explain Sudbury's senior tax exemptions and how a tax deferral works. She'll also answer all of your questions! Please sign up at (978) 443-3055 so that we know how many to prepare for and we can call you with any changes.

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

Elder Law Attorney Denise Yurkofsky will be here to discuss your legal issues. Please sign up for a free 20 minute consultation at (978) 443-3055.

Looking to Keep Sharp?

Join our weekly Cribbage crew on Tuesday mornings at 9:00 AM; or stop by for Bridge on Tuesday afternoons at 12:30 PM.

Stamp Club

We have a monthly Stamp Club meeting on the second Monday of each month at 10:00 AM.

**Chess, Mah Jong or
Scrabble Anyone?**

Do you play Mah Jong, chess and/or Scrabble? We have some players interested in getting together at the Senior Center. If you are interested, please give us a call at (978) 443-3055. Leave your name and number and we'll let you know about a possible schedule.



**Connection Circle – New!
Thursdays, 2:00-3:00 PM
March 6, 13, 20, 27**

Join our new women's discussion group! Share interests, memories and pieces of your life stories. Kim Schwartz, a 30 year Sudbury resident, has experience leading groups and is looking forward to meeting some new neighbors! Please call (978) 443-3055 to sign up.



**Soup's On!
The Morphine Dream
Thursday, March 27
12:00 Soup
12:30 Talk**

Donald L. Brown will be here to talk about his life story, shared in his book, *The Morphine Dream*. Using facets of his own life to prove to others that life can always be "rebooted", Donald Brown's personal story is one of true triumph over tragedy. An amazing story of one man's loss and gain, hope, and the revealing of an unexpected calling.

Please register for this Soups On! event by calling the Senior Center at (978) 443-3055. Let us know if you are coming for the soup, or just the speaker.

Note: Please arrive by 12:15 PM if you are having soup with us! Thank you.



**Teen Tech Workshops
Wednesdays, March 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.



**AARP Tax Return
Assistance
Mondays, 9:00 AM-4:00 PM**

Need some help with your income tax return? 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.

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*.

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

FROM INFORMATION AND REFERRAL SPECIALIST, ANNE MANNING

Powerful Tools for Caregivers

Attention Caregivers!



Are you taking care of your own health?

If you are a caregiver, especially in a situation with high levels of caregiving demand, you are at a higher than normal risk for illness. Factors such as lack of sleep, lack of exercise, poor nutrition, anxiety and depression contribute to reduced immune function. It is important to pay attention to your own health needs as well as to the health needs of your care receiver.

Please join us for a FREE 6-week Powerful Tools for Caregivers workshop!

**Mondays starting March 24th to May 5th
2:00-3:30PM at the Sudbury Senior Center**

Please register by Monday, March 10.

Please call Anne Manning, LMHC for information and to register at 978-443-3055.

Reference: The Caregiver Help book

Medicare and the Affordable Care Act (Obamacare) Exchanges

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should know the following:

- The health insurance exchanges are for people without health insurance, and not for Medicare beneficiaries.
- Beneficiaries who have Medicare Part A and B meet the requirement for health insurance.
- Medicare supplement plans (Medigaps), are not sold in the health insurance exchanges.
- In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.
- People with Medicare do not need to re-enroll or get new Medicare cards.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the Senior Center at (978) 443-3055. Our trained volunteers are available by appointment only; for other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Singin' & Swingin' Benefit Bash for Golden Tones Chorus **Sunday, April 6, 2014, 2-5 p.m. at Wayland High School**



An afternoon of fun and musical entertainment for all ages. Hear the Golden Tones Chorus perform. Be a star during the Mocktail Hour with Live Piano Bar. Dance to the swing sounds of the Sudbury Valley New Horizons Jazz Band. Enjoy delectable refreshments by Whole Foods of Wayland and the Gorgeous Golden Gourmets. Enter to win exciting live auction items, themed raffle baskets and a 50/50 cash raffle. Tickets (tax deductible) are \$25 and \$10 for age 10 and under. Call 508-318-6318.

MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9-4 AARP Tax Help 9:00-2:30 I&R Hours 10:30-12:00 BRIDGES REUNION 11:00 Fit for the Future 1:00 <i>Global Civilizations</i> (2) 1:00 Better Bones (5) 2:15 Tai Chi (5)</p>	<p>4</p> <p>8:30-10:30 BP Clinic 9-12 SHINE 9:00 Cribbage 9:40/11:00 Yoga (6) 12:00 Lunch 12:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (8)# 3:00 COA Meeting</p>	<p>5</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great DVD Series</i> (8) 10-12 <i>Drawing</i> (1) 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta 1:00 Informal Quilting</p>	<p>6</p> <p>9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events 1:00-4:00 SHINE 2:00-4:00 <i>Health Info on the Internet workshop</i> (1 of 3) 2:00 <i>Connection Circle</i> (new!)</p>	<p>7</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (6) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>The Painted Veil</i> 1:00 Watercolors (5)</p>
<p>10</p> <p>9-4 AARP Tax Assistance 9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 <i>Global Civilizations</i> (3) 1:00 Better Bones (6) 2:15 Tai Chi (6)</p>	<p>Ronan Tynan Trip 11</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 12:00 Lunch 12:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (1) (2nd session)#</p>	<p>12</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alex the Great</i> (9) 10-12 <i>Drawing</i> (2) 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta 1:00 Informal Quilting 2:00-4:00 Teen Tech</p>	<p>13</p> <p>9:30 Tap Dance 9:45 Thursday Crafters 10:00 <i>Senior Tax Exemptions</i> 1:00-4:00 SHINE 2:00 <i>Connection Circle</i> 2:00-4:00 <i>Health Info on the Internet</i> (2 of 3)</p>	<p>14</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (7) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Enough Said</i> 1:00 Watercolors (6)</p>
<p>17</p> <p>9-4 AARP Tax Assistance 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 <i>Global Civilizations</i> (4) (last) 1:00 Better Bones (7) 2:15 Tai Chi (7)</p>	<p>18</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 10:00 <i>Poetry</i> (1 of 6) 9:00-12:00 SHINE 12:00 Lunch 12:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (2) (2nd session)</p>	<p>19</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great DVD Series</i> (10) 10-12 <i>Drawing</i> (3) 11:00 Fit for the Future 12:00 <i>St. Patrick's Luncheon</i> 12:00 Zumba 1:00-3:30 Canasta (VH room)</p>	<p>20</p> <p>9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events 12:00 Pizza and a... 12:30 Movie: <i>Chasing Ice</i> 1:00-4:00 SHINE 2:00 <i>Connection Circle</i> 2:00-4:00 <i>Health Info on the Internet workshop</i> (3 of 3)</p>	<p>21</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>Oranges and Sunshine</i> 1:00 Watercolors (7)</p>
<p>24</p> <p>9-4 AARP Tax Assistance 9:00-2:30 I&R Hours 11:00 <i>Flutist Mana Washio</i> 11:00 Fit for the Future 1:00 Better Bones (8) 2:15 Tai Chi (8) 2-3:30 POWERFUL TOOLS FOR CAREGIVERS (1)</p>	<p>25</p> <p>8:30-10:30 BP Clinic 8:30-10:00 <i>Diabetes Checkup</i> 9:00 Cribbage 9:40/11:00 Yoga (1) 10:00 <i>Poetry</i> (2 of 6) 10:00-12:00 Legal Clinic 12:00 Lunch 12:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (3) (2nd session)</p>	<p>26</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great DVD Series</i> (11) 10-12 <i>Drawing</i> (4) 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta (Van Houten room) 2:00-4:00 Teen Tech</p>	<p>27</p> <p>9:30 Tap Dance 9:45 Thursday Crafters 12:00 Soups On: <i>The Morphine Dream</i> 1:00-4:00 SHINE 2:00 <i>Connection Circle</i> (new!) 2:00 <i>Hot Topic this Month</i> 3:00 Friends of Sudbury Seniors meeting</p>	<p>28</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>Win Win</i> 1:00 Watercolors (8) *Note: Set up for election-Gym unavailable.</p>
<p>Town Election 31</p> <p>9-4 AARP Tax Help 9:00-2:30 I&R Hours 10:00 <i>TED Talks</i> (1) 11:00 Fit for the Future* 1:00 Better Bones (1)* 2-3:30 POWERFUL TOOLS FOR CAREGIVERS (2) 2:15 Tai Chi (1)* *Fitness-Van Houten rm.</p>	 <p>#Tai Chi for Healthy Living was cancelled on Feb. 18, so start of new session delayed to Mar. 11.</p>	<p>RECEIVE THIS NEWSLETTER VIA EMAIL!</p> 	<p>Would you like to receive this newsletter via email? Go to www.senior.sudbury.ma.us and click on "Subscriptions". Let us know if you no longer need the paper copy.</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 III nutrition program. A \$3.00 donation per meal is suggested.

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.

**Movie and Pizza
Thursday, March 20**

Chasing Ice
PG-13
2012
Documentary
1 hr., 15 mins.



Environmental photographer James Balog deploys time-lapse cameras to capture a record of the world's changing glaciers, compressing years into seconds to illustrate how these ice mountains are disappearing at a breathtaking rate.

Pizza at 12:00 Noon; Movie at 12:30 PM

Please order your pizza by 10:00 AM; and please arrive by 12:15 PM if you have ordered pizza!

Note: Due to our special Thursday afternoon workshop this month, we are showing a shorter movie.



March Menu



Tuesdays

- 3/4 – Beef stew, Mashed Potatoes
- 3/11 – Three C Soup, Pesto Chicken Breast
- 3/18 – Chicken Chow Mein, Rice
- 3/25 – Hotdog, German Potato Salad

Wednesdays

- 3/5 – Fish Sticks, Tomato Soup
- 3/12 – Beef Stir Fry, Brown Rice
- 3/19 – St. Patrick's Day Luncheon
- 3/26 – Chicken Meatballs, Hawaiian Sauce

An alternative meal choice is available on Wednesdays – 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 March.

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.

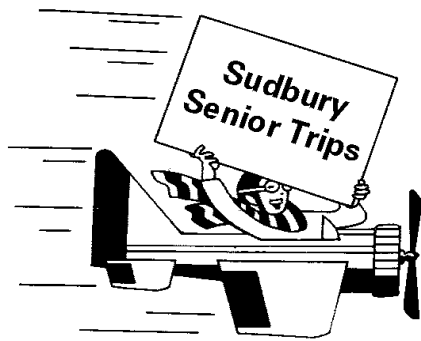
Fridays:

March 7 – ***The Painted Veil*** (2006), PG-13, romantic drama based on classic literature; Naomi Watts, Edward Norton; 2 h, 5 m.

March 14 – ***Enough Said*** (2013), PG-13, romantic, indie comedy; James Gandolfini, Julia Louis-Dreyfus; 1 h, 33 m.

March 21 – ***Oranges and Sunshine*** (2011), R, drama based on real life; Emily Watson; *British Social Worker uncovers shocking deportation scandal involving children*; 1 h, 46 m.

March 28 – ***Win Win*** (2011), R, quirky sports drama about high school basketball coach; Paul Giamatti, Amy Ryan; 1 h, 46 m.



Sudbury Senior Trips News

I am always happy to see "March" appear on the calendar because of St. Patrick's Day. This year I am especially pleased as it means that Daylight Savings (the 9th) and spring (the 20th) are on their way and I can stop worrying about snow storms spoiling our trips.

For those of you who have signed up for our Tuesday, March 11, **St. Patrick's Day Show** at the Venus De Milo, featuring the well-known Irish Singer Ronan Tynan, I will be calling you with our exact pickup time as soon as our trip company calls us with the time. As we are usually the last pickup, it should be sometime after 9AM.

This company is very obliging and if we do not have enough people to fill our own motor coach they will take us anyway. We still have some spaces available if anyone else is interested. The price is \$79.00 and includes a Corned Beef or Baked Haddock dinner. Please indicate your choice on your check's memo line. This show should be wonderful as Ronan is such a great Irish Tenor. You'll love his voice.

Our **Debbie Reynolds's Show**, Tuesday April 15th (\$79.00) is sponsored by the same company and is at the Mohegan Sun Casino. You will receive the full Casino

package and have time for some gambling if you choose. Otherwise, they have some lovely shops and it is a fun place to just visit. Of course, Debbie should be wonderful as she still has her great voice and she is truly a "living legend".

Our next **Foxwoods** trip is on May 5th. We thank you all for your prompt and early payments for the February trip and hope you will be able to do the same for this one.

Remember you only have to fill in the new date and check number on your February green form that we are keeping in the trip box at the front desk. We thank you for your cooperation. It really is a big help to all of us who work on these trips.

IMPORTANT NEW INFORMATION BELOW:

The Secret Garden at the Stoneham Theatre, Wednesday, May 28, price \$59.00 has had a change of time. We will be attending the 10AM show as there is not an afternoon show that day. We will then go to the Woburn Mall for lunch on our own and time for some shopping. Remember that is the home of our old Sudbury Appleseed's Store (which many of us loved to shop in). We will leave the Senior Center at 8:45 AM and leave Woburn in plenty of time to hopefully miss the terrible Mass. Pike traffic that we usually are in on the way home after we have attended an afternoon performance. We should be home between 4 and 4:30pm.

MOSES, June 26-28. As Tours of Distinction has only received

a few deposits for this trip which is fast selling out on the date we have chosen, and the final balance is due by **May 2**, they have decided that if you would like to send your deposit of \$50.00 and insurance \$28.00 (if you are taking it) to the Sudbury Senior Center instead of directly to them you may do so. In order to keep this trip open we will need to have this paid on or before **March 31**. Please feel free to call me with any questions you may have.

Panama Canal and Cruise, Oct. 20 – Nov. 3. A deposit of \$500 plus the optional insurance is due anytime now, the second deposit of \$1,200 is due May 23 and final payment is due June 22. These payments must go directly to *Tours of Distinction*. Call me with any questions that you may have regarding this trip.

We hope to have our Summer programs ready for the April Newsletter and please have patience, spring really is coming SOOOOOOOOOON.

Carmel

Curtis Middle School
Complimentary Showing
ECMS Theatre Troupe
Disney's The Little Mermaid, Jr.
Tuesday, March 11, 3:00 PM

Adapted from Disney's 2008 Broadway production, this journey "under the sea" with Ariel and her aquatic friends takes place in a magical underwater kingdom. Featuring the hit songs "Part of Your World," "She's in Love," and the Oscar-winning "Under the Sea," this musical is one that everyone will enjoy.

No tickets are needed but you must RSVP to the Sudbury Senior Center by Sunday, March 10th.

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 2:00 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 suggested. 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.

Join us!**Yoga for Living Well**

Tuesdays, 9:40 or 11:00 AM

March 25 – May 20; no class May 6

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. Please register and pay early, 1 week in advance is recommended. New students: Try your first class free - March 18.

Tai Chi

Mondays, 2:15 PM

March 31 – May 12; no class April 21

6 weeks for \$27 (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. Newcomers can try a class for free.

Better Bones, Senior Strength

Mondays at 1:00 PM; Fridays at 9:30 AM

March 31 – June 9; March 28 – May 30; no classes April 21, 25 and May 5, 9

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

Build strength, improve balance, feel good! Please bring a mat, towel, 2 free weights and water. New students try your first class free, on March 21 or 24.

Zumba

Wednesdays, 12:00 – 1:00 PM

\$4 drop-in; \$12 (advance) - March 5, 12, 19, 26

Please bring water and your enthusiasm!

Tap Dance

Thursdays, 9:30-10:30AM

\$20 for 4 classes; Mar. 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.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

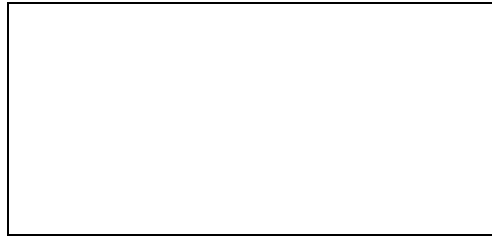
**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

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PERMIT NO. 141
PRESORT STANDARD

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

St. Patrick's Day Luncheon Wednesday, March 19 12 noon

Dinner: *Traditions of Wayland*
Musical Entertainment: *Glenshane*



Please register by calling the Senior Center at (978) 443-3055.
Sudbury residents immediately, all others as of March 7.

Powerful Tools for Caregivers Workshop

March 24 – May 5

6 Mondays

2:00-3:30 PM



Call Anne Manning for more
information and to register at (978) 443-3055.