

**Why Sudbury Has the  
Most Interesting Weather on Earth!**

NECN Meteorologist Timothy Kelley  
Thursday, May 22  
1:00 PM



Tim Kelley has been the primetime meteorologist with NECN since the station's launch in 1992. His keen intuition and strong grasp of diverse meteorological tools have translated over the years into the delivery of consistently accurate weathercasts. Although Kelley has been studying weather since he was a child, his formal training in meteorology was gleaned at Lyndon State College in Vermont. He began his career at WMUR-TV in New Hampshire, then spent three years as a meteorologist and environmental reporter at WLNE-TV in Providence, Rhode Island. A Cape Cod native, Kelley enjoys working with educators to incorporate the science of meteorology into school curriculums.

Please register for this lecture in advance by calling the Sudbury Senior Center at (978) 443-3055. Space is limited!



**Sudbury's Own  
Singer/Songwriter  
Peg Espinola**

Friday, May 16  
2:00 PM

Peg Espinola, a 44-year resident of Sudbury, has been playing guitar since she was fifteen but has only been writing songs for eight years. In that time she has acquired an enthusiastic following at MetroWest open mics, as a participant and featured artist, and has opened as well for several touring musicians at Amazing Things Arts Center in Framingham. Her songs are sometimes funny and irreverent, sometimes poignant, but always laced with affection.

Please join us for a lovely afternoon of guitar and song! Space is limited, you must call to register at (978) 443-3055.

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A MESSAGE FROM THE COUNCIL ON AGING CHAIR

The evening of May 5<sup>th</sup> is a critical time for the Sudbury Senior Center. Monday, May 5<sup>th</sup> is the first evening of Sudbury's Annual Town Meeting. The Town budget will be presented and voted upon that evening. The proposed budget includes a new program coordinator position for the Senior Center. The Town Manager, Maureen Valente; the Board of Selectmen; and the Finance Committee all agree on the need for this new position. We could not talk about this significant development earlier because discussions were ongoing to get agreement from all the critical boards, committees and individuals. That agreement is now complete.

The process started at the end of last year when the Council on Aging researched the use of the Senior Center and researched the growth of senior population in Sudbury over the past decade. As we have talked about over the past few months, seniors have grown from 12-13% of the Sudbury population in 2000 to 19-20% of the population in 2013. The COA presented this information and information regarding the programs offered by, programs sought by and use of the Senior Center to Maureen Valente, the FinCom and the Selectmen. The picture became clear, the Senior Center needed help and it had to be a top priority. Through careful budget analysis and restructuring, the Town budget is now able to provide the position the Senior Center and Sudbury's growing senior population desperately needs.

However, Town Meeting has the final vote on the budget. It is important that seniors be at Town Meeting to support the new position for the Senior Center. Sudbury has been very good at supporting its seniors over the past years and that support is continuing. This is a very good sign of a vibrant and diverse community.

Jack Ryan

*Rescheduled....*

**Flutist Mana Washio**

Monday, May 19, 1:00 PM



-This event was rescheduled from March 24.-

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. Please let us know if you are able to attend this performance, even if you signed up for the previous date, by calling the Senior Center at (978) 443-3055. Space is limited.

COUNCIL ON AGING

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**Beginner Mah Jongg**  
**6 Wednesdays, 1:00-3:00 PM**  
**May 7 – June 11**  
**\$30**

Were you ever curious about the Chinese tile game called Mah Jongg? This course is designed for the beginner, and will introduce you to the basic rules of the game. A very small amount of time and effort is required to master the elementary principles. By the second class, students will begin playing a game. The only materials necessary for each player will be the purchase of an "official standard hand card" for \$8.00 (if you feel that you want to continue playing with a current Hand Card). Come join the fun. Please sign up and pay the \$25 fee by May 5. 8 student maximum.

**More Random Accidents that Changed History**

Tuesdays, 10:00-11:30 AM  
 May 6 – June 10

This course is a continuation of the popular course "Random Accidents that Changed History" offered last year. It will introduce the student to additional circumstances involving accidents that significantly influenced history.

Ancient and modern history is filled with stories that are surprising or awe-inspiring. One conjecture maintained by the course presenter, is that history, recorded or inferred, is often driven by random accidents that are not fully understood or appreciated until 'later'. Topics such as the California Gold Rush of 1849, the Tacoma Narrows Bridge collapse of 1940, the origin/cause of champagne bubbles and bubble trails (17<sup>th</sup> century), among many other topics, will be explored. The class participants are encouraged to investigate the credibility of the anecdotes and to introduce related material based on their own knowledge.

Bill Koenigsberg had a 4-decade-long career in industrial research involving a broad range of disciplines, including electronics, physics, mechanics, ceramics, nondestructive testing, failure analysis, and communicating with clarity. He has always been interested in finding the root cause of problems (technical or otherwise). Please sign up at the Sudbury Senior Center. You may call (978) 443-3055 for more information.

*Rescheduled from a  
 snowy February 13*

**Soup's On!**  
**Ask the Pharmacist!**  
**Thursday, May 8**



**Soup 12:00 PM**  
**Talk 12:30 PM**

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

Come with your questions, she will have the answers! **Please call to reserve your spot, and your soup by Tuesday, May 6 at 4:00 PM.**

**Please Note: We are asking for reservations to be made by Tuesday to help with planning the menu.**

**FitWalk!**

*6 week walking club*  
 May 6 – June 10  
 Tuesdays  
 11:00 AM



Sudbury's Board of Health Nurse, Phyllis Schilp, R.N., will lead a fun and enjoyable 1 mile walk across the street from the Senior Center at Haskell Field. Please bring comfortable walking shoes, clothes appropriate for the weather and a water bottle.

Sign up by calling the Senior Center at (978) 443-3055. Group will meet at the Senior Center before and after the walk.

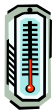
**Medical Equipment Loan Closet**  
**Equipment Available/Needed!**

Medical equipment is available for loan for free! There are walkers, crutches, reachers, commodes and shower chairs, among other items. And, if you have clean, gently used medical equipment to donate, please call and leave a message for Volunteer Coordinator, Ed Gottmann, at (978) 443-3055.

## HOT TOPIC OF THE MONTH

Thursday, May 29  
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.



### Mercury Collection

Saturday, May 10  
11:00 AM-1:00 PM

Bring your mercury containing items to the Senior Center on May 10 and we will make sure they are safely and properly disposed of.

### *Thank you Sudbury Pines!*

For bringing delicious goodies and fresh fruit for Bob Pilsbury's Piano Performance on April 11!



### Legal Clinic

Tuesday, May 20  
10:00AM – 12:00PM

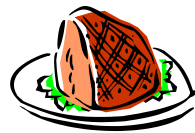
Schedule your free 20 minute appointment with Elder Law Attorney Denise Yurkofsky. Call the Senior Center at (978) 443-3055 for more information.



### New Public Transportation to the City and a Ped/Bike Way...All in One?

Monday, May 12  
10:30 AM

Come to hear an innovative, practical proposal to use the inactive, east-west, rail right-of-way (ROW) through Sudbury to achieve fast transit service and a pedestrian/bicycle way, all within that one ROW. Transportation Engineer Leon Goodman, a Sudbury resident, has gotten positive comments after presentations at professional meetings and now seeks to discuss this idea with the communities that would benefit. Please register by calling (978) 443-3055.



### *Should I keep that ham that's been in the fridge since last Thursday?*

### Food Safety and You!

Thursday, May 22  
11:00 AM

Barbara Gold, R.D., nutritionist from BayPath Elder Services, will be here to help you decide whether to keep that ham, along with all those other food items that are in the fridge or on the counter.

Please call to sign up so that we know how many to prepare for, at (978) 443-3055.



### Special Teen Tech Workshops

Wednesday, May 14, 2:00-4:00PM  
Wednesday, May 28, 9:00-1:00

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. Sign up for a 1 hour appointment. Please give us a general idea what type of assistance you will require.

### Board of Health Nurse Talk *Physiology of Aging*

Wednesday, May 7  
1:00 PM

We have a great deal of "say" with regard to how we age! This is extremely empowering and reinforces the concept that our life choices are fundamental to how we age. Clearly bad things happen to good people, and to people who make all the right choices with regard to their health. There are some things in life that we simply cannot control, but by making good choices we put the odds in our favor, i.e. the odds of living a full, functional, healthy, and disease free life. This presentation talks about what happens to the body as we age.

### Tai Chi for Healthy Living Session 3

Tuesdays, 1:15 PM

May 6 – July 8

No classes June 3, 10

8 weeks

\$10

Call the Senior Center at (978) 443-3055 for information.

## A NOTE FROM INFORMATION AND REFERRAL SPECIALIST, ANNE MANNING

**Exciting new resource for Sudbury family caregivers to begin Friday May 16<sup>th</sup>!**

BayPath Elder Services, Inc., with generous support and funding of the MetroWest Health Foundation, is proud to present a state of the art website designed to help the growing population of Family caregivers in the MetroWest region. CaregivingMetroWest.org will provide a single point of access to information, support, resources and social connections for caregivers in 25 MetroWest communities served by the MetroWest health foundation, including Sudbury. Features include an interactive map allowing users to get extensive list of caregiving resources in each town, a discussion forum, caregiving blog and comprehensive information section covering all aspects of family caregiving. The site is launching May 16, 2014 and can be accessed at [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org). For more information, contact CaregivingMetroWest.org Program Manager, Douglass Flynn at 508-573-7204 or [dflynn@baypath.org](mailto:dflynn@baypath.org).

Anne Manning, LMHC, Information and Referral  
978-443-3055  
[manninga@sudbury.ma.us](mailto:manninga@sudbury.ma.us)



### **Means Tested Senior Tax Exemption**

Don't put your 2013 Tax Return in the basement just yet, you may need it to apply for Sudbury's "Means Tested Senior Citizen Tax Exemption". If your property taxes exceed 10% of your income, you may qualify. The assessed value of your home must be less than \$700,000, you must be 65 years of age, and any co-owner must be 60+ years of age. In order to apply, you must submit a completed copy of your Mass. State Income Tax Schedule CB (Circuit Breaker) Credit 2013, even if you did not file it; and a copy of your 2013 Federal Income Tax Form 1040/1040A or 1040EZ (pages 1 and 2). The 2014 Application form is expected to ready soon. Call the Assessor's office at (978) 639-3393 or the Senior Center at (978) 443-3055 for more information.

### **Middlesex Drug Take-Back Program** Sudbury Police and Middlesex District Attorney's Office



Eliminating unused and unwanted medications from your home will help keep your family, your environment and your community safe. Illegal use and abuse of prescription drugs is an epidemic in communities across the state. Seventy percent of those who have used prescription drugs non-medically, say they got the drugs from friends and family. You can help fight this epidemic by limiting access to these powerful drugs.

Medications can be disposed of 24 hours a day at our local police station:

Sudbury Police, 415 Boston Post Road, Main Lobby.

**PLEASE NOTE:**

Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please feel free to call us at (978) 443-3055 to verify any programming information.



## MAY 2014

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <p><i>We make every effort to provide an accurate calendar, we apologize if there are errors or omissions!</i></p> <p>*SHINE- Medicare counseling by trained, unbiased volunteers. Call for an appointment.</p> <p>SP – Sudbury Pines Room</p> |  |   | 1  | 2   |
| <p>9:00-2:30 I&amp;R Hours<br/>11:00 Fit for the Future<br/>No Better Bones<br/>2:15 Tai Chi (5)<br/>2-3:30 Caregiver Workshop (6, last)<br/><br/>Town Meeting tonight!</p>  | <p>No Yoga today<br/>8:30-10:30 BP Clinic<br/>9:00 Cribbage<br/>10:00 More Random Accidents (1)<br/>11:00 FitWalk (1)<br/>12:00 Lunch<br/>12:30-3:30 Bridge<br/>1:15-2:15 Tai Chi for Healthy Living (1)<br/>3:00 Council on Aging</p> | <p>9:00-2:30 I&amp;R Hours<br/>9:30 Alex the Great (15)<br/>10:00-12:00 Drawing (3)<br/>11:00 Fit for the Future<br/>12:00 Lunch<br/>12:00 Zumba<br/>1:00 BoH Nurse Talk: Physiology of Aging<br/>1:00 Canasta<br/>1:00-3:00 Mah Jongg (1)</p>                             | <p>9:30 Tap Dance<br/>9:30 Thursday Crafters<br/><br/>12:00 Soups On!<br/>Ask the Pharmacist!<br/>-Mass. College of Pharmacy<br/><br/>1:00-4:00 SHINE*<br/>2:00 Connection Circle</p>                                | <p>9:00-2:30 I&amp;R Hours<br/>9:30-11:30 Bingo<br/>9:30 Better Bones (4)<br/>11:00 Fit for the Future<br/>12:30 Friday Afternoon<br/>Movie: Verdi: Falstaff<br/>1:00 Watercolors (5)</p>           |
| <p>9:00-2:30 I&amp;R Hours<br/>10:00 Stamp club<br/>10:30 Central Mass. Trail/Busway Report from resident Leon Goodman<br/>11:00 Fit for the Future<br/>1:00 Better Bones (5)<br/>2:15 Tai Chi (6)</p>   | <p>8:30-10:30 BP Clinic<br/>9:00 Cribbage<br/>9:40/11:00 Yoga (7)<br/>10:00 More Random Accidents (2)<br/>11:00 FitWalk (2)<br/>12:00 Lunch<br/>12:30-3:30 Bridge<br/>1:15-2:15 Tai Chi for Healthy Living (2)</p>                     | <p>9:00-2:30 I&amp;R Hours<br/>9:30 Alex the Great (16)<br/>No Drawing Class today<br/>11:00 Fit for the Future<br/>12:00 Lunch<br/>12:00 Zumba<br/>1:00 Canasta<br/>1:00-3:00 Mah Jongg (2)<br/>2:00-4:00 Teen Tech</p>   | <p>9:30 Tap Dance<br/>9:30 Thursday Crafters<br/>10:00 Current Events<br/>12:00 Pizza and a movie: Philomena<br/>1:00-4:00 SHINE*<br/><br/>2:00 Connection Circle</p>  | <p>9:00-2:30 I&amp;R Hours<br/>9:30-11:30 Bingo<br/>9:30 Better Bones (5)<br/>11:00 Fit for the Future<br/>No Movie today<br/>1:00 Watercolors (7)<br/><br/>2:00 Singer/Songwriter Peg Espinola</p> |
| <p>9:00-2:30 I&amp;R Hours<br/>11:00 Fit for the Future<br/><br/>1:00 Flutist Mana Washio (rescheduled)<br/><br/>1:00 Better Bones (6)<br/>2:15 Tai Chi (1)</p>  | <p>8:30-10:30 BP Clinic<br/>9:00 Cribbage<br/>9:40/11:00 Yoga (8)<br/>10:00 More Random Accidents (3)<br/>10-12 Legal Clinic<br/>11:00 FitWalk (3)<br/>12:00 Lunch<br/>12:30-3:30 Bridge<br/>1:15 Tai Chi for Healthy Living (3)</p>   | <p>9:00-2:30 I&amp;R Hours<br/>9:30 Alexander the Great (17)<br/>No Drawing Class<br/>11:00 Fit for the Future<br/>12:00 Lunch<br/>12:30-3:00 Quilting (1)<br/>12:00 Zumba<br/>1:00-3:00 Mah Jongg (3)<br/>1:00 Canasta</p>  | <p>9:30 Tap Dance<br/>9:30 Thursday Crafters<br/>11:00 Nutritionist Barbara Gold – Food Safety<br/>1:00-4:00 SHINE*<br/>1:00 NECN Weather Man Timothy Kelley<br/>2:00 Connection Circle<br/>3:00 Friends Meeting</p> | <p>9:00-2:30 I&amp;R Hours<br/>9:30-11:30 Bingo<br/>9:30 Better Bones (6)<br/>11:00 Fit for the Future<br/>12:30 Friday Afternoon<br/>Movie: Verdi: Rigoletto<br/><br/>1:00 Watercolors (8)</p>     |
| <p>Memorial Day Holiday<br/><br/><br/><br/>Senior Center Closed</p>   | <p>8:30-10:30 BP Clinic<br/>9:00 Cribbage<br/>9:40/11:00 Yoga (1)<br/>10:00 More Random Accidents (4)<br/>11:00 FitWalk (4)<br/>12:00 Lunch<br/>12:30-3:30 Bridge<br/>1:15-2:15 Tai Chi for Healthy Living (4)</p>                     | <p>Secret Garden Trip<br/>9:00-2:30 I&amp;R Hours<br/>No Alex the Great<br/>9-1 Special Teen Tech SP<br/>10:00-12:00 Drawing (4)<br/>11:00 Fit for the Future<br/>12:00 Lunch<br/>12:00 Zumba<br/>12:30-3:00 Quilting (2)<br/>1:00 Canasta<br/>1:00-3:00 Mah Jongg (4)</p> | <p>9:30 Tap Dance<br/>9:30 Thursday Crafters<br/>1:00-4:00 SHINE*<br/><br/>2:00 Hot Topic of the Month<br/>2:00 Connection Circle</p>  | <p>9:00-2:30 I&amp;R Hours<br/>9:30 Better Bones (7)<br/>9:30-11:30 Bingo<br/>11:00 Fit for the Future<br/>12:30 Friday Afternoon<br/>Movie: The Sapphires<br/><br/>1:00 Watercolors (1)</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](http://www.sudbury.ma.us/departments/seniorcenter).

**PLEASE NOTE:**

**Schedule Changes**

Alexander the Great DVD will be shown on May 7, 14 and 21, no class on May 28. The last class will be on Wed., June 4 at 9:30 AM.

For the month of May, Drawing Class will be held on May 7 and 28, with no class on May 14, 21.

**Senior Center Wish List**

We need donations of newer laptops for use by various instructors when they teach here.

**4<sup>th</sup> of July Float!**

Join the “Council on Aging” and the “Friends” as they put together a Float for the 4<sup>th</sup> of July parade! Call (978) 443-3055 for more information.

**Movie and Pizza  
Thursday, May 15**

***Philomena***

**2013**

***Rated: PG-13***

***1 hour, 35 minutes***



Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago. Oscar nominee.

Starring: Judi Dench, Steve Coogan

**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!

***At 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:

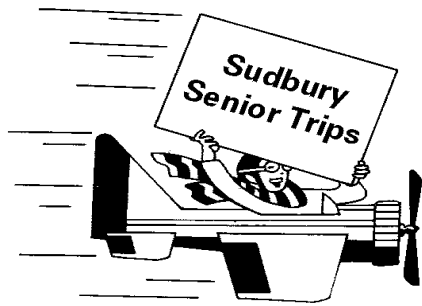
*May 2 – Verdi: Falstaff – 2001 – Opera – 2 h, 37 m*

*May 9 – Gangster Squad – 2013 – R – 1 h, 53 m, Sean Penn; crime thriller*

*May 16 – No movie – Musical Entertainment! – p. 1*

*May 23 – Verdi: Rigoletto – 1981 – Opera – 1 h, 55 m*

*May 30 – The Sapphires – 2012 – PG-13 – 1 h, 40 m – Showbiz drama*



As we head into the beautiful month of May it is time to think about our summer trip plans. As of this writing (April 10), I have just confirmed a trip to the **Arundel Barn Playhouse** in Arundel, Maine on Wednesday, July 16<sup>th</sup> to see the production of that stunning Broadway favorite, "My Fair Lady". "This rags to riches tale has characters of brain and heart, witty dialogue & a stunning musical score". The trip cost of \$65.00 includes motor coach transportation and your theatre ticket. We will be making a late morning stop in Kennebunkport for lunch on our own and maybe a little shopping at that "GREAT" jewelry store (near the bridge).

Our last summer trip will be a **real live lobstering trip out of Perkins Cove in Ogunquit** on Thursday, August 14<sup>th</sup>. Complete trip cost is \$65.00 each. Many of you have asked to go back there, this is your chance. This interesting 50 minute cruise is narrated and you will hear all you need to know about lobstering in Maine. You will see traps pulled and find out the difference between male and female lobsters (if you don't already know) plus some local history. After the boat ride you will have time to have lunch on your own at Perkin's Cove. You might even see some of the Bush family at Barnacle Billy's or even take a walk on part of the Marginal

Way or join me and just find a place to sit and breathe in the wonderful "sea air".

Our next **Foxwoods** trip will be on Monday, May 5<sup>th</sup>. Cost is \$26.00. We need at least 35 people by no later than Friday, April 25<sup>th</sup> for this trip to be a GO.

Our **Secret Garden** trip to the beautiful decorated Stoneham Theatre, May 28<sup>th</sup>, still needs to have at least 10-12 more participants (as of April 10). Complete trip cost is only \$59.00 as it is *Senior Day* at the theatre. This lush Broadway Musical which won 3 Tony Awards is really a "must see". Please note: **We will be attending the 10AM show;** this is a change from the original brochure. We will then spend a couple of hours at the Woburn Mall for lunch and maybe do a bit of shopping. Remember: Appleseed's Outlet is there.

The final payment (\$375.00 dbl. - \$445.00 sgl.) for our June 26-28 **Moses** trip is due by Friday, May 23. You may mail it directly to *Tours of Distinction* at P.O. Box 1011, East Windsor, CT 06088, check or credit card is accepted. Or you can bring (a check only) to us by Friday, May 16 and we will mail it for you. \*There are still 8 spaces left on this spectacular and truly marvelous trip.

The Final 2 Payments for our October 20-November 3 **Panama Canal** trip are both due by Friday, May 23 (second deposit of \$1,200) and a final payment by June 22, 2014. As there are only a few people signed up as of now (early

April), Sudbury Senior trips' participation is unsure at this time. For more information, please call Carmel at 443-8320.

A Happy, Happy Spring to all,  
*Carmel*

### Connection Circle

Thursdays, 2:00-3:00 PM  
May 1, 8, 15, 22, 29



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! This is an ongoing group. Please call (978) 443-3055 to sign up or with questions!

### Thursday Crafters

Thursdays  
9:30-11:30 AM

Looking for Crafters of all shapes, talents and persuasions! Would you like to meet others who are interested in creating things? Perhaps you like to make teddy bears, create jewelry or knit vests... join the Thursday Crafters group! Meet your neighbor and swap ideas. If you have an idea and would like to work on a project together, all the better! Call (978) 443-3055 for more information or just drop in! (P.S. The Crafters will hold a Craft and Grandma's Attic Fair on November 8 to benefit the *Friends of Sudbury Seniors.*)

*Community Event!*

### *The 39 Steps*

LSB Players

Wednesday, April 30, 7:30 PM

Complimentary Tickets are available for seniors for the LSB Players' production of the spy story spoof, *The 39 Steps* at LSRHS. A limited number of tickets are available at the Senior Center.



# 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

May 27 – July 22, no class on July 1

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. Please register and pay early, 1 week in advance is recommended. New students may try a class for free on Tuesday, May 20.

**Tai Chi**

Mondays, 2:15 PM

May 19 – June 30; no class June 2, 9

4 weeks for \$18 (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. Newcomers can try a class for free but please talk to instructor first. Please register and pay in advance.

**Better Bones, Senior Strength**

**Mondays**, 1PM; June 16-July 21; no class June 30

5 weeks for \$35 (payment due at registration)

**Fridays** at 9:30AM; June 13, 20, 27

3 weeks for \$21; no Friday class July and August

Build strength, improve balance, feel good! Please bring a mat, towel, 2 free weights and water. Try free class on 6/9.

**Zumba**

Wednesdays, 12:00 – 1:00 PM

\$4 drop-in; \$12 (advance for the month) - May 7, 14, 21, 28

Please bring water and your enthusiasm! No class Apr. 30.

**Tap Dance**

Thursdays, 9:30-10:30AM

\$30 for 6 classes; May 1, 8, 15, 22, 29  
and June 5

(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 and **exact change**.

THE  
SUDBURY  
SENIOR

# SCENE

A monthly publication from the

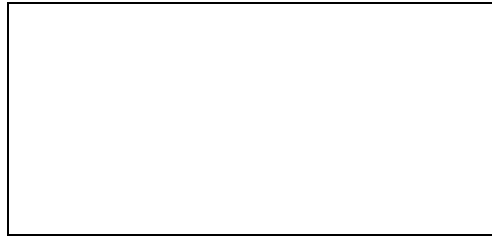
**SUDBURY SENIOR CENTER AND  
SUDBURY COUNCIL ON AGING**

40 Fairbank Road  
Sudbury, Massachusetts 01776-1681

on the web at:

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

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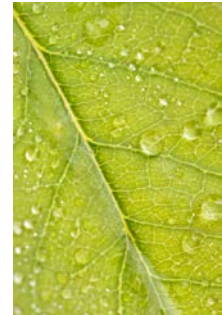
E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

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

***Special event:***

## **NECN Meteorologist Timothy Kelley** **Thursday, May 22, 1:00 PM**

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



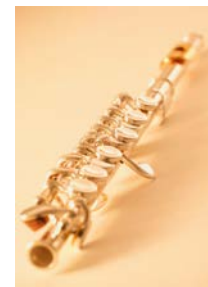
*~ Musical Entertainment ~*



## **Singer/Songwriter Peg Espinola** **Friday, May 16, 2:00 PM**

*And...*

## **Flutist Mana Washio** **Monday, May 19** **1:00 PM**



Please sign up for either program by calling (978) 443-3055.