

Special Events this month!



Veterans' Appreciation Luncheon

Wednesday, November 13
12 noon

The Sudbury Senior Center and the Sudbury Military Support Network (SMSN) celebrates and thanks our local veterans with the 3rd Annual Veterans' Appreciation Luncheon. Again, we are fortunate to be offering a delicious luncheon from the Wayside Inn! Resident Bob Chandler will be here to talk about the Scott Milley Memorial, as well as Patty Houpt, founder of the Sudbury Military Support Network, and a *Special Guest*.

Veterans and spouses are invited to join us. *Sudbury residents only* may register until November 4, all others may register beginning Tuesday, November 5.

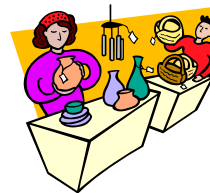
Friends of Sudbury Seniors'

Holiday Bazaar

Saturday, November 9

9:00 AM – 2:00 PM

**Fairbank Community Center Gym/
Sudbury Senior Center**



Come one, come all! Saunter in to the *Holiday Bazaar* for coffee... light lunch... crafty gifts... jewelry... boxwood trees...raffles... and more! Special treats for the younger set: sponsored by Sudbury Coldwell Banker Real Estate: Jim Munsey, Professional Magician! Last year's Bazaar was a rousing success! Everyone loved the hot soup, the delicious baked goods and amazing crafts. Don't miss out this time!

And for those who are able, the Friends would appreciate your support by baking goodies for the Bake Tables. Please bring an ingredients list. Kindly deliver food on Friday afternoon, Nov. 8, when workers will be setting up. And, drop off your Grandma's Attic Treasures at the Senior Center by Friday, November 8. We are looking for small good quality or lightly used items for Grandma's Attic. We are unable to accept large items, or items with a cord.

Thank you for your support of the *Friends of Sudbury Seniors!* For more information, please call the Sudbury Senior Center at (978) 443-3055.

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Coffee Hour with the Selectmen!
Thursday, November 7
9:00-10:00 AM

Stop in to visit with and ask questions of your Selectmen. We welcome two of our Selectmen here to chat and answer questions over coffee or tea. Feel free to drop in!

How can you...

- help the Town
 - do interesting work
- and...
- get a tax abatement, all in one?



Apply to join the Sudbury Senior Community Work Program!

This successful program continues to benefit Sudbury seniors, who get a great work experience as well as a tax abatement of up to \$800, and Town Departments who benefit from the skills and hard work provided! Call the Senior Center to request an application and for more information, leave a message for Coordinator Marianne Büttner at (978) 443-3055.

National Memory Screening Day
Tuesday, November 19
9:30-11:30 AM; 1:30-2:30 PM

Are you concerned about memory problems?

Please join us on **November 19, 2013** for National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America. Take advantage of 15 minute free, confidential memory screenings with Phyllis Schilp, R.N., Sudbury's Board of Health Nurse. You can also pick up free educational materials about memory concerns, dementia, caregiving and successful aging.

Memory screenings are a significant first step toward finding out if a person may have a memory problem. Memory problems could be caused by Alzheimer's disease or other medical conditions. A memory screening is not used to diagnose any particular illness and does not replace consultation with a physician or other qualified healthcare professional. For more information about National Memory Screening Day please visit www.nationalmemoryscreening.org, or call (toll-free) 866-AFA-8484. To schedule your memory screening, please call (978) 443-3055.

SUDBURY SENIOR SCENE

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- John Beeler
- Barry David
- Robert Diefenbacher
- Carmine Gentile
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**SENIOR COMMUNITY WORK
 PROGRAM COORDINATOR**

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**FRIENDS OF SUDBURY
 SENIORS**

PRESIDENT:

Catherine Kuras

OFFICERS:

- Esther Mann
- Joe Bausk
- Martha Dow

MEMBERS:

- Bob Diefenbacher, Judy Deutsch,
- Marie Lupien, Carol Oram,
- Ronald Riggert, Jean Semple, June
- Allen, Jacqueline Bausk, Judith
- Honens, Patricia Howard, Ellen
- Morgan, Donald Oasis, Dorothy
- Sears



American Drama Series
Thursdays at 2:00 PM
November 7, 14, December 12, 19
\$20

Dr. Lawrence Lowenthal plans to present an "American Drama Series" featuring plays written by Eugene O'Neil, Clifford Odets, Arthur Miller, Tennessee Williams, David Mamet, and Wendy Wasserstein. The plays include *Long Days Journey into Night*, *Awake and Sing*, *Death of a Salesman*, *A Streetcar Named Desire*, *Glengarry Glen Ross*, and *The Heidi Chronicles*.

Dr. Lawrence Lowenthal is the recently retired National Senior Advisor to the American Jewish Committee. His wide-ranging experience includes serving a tour of duty in the Israeli army, teaching English and American Literature at Hebrew University in Jerusalem, and offering a variety of courses in the Greater Boston area on Jewish history, film, literature, and humor. Dr. Lowenthal received his Ph.D. in English from New York University. This program is offered in partnership with Sage Educational Services.

Please pay and register for this series at the Sudbury Senior Center. Your payment holds you space.

Soups On!
Thursday, November 14



Happy Feet!

Soup at Noon
Talk at 12:30 PM

Podiatrist Ayleen Gregorian will be here to talk about the top five foot issues affecting older adults and what to do to avoid them. Learn how important it is to take good care of your feet!

Please register for this event by Wednesday, November 13 at 3:00 PM. Let us know if you would like soup!



India and Pakistan:
Understanding the Sub-Continent from an
Historical Perspective –
North/South Supremacy Conflict
3 Tuesdays
November 26, December 3, 10
1:30 PM

Join Sudbury resident Zaheer Ali in this three part lecture series, covering the 5,000 year history of the sub-continent (India and Pakistan). Lecture 1 will include pre-historic India, Pre and Post Alexander, and the rise of Afghanistan. The second lecture will feature the Arab Empire, Turkish rule, and the Rise of Afghanistan 2 and 3; while Lecture 3 includes Western Colonial Rule, post-colonial era, going nuclear and the U.S.-Afghan conflict.

Mr. Ali is a scientist, engineer, innovator and a businessman. He holds Master's degrees in Physics, Electrical Engineering and Business Administration. He has published over a dozen technical papers in four different languages. He has four US patents to his credit.

Mr. Ali's hobbies include reading, gardening, current geo-political affairs, and global history. His interests include the history of Islam in general and its impact on the sub-continent of India in specific. He has spoken widely on the subject and has been recognized in the media. He is a resident of Sudbury for the last 25 years and enjoys the love and support of his wife, children and grandchildren. Please register for this class at (978) 443-3055; there is no charge.



Teen Tech Workshops

Wednesdays, Nov. 6 and 20
 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, etc. Sign up for an appointment at 2:00 or 3:00 PM.

Watercolors

Fridays, 1-3:00 PM

8 weeks

Nov. 22 – Jan. 24,

no class 11/29, 12/27

\$55



Whether you are just learning or have been painting for years, you will enjoy this multi-level class, where students work on their latest projects or a new lesson from the instructor. Maximum 19 students. Please register and pay by calling (978) 443-3055.

Sand Buckets

An antidote to icy walks!

Our volunteers will deliver a bucket of sand for you to use on your walks and driveways, **free**, just for the asking. Just call 978-443-3055 and tell us if this is a new bucket or a refill. Pick a place for the bucket to be placed and we'll do the rest.

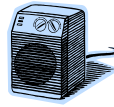
Please note: The Senior Center has transitioned to a *pay as you register* system for classes. Thank you for your understanding.



A Matter of Balance

Workshop to be rescheduled

Due to the leader's illness, the Matter of Balance workshop that was scheduled for October - November was cancelled. A new workshop will be scheduled for some time in January. Look for information in the December newsletter.



Space Heaters

Don't use that old, dangerous space heater! If you are a Sudbury senior with a space heater that should be retired, we'll swap it for a new one! Thanks to Kaz, Inc. of Southborough we have some brand new Honeywell space heaters to trade for your old ones. A new space heater can be yours **free** if you are a Sudbury senior and have an *old, unsafe* heater to trade. To arrange a swap, call 978-443-3055.



Dance Across the Community

**Tuesdays at 3:00 PM
November 5 – 26**

L-S students are offering an intergenerational dance class – simple dance steps - come join the fun! Get moving!

Complimentary Tickets to the LSB Players' *Les Misérables*

Wed., November 20, 7:30 PM

Lincoln-Sudbury High School students are offering a limited number of comp. tickets to *Les Misérables (adapted)*. Please sign up for tickets by calling the Senior Center. Ticket pickup with be Wednesday, November 13. Additional tickets/tickets for other performances may be reserved by email at lsbtickets@gmail.com. You don't want to miss this wonderful production!



Drawing Portraits Wednesdays, 10:00-12:00 November 6-December 11 \$25

Our next 6 week series of Drawing classes taught by Sue Funk focuses on drawing portraits. Please register and pay the \$25 fee at the Senior Center.



Get your Charlie Card!

Tuesday, November 5
9:30-11:30 AM

Complete the application form, bring a photo ID and get your new Charlie Card. Staff from the MetroWest Regional Transit Authority in Framingham, will be here to process your application on the spot. If you are 65+, a Charlie Card will get you a significant discount on public transportation.

Please sign up for this event by calling the Senior Center at (978) 443-3055. This will be a first come-first serve event, so please plan accordingly.

Photo Solutions!

Monday, November 4
2:00 PM



Join Mollie Wasserman from *Your Memories at Hand*, to learn about the new face of photography and the best way to organize your photo collections. Please call (978) 443-3055 to sign up.

FROM INFORMATION AND REFERRAL SPECIALIST,
ANNE MANNING

October is National Bullying Prevention Month

The following is an edited excerpt from an article written in The Best Times by Marguerite Perfette.

Peer bullying, or asserting one's will to intimidate, embarrass, or humiliate others, is rapidly increasing among senior adults.

Research shows the problem being so prominent in some retirement communities that new residents are required to understand and sign the code of conduct. If they don't adhere to it, eviction can follow. Senior advocacy organizations have begun to offer specialized help to cope with the problem. Doctors and ministers are becoming more aware of how to counsel victims. Senior center directors are becoming more alert to detecting and averting bullying behaviors. Television documentaries have been aired on the subject, and a radio station call-in program prompted a surprising number of responses from older victims of bullying.

In a retirement home or senior setting, bullying tends to occur more readily because resources are being shared. Vocal insults over board games or the pool table, dining room cliques enforcing certain seating arrangements, motorized vehicle users inconsiderate of people in their path, and shunning of new residents are examples. Many experts insist that "the best way to deal with bullying is to have an all-round culture where bullying is unacceptable."

Bullying is *not* the fault of the victim. Bullies feed off negative emotions because deep down some feel inferior or insecure about themselves. Making others feel bad is the only way they can raise their self-esteem. Here are some bully-coping suggestions:

- Research bullying. It is not always easy to tell the difference between bullying and someone's bad mood. Research will provide insight as to why bullies behave the way they do.
- If you are thinking of moving to a retirement center, ask whether a set of behavior rules is in place, what the rules encompass, and how they are enforced.
- If you or your loved one are being victimized by bullies, discuss it with supervisors, staff, senior advocates or ombudsmen, clergy, or a family member.
- Develop a support network.

The Sudbury Senior Center works to provide a welcoming atmosphere to all who wish to visit. Our *Standards of Behavior* policy that is available on our bulletin board. Please let us know if you would like a copy. Should you be experiencing any type of bullying behavior at the Senior Center, please contact Anne Manning at (978) 443-3055 to discuss your concerns.

Anne Manning, LMHC - Information and Referral






League of Women Voters Health Care Forum Sunday, November 3 2:30-4:30 PM Goodnow Library

Health Care Options for All Stages of Life, a public forum sponsored by the League of Women Voters of Sudbury and The Parmenter Foundation, features a panel discussion on palliative, comfort, and end-of-life care, followed by a time for comments and questions.

The panel features Dr. Mark Yurkofsky, Medical Director of Parmenter's Hospice program and Medical Director of Spaulding Nursing and Therapy Center, West Roxbury, who will discuss Palliative Care: Scope, Accessibility and Quality of Life. Two caregivers will share their family stories; parent Kris Thurston, discusses her son's experience with STEPS (Success Through Education, Psychosocial support, and Socialization), one aspect of pediatric palliative care, and daughter Marilyn Ellsworth, RN, speaks about her personal perspective on end-of-life care. Robin Kampmann Gunderson of The Parmenter Foundation will discuss Advance Care Planning, a process with tools to make your wishes for health care known.

Judy Deutsch of the League of Women Voters of Sudbury and Cindy Mayher, Executive Director of The Parmenter Foundation, welcome all. For more information, call 978-443-8609 or visit www.sudburyleague.com or www.parmenter.org.

NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note that we try very hard for accuracy in our newsletter and calendar, but occasionally make mistakes!</p>		<p>You can add yourself to the email list on the Town of Sudbury website. Look for "Subscribe" in the top right corner. To sign up for the Senior Center newsletter, click in the box next to "Senior Center General Info". Please let us know if you no longer need the paper copy.</p>		<p>1 9:00-2:30 I&R Hours 9:30-11:30 Bingo 9:30 Better Bones (8) 11:00 Fit for the Future 12:30 Friday Movie: <i>The Gathering Storm</i> 1-3:00 Watercolors (7)</p>
<p>4 Foxwoods Trip 9:00-2:30 I&R Hours 10:30 U.S. Immigration (3 of 3) 11:00 Fit for the Future 1:00 Better Bones (8) 2:00 Photo Solutions 2:15 Tai Chi (8)</p>	<p>5 8:30-10:30 BP Clinic 9:30-11:30 <i>Charlie Cards (MWRTA)</i> 9:00 Cribbage 9:40 Yoga /11 Yoga (1) 12:00 Lunch 12:30-3:30 Bridge 1:00-4:00 SHINE 3:00 <i>Dance Group!</i> (2) 3:00 Council on Aging</p>	<p>6 9:00-2:30 I&R Hours 9:30-11 U.S. History (9) 10:00-12:00 Drawing (1) 11:00 Fit for the Future 12:00 Lunch/Music 12:00 Zumba 1:00 Canasta 1:00-3:30 Quilting (8) 1:30 Spanish Art (6 of 7) 2:00-4:00 Teen Tech</p>	<p>7 9:00-10:00 <i>Selectmen Coffee Hour</i> 9:00-4:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafts 10:00 Current Events 2:00 American Drama Series (1 of 4)</p>	<p>8 9:00-2:30 I&R Hours 9:30-11:30 Bingo 9:30 Better Bones (1) 11:00 Fit for the Future <i>Bazaar Setup: Friday movie, Watercolors return next wk.</i> Saturday, November 9 <i>Holiday Bazaar 9-2</i> <i>Mercury Collection 11-1</i></p>
<p>11 Veterans Day Holiday  Senior Center Closed</p>	<p>12 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (2) 12:00 Lunch 12:30-3:30 Bridge 1:00-4:00 SHINE 3:00 <i>Dance Group!</i> (3)</p>	<p>13 9:00-2:30 I&R Hours 9:30-11 U.S. History (10 of 11) 10:00-12:00 Drawing (2) 11:00 Fit for the Future 12:00 <i>Veterans' Luncheon</i> Zumba returns next wk. 1:00 Canasta (rm. 3) 1:00-3:30 Quilting (9) <i>Spanish Art returns next week</i></p>	<p>14 9:30 Tap Dance 9:45 Thursday Crafters 11:30-4 SHINE 12:00 Soups On: <i>Happy Feet!</i> 2:00 American Drama Series (2 of 4)</p>	<p>15 9:00-2:30 I&R Hours 9:30-11:30 Bingo 9:30 Better Bones (2) 11:00 Fit for the Future 12:30 Friday Movie: <i>World's Fastest Indian</i> 1:00-3:00 Watercolors (8) <i>Wayside Inn Signups Due</i></p>
<p>18 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (1)</p>	<p>19 No BP Clinic today 9:30-11:30 <i>Memory Screening</i> 9:00 Cribbage 9-4 SHINE 9:40 Yoga/11 Yoga (3) 10:00-12 Legal Clinic 12:00 Lunch 12:30-3:30 Bridge 1:30-2:30 <i>Memory Screening</i> 3:00 <i>Dance Group!</i> (4)</p>	<p>20 9:00-2:30 I&R Hours 9:30-11 U.S. History (11 of 11) 10:00-12:00 Drawing (3) 11:00 Fit for the Future 12:00 Zumba 12:00 Lunch/Music 1:00 Canasta 1:00 Informal Quilters 1:30 Spanish Art (7) 2:00-4:00 Teen Tech</p>	<p>21 9:00-4:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events 12:00 Pizza 12:30 Movie: <i>Robot and Frank</i></p>	<p>22 9:00-2:30 I&R Hours 9:30-11:30 Bingo 9:30 Better Bones (3) 11:00 Fit for the Future 12:30 Friday Movie: <i>Crazy, Stupid, Love</i> 1:00-3:00 Watercolors (1)</p>
<p>25 <i>Special Van Trip</i> 9:00-2:30 I&R Hours 11:00 Fit for the Future (Room 3) 1:00 Better Bones (2) 2:15 Tai Chi (2)</p>	<p>26 8:30-10:30 BP Clinic 9-4 SHINE 9:00 Cribbage 9:40 Yoga/11 Yoga (4) 12:00 Lunch 12:30-3:30 Bridge 1:30 <i>India-Pakistan</i> (1) 3:00 <i>Dance!</i> (5-last)</p>	<p>27 9:00-2:30 I&R Hours 10:00-12:00 Drawing (4) 11:00 Fit for the Future 12:00 Lunch/Music 12:00 Zumba 12:00 <i>L-S Thanksgiving Luncheon at L-S</i> 1:00 Canasta</p>	<p>28 Thanksgiving Day  Senior Center Closed</p>	<p>29 9:00-2:30 I&R Hours 9:30-11:30 Bingo <i>Better Bones returns next week</i> 11:00 Fit for the Future 12:30 Friday Movie: <i>The Sting</i> 1:00-3:00 Informal Watercolors</p>

Lunch and Live Music!
on Wednesdays in November

Enjoy the beautiful music of Bob Alessio who plays guitar, mandolin and fiddle. He'll begin playing at 11:45 AM and during the beginning of the lunch hour. Come just to listen or enjoy lunch, too! (You do need to order in advance.)

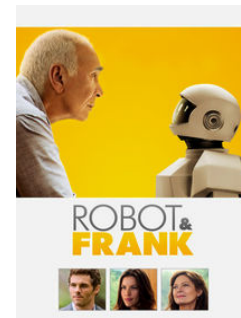
- Nov. 6** – Veggie chili and Empanada
- Nov. 13** – No lunch, due to special event
- Nov. 20** – Hot lasagna, veggies and bread
- Nov. 27** – Chicken chili with brown rice

There will be an alternate lunch available on Wednesdays, menu to be available soon.

Please note: if you would like to order lunch, please let us know by Monday morning at 11:00 AM. Call the Senior Center for more information at (978) 443-3055.

Movie and Pizza
Thursday, November 21

Robot and Frank
2012
PG-13
1 hour, 29 minutes



Pizza: 12 Noon
Movie: 12:30 PM

Worried about their aging father living alone, Frank's kids give him a humanoid robot that's programmed to be his caretaker. Reluctant Frank -- a retired cat burglar -- soon warms up to his new helper and begins to treat it as a partner in crime. (Indie comedy)

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

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.

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.

Fridays at the Movies - 12:30 PM

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

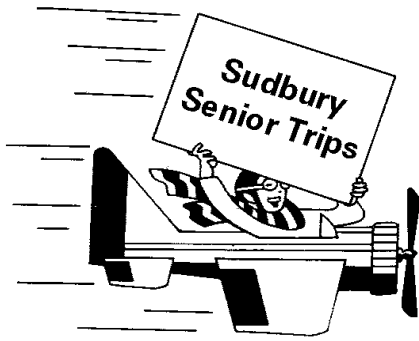
*Nov. 1 – **The Gathering Storm** – 2002, 1 hour, 36 minutes, NR, WWII drama, Albert Finney*

Nov. 8 – no movie, due to Holiday Bazaar setup

*Nov. 15 – **World's Fastest Indian** – 2005, 2 hours, 6 minutes, PG-13, sports (motorcycle) drama, Anthony Hopkins*

*Nov. 22 – **Crazy, Stupid, Love** – 2011 – 2 hours, 1 minute, PG-13, romantic comedy, Steve Carell*

*Nov. 29 – **The Sting** – 1973, 2 hours, 9 minutes, PG, classic comedy, Robert Redford, Paul Newman*



Sudbury Senior Trips News November 2013

Thirty-Seven of us have just come back from a wonderful trip to the Albuquerque Balloon Festival. What a wonderful sight. More than 500 giant balloons of various colors and shapes (even Elvis was there) ascended into the early morning sky. On our last night there was a fantastic illumination of the balloons, followed by some spectacular fireworks. It was quite an adventure. Sightseeing was also spectacular down there.

Our Holiday Pops trip is completely sold out, but we will take a wait list just in case. We do have some great seats. As

previously mentioned, Wingate is supplying lunches for the trip. We appreciate their kindness.

We plan to leave the Senior Center by 2:15 PM (if the weather is OK); if stormy, we will leave at 2:00 PM (please plan accordingly). We should be home between 8:00 and 8:30 PM depending on the weather. Please call if you have any questions. There is an updated flyer in the Trip Rack.

To help us plan for next year we would appreciate it if you would fill out the questionnaire below and leave it at the Senior Center Front Desk or mail it to the Senior Center, 40 Fairbank Rd., "ATT: TRIPS".

Thanks for your help- *Carmel*

Legal Clinic Tuesday, November 19 10AM-12PM

Free 20 minute legal consultations. Please call (978) 443-3055 for an appointment.



Lincoln-Sudbury Martin Luther King Project Thanksgiving Luncheon Wednesday, November 27 12 noon-1:30PM

Come join the L-S Martin Luther King Action Project for their traditional holiday treat for seniors in Lincoln and Sudbury at L/S Regional High School. Turkey and all the fixings donated by Sudbury Farms will be served in the high school cafeteria. Entertainment is included, and there is **no charge**. Reservations are expected! Call the Sudbury Senior Center at 978-443-3055 by **Wednesday, November 13**. We are very grateful to teacher Tom Danko and all the students and staff from the MLK Action Project for hosting this event each year.

Sudbury Senior Trips Questionnaire 2013-2014

1. **What type of Day trips do you enjoy?** Theatre Shows with lunch on your own, Vaudeville type shows including lunch, Scenic Tours with lunch, Visiting historic homes or areas with lunch included, sport related trips, or other types of trips? Please underline one or more or add others.
2. **Are there any places in the USA where you would like us to do a multi-day trip?**
3. **Are there any overseas trips that you are interested in?**
4. **Would you like us to do an ocean or river cruise this coming year and where would you like to go?**
5. **What other trip ideas would you like to share with us?**

(Feel free to copy this or cut it out and drop it off.)

Thank you!

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

In addition to our many educational and recreational programs, we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. For information about any of the services described below, call the Sudbury Senior Center at 978-443-3055 (unless otherwise indicated).

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 3:00 PM to schedule a ride for the *next* day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2** each way for our out-of-town trips at the end of each month.

F.I.S.H. (Friends in Service Helping): Volunteers drive clients to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Leave your request on the answering machine, and the coordinator will return your call.

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:30-10:30 AM**. **Free** blood sugar testing is also provided each **Tuesday from 8:30-9:30**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost**. We welcome donations of equipment.

CONSULTATION

Information and Referral: Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:00 to 2:30**.

Legal Clinic: An elder law attorney is regularly available for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

S.H.I.N.E. (Serving the Health Information Needs of Elders): Free consultations with trained volunteers about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare. Please call to make a **free** appointment.

IN-HOME SERVICES

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get **free** volunteer assistance with these small jobs. Seniors will only be expected to pay for necessary parts and materials.

Friendly Visitor Program: Seniors who can't get out to socialize can be matched with a volunteer for weekly informal visits.

Grocery Shopping: Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

Sand Buckets: Volunteers will deliver a bucket of sand for you to use on your walks and driveway, free. Call the Senior Center, at (978) 443-3055. Let us know where you'd like the bucket to be placed.

Lock Boxes: The Senior Center can install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$60 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

NUTRITION

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

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

What are you waiting for? Join us and get healthy!

Yoga for Living Well

Tuesdays, 9:40 or 11:00 AM

Nov. 5 – Jan. 7; no class 12/24, 12/31

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 pay and register for 9:40 or 11:00 AM, ***at least one week in advance*** of the class starting date. Class minimum is 8 students.

Tai Chi

Mondays, 2:15 PM

Nov. 18 – Jan. 6, no class Dec. 30

8 weeks for \$36 (payment due at registration)

Tai Chi is well known for improving balance and reducing stress. Join certified instructor Jon Woodward for an exploration of the art and practice of Tai Chi. Please register at least one week in advance of start date.

Fit for the Future

Mondays, Wednesdays, Fridays at 11:00AM

\$2 Drop-in, on-going



Flowing aerobics and strength training to good-time music with Lois Leav. Bring your hand weights and water.

Better Bones, Senior Strength

Mondays, Nov. 18 – Jan. 13, 1:00 PM

Fridays, Nov. 8 – Jan. 10, 9:30 AM; no class 11/29, 12/27

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

Please bring a mat, towel, 2 free weights. and water.

Zumba

Wednesdays, 12:00 – 1:00PM

\$4 drop-in; \$9 (advance)- Nov. 6, 20, 27, no class Nov. 13

Please bring water and your enthusiasm!

Tap Dance

Thursdays, 9:30-10:30AM

\$15 for 3 classes; Nov. 7, 14, 21

(Payment is due at registration.)

Put on your tap shoes and get happy!



A monthly publication from the

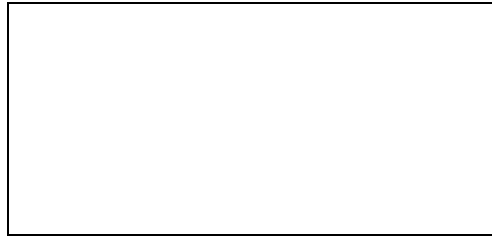
**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

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Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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



Wayside Inn Holiday Dinner Thursday, December 5, 12 noon

This year our annual Wayside Inn Dinner will be on a Thursday. If you would like to enter the lottery, please bring or mail in the form below *between Friday, November 1 and Friday, November 15*. On **November 20 at 10:30 AM**, we will pull the lottery tickets. You will be notified by email or phone if your ticket was pulled. Once notified, you *must send payment by Monday, November 29*, in order to preserve your registration. If payment is not received by that date, another ticket will be chosen. Please call (978) 443-3055 with any questions.

You may enter the lottery for one or two people, and both must be Sudbury residents. There is a limit of 90 participants. You will be notified if your ticket is chosen. Your \$18.95 payment will be due by Friday, November 29.

Wayside Inn Holiday Dinner Lottery Entry Form

Name(s)	Telephone	Email	Pot Roast	Salmon