

The Unknown Secrets of Elementary Math!

Thursday, October 17

1:00 PM

Mathematics is beautiful! Learn how to use easy arithmetic to create intriguing and attractive visual designs. You probably didn't learn this in school! These geometric designs help to reveal the underlying aesthetic structures of our number system. Participants should bring a couple pencils and a ruler, if possible. The Senior Center will provide paper and magic markers.

Michael Punzak is recently retired from public school teaching (grades 4-8, including math and science) in Cambridge for 17 years. Prior to that he taught music and theater, and performed as a puppeteer, storyteller and musician.

You must register in advance! Please call us at (978) 443-3055. No charge.



U.S. Immigration Law and Policy

With Prof. Jason Giannetti

Mondays, Oct. 21, 28, Nov. 4

10:30 AM

\$15

Join us for a historical overview of U.S. Immigration Law and Policy with popular Professor Jason Giannetti. Prof. Giannetti will touch on the famine, revolution and Gold Rush of the early 1800's, as well as the presence of xenophobia and the immigration legislation enacted in the later 1800's. He will move on to talk about immigration in the 20th century, along with the current immigration system and proposed changes.

Please pay and register at the Sudbury Senior Center by October 18. For more information, please call (978) 443-3055.

**INSIDE
THIS ISSUE**

Message from the COA Chair	2
Friends Open House	2
Cholesterol	3
Sudbury Senior Community Work Program	3
Soups On!	3
New Policies	3
Matter of Balance Workshop	4
Dance!	4
Teen Tech	4
Men's Breakfast	4
Jewelry	4
Myths about Falls	5
Assabet Bike /Tax Volunteers	5
Calendar	6
Lunch and Live Music!	7
Movies	7
Trips/ Legal Clinic	8
Holiday Bazaar	8
Services List	9
Fitness Classes	10

**A MESSAGE FROM COUNCIL ON AGING CHAIR,
JACK RYAN**

Work on the feasibility study for a multigenerational community center at Fairbanks is very much underway. The Boston architectural firm of Bargmann Hendrie + Archetype has been retained by the Town to study the existing structure and facilities at the Senior Center, Fairbanks and Atkinson Pool; to examine what Sudbury wants in a multigenerational community center; and to develop multiple design options and cost estimates for such a facility. In the end, the purpose of the study is to assess whether the original Fairbanks building could be incorporated into a new or renovated community center so decisions can be made about what to do with the leaking roof over Fairbanks. However, this study, and the designs resulting from it, will most certainly set the tone for what might be included in any new or renovated community center.

This study is obviously of critical importance to Sudbury's growing population of residents 60 and over. BH+A has extensive experience in studying and designing senior centers and community centers, as well as multigenerational centers including both elements. BH+A also has knowledge of Sudbury as it is currently working on the design for a renovated Town Hall and one of its architectural principals is a resident of Sudbury. However, it is important that Sudbury Seniors make sure their voices are heard with respect to the kinds of elements and facilities to be included in any of the four design options that BH+A will develop. BH+A will be holding public forums for community input. Keep on the lookout for those. In addition, fill out a copy of the survey form at the Senior Center and talk to any member of the COA about your thoughts on what a new or renovated community center should include.

This is an exciting opportunity. Let's make the most of it.

Jack Ryan



*The Friends of Sudbury Seniors
Present*

The Sudbury Senior Center Open House

Thursday, October 24 from 3:00-5:00 PM

You may have noticed some very positive changes at the Senior Center! The Friends have been sprucing up the furnishings.

Join the Friends for a celebration of the new furniture, window treatments and other improvements made at the Senior Center over the last month. Hors d'oeuvres and punch will be available. Please call to let us know that you will attend, at (978) 443-3055. Join us to celebrate our community space!

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All You Need to Know about Cholesterol

Tuesday, October 22

1:00 PM

You've probably heard conflicting messages about cholesterol. What is the latest information on this health indicator? Phyllis Schilp, the Sudbury Board of Health Nurse, will tell you about the different types of cholesterol, how it works in your body, what the different numbers mean and what you can do to lower your cholesterol. Enjoy a healthy snack while you learn more.

Please call (978) 443-3055 to let us know that you are coming!

Soup's On!

Keeping Safe and Injury Free

Thursday, October 24



Soup: 12 Noon

Speaker: 12:30 PM

Physical Therapist Leslie Olender from Joint Ventures in Wayland will be here to share with you her most important tips for staying safe and avoiding injuries during everyday activities. How does flexibility and strength play a role in staying safe when lifting, bending, and carrying items in the house? How about getting into and out of the car?

Join us for homemade soup and salad and this informative and entertaining talk! Call (978) 443-3055 to sign up for soup and/or the talk.



Thank you to Jean and Bill Semple!

Jean and Bill fill and take care of the two buckets right in front of the Senior Center, as well as the area under our sign, with a changing array of beautiful flowers. Thank you!

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.

Please Note our New Policies...

Regarding Registration and Payment

We are asking that you please pay for your class or program when you register. Unfortunately, there are times when people sign up, do not pay and then don't take the class. This is a problem for our popular classes that have waiting lists. When you register for a class, please pay for it, so that we know you are planning to attend. If you change your mind, just let us know and we will return your check or issue a refund.

Regarding Cups and Mugs

We are also asking that you please take only covered cups or mugs into the Sudbury Pines room where most classes are held. You may bring your own mug or cup from home, use it here and then bring it home to wash.

Mercury Collection

Saturday, October 5 and November 9

11:00 AM – 1:00 PM

Bring your mercury-containing items to the Senior Center for safe and proper disposal. Receive one free Vick's fever digital thermometer in exchange. With thanks to Kaz, Inc. of Southborough. Call (978) 443-3055 for information.



**Dance Across the
Community!
Tuesdays, October 29-
November 26
3:00 PM**

Looking for a fun way to get some more movement into your day? Enjoy hanging out with the fantastic students from L-S? One of our summer volunteers from Lincoln-Sudbury High School, Kate Weiler, and her Dance troupe would like to get together with some of you to teach you some simple dance steps in a 5 week class beginning on October 29. They are also volunteers at the L-S Thanksgiving luncheon and would be really happy if you would join them at the luncheon, too.

Add some activity and a lot of fun to your day! Please call with questions and to register at (978) 443-3055.



**Sudbury Police
Home Safety, Recent Scams and
Your Questions
Thursday, October 10
1:00-2:30 PM**

Our local policemen and women will be here to provide information on keeping your home safe, recent scams and to answer all of your questions!

Please sign up for this always popular program by calling (978) 443-3055.



**Teen Tech
Wednesdays
October 9 and 23
2:00 – 4:00 PM**

Get one-to-one tutoring on your iPad, laptop, cell phone or other tech device with the “experts” from Lincoln-Sudbury High School! Sign up for an hour appointment by calling the Senior Center at (978) 443-3055.



New Jewelry Group...

In the last newsletter, we asked for volunteers to coordinate a Jewelry Group. Two volunteers came forward and are working out a plan and schedule. If you are interested in participating in this group, please call the Senior Center and leave your name. One of our new Coordinators will call you back!

And, don't forget, the group will be interested in donations of any unwanted jewelry for creation of new works of art!

In November...



**Charlie Cards
Tuesday, November 5
9:30-11:30 AM**

Come to the Senior Center and get your Charlie Card (Senior MBTA card)! When you sign up, pick up an application to fill out in advance. Bring your application and a photo ID with you to the event.

**Semi-Annual Men's
Breakfast**

Thursday, October 31
9:00 AM
\$3 at the door

Join us for freshly flipped flapjacks, sausage, fresh fruit, coffee and tea! Special guest Don Sackman will talk about his experience with the Eastern Mass. Senior Softball Team, including their trip to Cuba in 2010.

Special thanks to Joe Bausk, Barry David, John Beeler, Mark Lupien, and Ron McInnis our planners and chefs extraordinaire.



***Feel Better with
A Matter of Balance
October 7 – December 9
Mondays, 12:30-2:30 PM***

As you might realize from reading Anne Manning's column this month (and in September), falls can happen, but there are many ways to minimize the risk. Matter of Balance workshops are designed to show you ways to make your home safer, increase your activity levels and exercises that help with balance.

This workshop has been proven to help people at risk of falling. The workshop consists of eight 2 hour sessions that are informative, fun and engaging. Sign up for the first session and find out if it's for you. Part of the benefit is getting to know the other participants, learning together and encouraging each other.

For more information or to sign up, please call (978) 443-3055.

FROM INFORMATION AND REFERRAL SPECIALIST,
ANNE MANNING

Debunking the Myths of Older Adult Falls II

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented – and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

In the September newsletter we shared the first 5 of 10 common myths—and the reality—about older adult falls. In this newsletter, we share the second 5 common myths about older adult falls.

Myth 6: Taking medication doesn't increase my risk of falling.
Reality: taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need my vision checked every year.
Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision, there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent
Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use the devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.
Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: As a caregiver, I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of their business.
Reality: Let them know your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

-Anne Manning, LMHC - Information and Referral

Source: www.ncoa.org/improving-health/falls-revention/debunking-the-myths-of-older.html

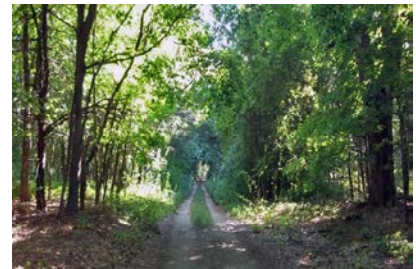


Biking to Assabet River Wildlife Refuge

Thursday, October 10
10:30 AM-12:30 PM

Join Coach Cate (Cate Dill) at Haskell Field (across from the Senior Center) to get reacquainted with your bike and to enjoy a leisurely ride to Assabet River Wildlife Refuge a mile down Hudson Road. Cate is an experienced bicyclist who has travelled by bike across the U.S., from Italy to Iceland and more!

Get excited about biking again, and meet others who like to bike. Call the Senior Center to register for this event at (978) 443-3055.



AARP Tax Volunteers

Would you like to help older adults in town with their tax returns in the spring? Tax Aide Volunteers are offered training through AARP during the winter months. The Senior Center begins offering tax return assistance in February. For more information, please leave your name and number at 978-443-3055 or visit www.aarp.org/taxaide.

OCTOBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) 12:00 Lunch 12:30 Bridge</p> <p>3:00 COA Meeting</p>	<p>2</p> <p>9:00-2:30 I&R Hours 9:30-11:00 <i>U.S. History (4)</i> 10:00-12:00 <i>Drawing (3 of 6)</i> 11:00 Fit for the Future 11:30 Orchard Hill Tour 12:00 Lunch 12:00 Zumba 12:30 Quilting Class (3) 1:00 Canasta (Rm. 1) 1:30 <i>Spanish Art (2 of 6)</i></p>	<p>3</p> <p>9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events</p> <p>12:00 Pizza and a 12:30 Movie: <i>Flight</i></p>	<p>4</p> <p><i>Albuquerque Trip</i> 9:30-11:30 Bingo 9:30 Better Bones (4) 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Movie: <i>Inside Job</i> 1:00 Watercolors (3)</p> <p>----- <i>Mercury Collection</i> Saturday, Oct. 5 11:00 AM-1:00 PM</p>
<p>7</p> <p>9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 <i>America and Iraq (3 of 3)</i> 1:00 Better Bones (5) 12:30-2:30 <i>Matter of Balance (1 of 8)</i> 2:15 Tai Chi (5)</p>	<p>8</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10:00-12:00 Legal Clinic 12:00 Lunch 12:30 Bridge</p>	<p>9</p> <p>9:00-2:30 I&R Hours 9:30-11 <i>U.S. History (5)</i> 10:00-12:00 <i>Drawing (4 of 6)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 12:00 Quilting Class (4) 1:00 Canasta (Rm. 1) 1:30 <i>Spanish Art (3 of 6)</i> 2:00-4:00 Teen Tech</p>	<p>10</p> <p>9:30 Tap Dance 9:45 Thursday Crafters</p> <p>10:30-12:30 <i>Biking to Assabet Wildlife Refuge</i></p> <p>1:00-2:30 <i>Home Safety with Sudbury Police</i></p>	<p>11</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (5) (in Room 3) 11:00 Fit for the Future (in Room 3) 12:30 Friday Movie: <i>Lewis and Clark</i> 1:00 Watercolors (4)</p>
<p>14</p> <p><i>Columbus Day Holiday</i></p>  <p><i>Senior Center Closed</i></p>	<p>15</p> <p><i>Special Election</i> 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) (in Room 3) 10:00-1:00 SHINE</p> <p>12:00 Lunch 12:30 Bridge</p>	<p>16</p> <p>9:00-2:30 I&R Hours 9:30-11 <i>U.S. History (6)</i> 10:00-12:00 <i>Drawing (5 of 6)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 12:30 Quilting Class (5) 1:00 Canasta 1:30 NO <i>Spanish Art</i></p>	<p>17</p> <p>9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events 11:30-4 SHINE</p> <p>1:00 <i>Unknown Secrets Behind Elementary Math</i></p>	<p>18</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 Movie: <i>The Tillman Story</i> 1:00 Watercolors (5)</p>
<p>21</p> <p>9:00-2:30 I&R Hours</p> <p>10:30 <i>U.S. Immigration (1 of 3)</i></p> <p>11:00 Fit for the Future 1:00 Better Bones (6) 12:30-2:30 <i>Matter of Balance (2 of 8)</i> 2:15 Tai Chi (6)</p>	<p>22</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 12:00 Lunch 12:30 Bridge</p> <p>1:00 <i>All You Need to Know about Cholesterol</i></p>	<p>23</p> <p>9:00-2:30 I&R Hours 9:30-11 <i>U.S. History (7)</i> 10:00-12:00 <i>Drawing (6 of 6)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 12:30 Quilting Class (6) 1:00 Canasta (Rm. 1) 1:30 <i>Spanish Art (4 of 6)</i> 2:00-4:00 Teen Tech</p>	<p>24</p> <p>9-4 SHINE 9:30 Tap Dance 9:45 Thursday Crafters</p> <p>12:00 <i>Soup's On: Staying Safe at Home</i> 3:00 Friends of Sudbury Seniors <i>Open House</i> at Senior Center</p>	<p>25</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 Movie: <i>Earth</i> 1:00 Watercolors (6)</p>
<p>28</p> <p>9:00-2:30 I&R Hours 10:30 <i>U.S. Immigration (2 of 3)</i> 11:00 Fit for the Future 1:00 Better Bones (7) 12:30-2:30 <i>Matter of Balance (3 of 8)</i> 2:15 Tai Chi (7)</p>	<p>29</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 10:00-1:00 SHINE 12:00 Lunch 12:30 Bridge</p> <p>3:00 <i>Dance Across the Community! (1)</i></p>	<p>30</p> <p>9:00-2:30 I&R Hours 9:30-11 <i>U.S. History (8)</i> NO Drawing this week 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 12:30 Quilting Class (7) 1:00 Canasta (Rm. 1) 1:30 <i>Spanish Art (5 of 6)</i></p>	<p>31</p> <p>9:00 <i>Men's Breakfast w/Special Guest Don Sackman</i></p> <p>9:30 Tap Dance 9:45 Thursday Crafters 11:30-4 SHINE</p>	<div style="border: 1px solid black; padding: 10px;"> <p><i>Remember:</i> Please pay for your programs when you register.</p> </div>



**Lunch and Live Music!
on Wednesdays in October**

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 to just listen or stay for lunch, too!

- Oct. 2 – Roast Pork, Harvest Soup
- Oct. 9 – Meatloaf, BBQ sause, Baked Beans
- Oct. 16 – Chicken Breast/Rosemary Gravy
- Oct. 23 – Chicken, Brown Rice, Peas
- Oct. 30 – Breaded Chicken, Potatoes, Carrots

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, October 3**

Flight

2012
Rated: R
2 hours, 18 minutes



After his amazing safe landing of a damaged passenger plane, an airline pilot is praised for the feat, but has private questions about what happened. Further, the government's inquiry into the causes soon puts the new hero's reputation at risk.

Starring: Denzel Washington, Don Goodman, Don Cheadle, Melissa Leo.

Pizza: 12 Noon
Movie: 12:30 PM

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
~ Documentary Month ~***

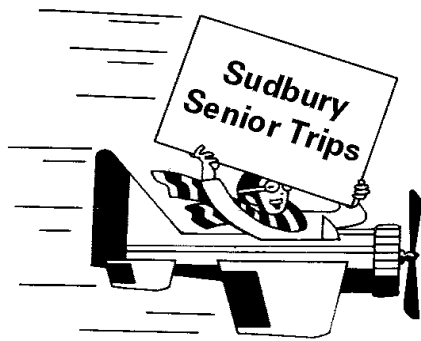
Please call to let us know that you are coming at (978) 443-3055. Should the schedule change, we will contact you.

October 4 - Inside Job – 2010 – PG13 – 1 hour, 48 minutes; Oscar-winning description of 2008 economic meltdown.

October 11 - Lewis and Clark – 1997 – NR – 2 hours (Ken Burns); historical documentary.

October 18 - The Tillman Story – 2010 – R 1 hour, 35 minutes; military documentary.

October 25 - Earth – 2007 – G – 1 hour, 30 minutes; nature documentary.



Sudbury Senior Trips News October 2013

As we do not have a lot of trip news for you this month, I would like to suggest that after you finish reading this that you use the extra time to take a lovely fall walk, and while you are enjoying the beautiful weather think about some trips (one day or especially multi-day trips) that you might like to take this coming year and let us know.

I really do appreciate your input and even though we may not always be able to use a suggested trip (due to cost or distance) it may lead to an idea for something similar.

In just a few days we will be off to the "**Balloon Festival**" in Albuquerque, N.M. (which was a request from last year). If you missed our Sept. 17 Balloon Fest meeting and need some information, a copy of the materials will be waiting for you at the Senior Center Front Desk. I am so sorry I was not able to take all the people who signed up as we were limited by our travel company to a certain number. That is why early sign up for something you are really interested in is important.

Also ☹ I must apologize for putting the wrong dates for the

above trip (Balloon Festival) trip into the September Newsletter. I cannot explain it (my head must have been somewhere else) but I was sufficiently reminded by one of you and I apologize to everyone else for any confusion this may have caused.

*Our last **Foxwoods** trip for 2013 is November 4th. Remember early signup is important as we must have a certain number (40) to pay for the motorcoach and to allow for any emergency cancellations. Cost is still \$26.00. Departure is approx.: 7:30 AM.

At this writing, (September 7) we are very close to, or may even be sold out for our December 19th **Holiday Pops** trip. We will take a wait list.

Our ☺ Big News is that Wingate of Sudbury is going to be making delicious lunches at **NO COST** to take along with us to enjoy on the way home from the Pops, as we may not get back until around *8 or 8:30PM. Wingate has always been very generous to us and we certainly appreciate all that they are willing to do for our Center.

*PS: Just a little information regarding Return Times for our day trips. The time on the flyer is only an approximate time, as circumstances can strongly affect it, especially homecoming traffic. If you are being picked up, it would be wise to tell your ride that you will call them as we leave our site or on the way if there has to be a change. (I will always wait at the Center with you if

necessary). Also, it would be best **not** to plan a very early evening appointment on a trip day as the timing of the return trip, could make you late. Thanks for your understanding.

Carmel

Legal Clinic Tuesday, October 8 10AM-12PM

Free 20 minute legal consultations with Elder Law Attorney. Call the Senior Center at (978) 443-3055 for an appointment.

Friends of Sudbury Seniors *Holiday Bazaar!*

Last year's Bazaar was a big hit! We served homemade soup and bread; sold delicious and beautiful pastries and baked goods; had a wide array of amazing handcrafted creations, including Boxwood holiday centerpieces, and a wonderful Grandma's Attic with treasures for all!

We will begin accepting gently used items for Grandma's Attic on October 14 and would love your donations of baked goods. Details will be available closer to the Bazaar date which is **Saturday, November 9**. If you need information, please leave your name and number at the Senior Center and a Friends member will return your call. Volunteers are always welcome!

Orchard Hill Assisted Living Luncheon and Tour

Wednesday, October 9
11:30 AM-1:00PM

Find out more about Assisted Living; see the beautiful kitchen and community rooms, enjoy a delicious luncheon! Call Katie Sullivan at 978-218-3010 to reserve your spot.

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

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

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

HEALTH SERVICES

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

Medical Equipment Loan Closet:

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

CONSULTATION

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

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

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

IN-HOME SERVICES

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

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

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

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

Lock Boxes: The Senior Center can install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$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.

Yoga for Living Well

Tuesdays, 9:40 and 11:00 AM
New Session Starts Nov. 5
8 weeks - \$56



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 starting date. Class minimum is 8 students.

Tai Chi

Mondays, 2:15 PM
New Session Starts Nov. 18
8 weeks - \$36



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 pay and register at least one week in advance of start date. Class minimum is 6.

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.

Better Bones, Senior Strength

Mondays, starting Nov. 18, 1:00 PM
Fridays, starting Nov. 8, 9:30 AM
8 weeks for \$56

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

Class minimum is 8 students.

Zumba

Wednesdays, 12:00 – 1:00PM
\$4 drop-in; \$15 for October (5 Weds.)
Please bring water and your enthusiasm!



Tap Dance

Thursdays, 9:30-10:30AM
\$25 for 5 classes; Oct. 2, 9, 16, 23, 30

The ultimate mind-body exercise.
Put on your tap shoes and get happy!



THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

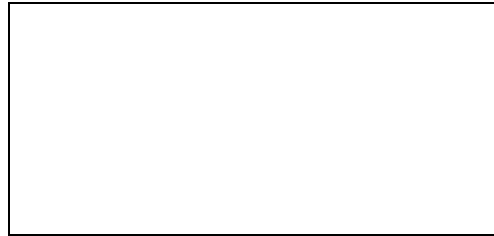
**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

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Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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



Men's Breakfast

with Special Guest Don Sackman

Thursday, October 31 9:00 AM

Classic and Pumpkin Pancakes, sausage, fresh fruit

The Friends of Sudbury Seniors present...

A Celebration of the Sudbury Senior Center

Open House

Thursday, October 24

3:00-5:00 PM



~ Reservations for either program, call 978-443-3055 ~