

The Fiery Art of Flamenco

Monday, September 15, 11:00 AM



Discover the fiery art of Flamenco, a creation of the Roma (or Gypsies) who fused dance from the Spaniards, music from the Moors and song from Sephardic Jews. Through movement, music and words, Eve Costarelli traces the origins of this emotive form from India to Andalusia. In addition to Flamenco's rich history, you will learn about compás (rhythm), tacaneo (footwork), and the communication between dancer and guitarist. You can join in the performance using palmas (clapping rhythms) and jaleo (calls) and possibly learn a few moves!

Eve Costarelli has been teaching flamenco, tap and yoga in the Boston community for the past eighteen years. Through her exploration of flamenco technique and its connection to the yoga body, her dancing personifies the power and stillness held within the music of Spanish gypsies. Eve Costarelli is the founder and Artistic Director of the Always Be Dancing which provides flamenco performances, classes and lecture demonstrations throughout New England and as a member of Young Audiences of Massachusetts with her program, The Birth of Flamenco, she travels to schools (K-12) bringing both her love and knowledge of flamenco. Ms. Costarelli performs with The Boston Arts Consort, is on the Massachusetts State Teaching Roster and is a certified yoga teacher. The program is offered in partnership with Sage Educational Services.

Please register for this program by calling the Sudbury Senior Center at (978) 443-3055.

Caregiver's Luncheon

Monday, September 22
12:00-1:30 PM



A special luncheon just for caregivers—people who are responsible for caring for someone with a chronic illness, such as Alzheimer's disease or another illness. Take some time for yourself, enjoy lunch and some time to visit with other caregivers. Please RSVP, if possible, by Friday, September 19 to Anne Manning, LMHC, at (978) 639-3268.

Sponsored by Pleasantries Adult Day and Consulting Services and the Sudbury Senior Center.

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A Message from COA Chair, Jack Ryan

It's September and a new school year. But that's not all that's new! As many of you already know, Sharon Wilkes has joined the Senior Center as the new full time Program Coordinator. But Sharon is much more than just a program coordinator. She is meeting as many people as she can and is helping in as many ways as she can. With Deb Galloway, Sharon and all the great part-time and volunteer staff, the Senior Center is going to be more alive and vibrant than it has ever been. They plan to have more programs, activities and opportunities to gather together than we've ever had in the past. Unlike the Red Sox, we do not have to wait 'til next year. Our year is now! All of which befits the growing senior population of Sudbury. (You knew I was going to end with that!)

Get to the Senior Center to see and experience all that it has and will have to offer!

Jack Ryan

September is Keytag and Sign-in Month!



When you sign up for a class, take a moment to update your Participant Sheet with your latest cell phone number, email address and emergency contact information. And use your keytag to sign in! All those who sign in with their keytag in September will be entered in to win two \$10 gift cards to local businesses! Names to be drawn on October 1.

Watercolors

Fridays

September 5-November 21

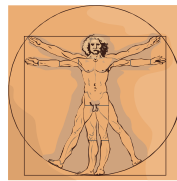
Session A: 11:30AM-1:30PM

Session B: 2:00-4:00 PM

\$84

Due to the popularity of our Watercolors class with instructor Sandy Wilensky on Friday afternoons, we are offering two sessions (A and B) this fall. We are also extending the session from 8 weeks to 12 weeks. You must register and pay in order to hold your space for this class.

Registration is ongoing until classes fill. Class maximum is 18 persons. For more information, please call (978) 443-3055.



Drawing Workshop

September 10-October 15, 6 weeks

Wednesdays, 10:00-12:00

\$25

Sign up for our wonderful Drawing workshop with Instructor Susan Funk! Students really enjoy the fun, relaxing atmosphere while learning and perfecting new techniques.

Please pay as you register, your payment holds your space. Call (978) 443-3055 for more information.

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www.friendsofsudburyseniors.org

SUDBURY SENIOR CENTER

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: senior@sudbury.ma.us

Webpage: www.senior.sudbury.ma.us

The Evolution of German Art

5 Wednesdays, 1:30 PM
September 17-October 22; no class October 15

Dr. Donald Oasis will present a course on the Evolution of German Art. The course will examine Lucas Cranach and Albrecht Durer in comparison to their southern European colleagues. Then move on to landscape artist Altdorfer and the portraitist, Hans Holbein, both of whom are well known.

As the 20th century unfolds, Modernism emerges with an aesthetic approach dominant in European art and literature in the 19th century. Germany responds with the Expressionist art of Munch, Marc, Max Beckmann and a myriad of others. Our final session deals with Joseph Bueys and Anselm Kieffer who are representational artists. Please join the presentations and discussions.

*A \$25 donation to the *Friends of Sudbury Seniors* would be appreciated.

U.S. History:

The Years in Our Memory, 1950-2000

Wednesdays from 9:30-11:00 AM
September 17-November 19



During the 1950's, it would have been hard to predict that a tumultuous decade of revolution from within would follow. During the 1960's, the Civil Rights Movement, the Women's Movement, and often violent protests against the unpopular Vietnam War caused many Americans to question the very core of their beliefs in the American way of life. The 1970's brought Nixon and Watergate, followed by a peaceful political revolution in the 1980's with the election of Ronald Reagan. Other topics included in this final section of our U.S history overview are: The New Frontier and the Great Society, The Rise of Mass Media, Environmentalism, Religion in 20th Century America, The New World Order, and Clinton's America.

Join us this fall as our study of American history concludes with the second half of the 20th Century. As in the past, each lecture will be augmented by a volunteer moderator who will provide additional information and lead discussion on the topic of the day. Please call the Senior Center at (978) 443-3055 to sign up. Space is limited.

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2015. (See Informational Talk below).

During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to change your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Our SHINE Counselors offer extra consultations during Open Enrollment. Make your SHINE appointment early!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Senior Center at (978) 443-3055. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



Learn More About Medicare Open Enrollment!

Thursday, September 25, 10:00 AM

Marty Maffeo, a veteran SHINE Counselor, will tell you all you need to know about Medicare and Medicare Open Enrollment, and answer all of your questions! Please register at (978) 443-3055.

**~Lunch and Listen~
With Pianist Todd Theriault
Wednesday, September 10**

**Lunch: 12 noon
Music: 1:00 PM**

Order a lunch, provided by BayPath Elder Services, and then stay to listen to pianist and entertainer Todd Theriault. Since graduating from the New England Conservatory of Music in Boston, Todd Theriault has performed extensively in and around Boston as a pianist and an accompanist, in both the classical and popular genres, as well as performing solo as an all-around entertainer.

You must make a reservation for lunch by Monday, September 8 at 10:00 AM. If you are attending only the performance, please register by Tuesday, September 9.



**Connection Circle
Thursdays, 2:30-3:30 PM
New Participants Welcome!**

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

Friends of Sudbury Seniors

The *Friends of Sudbury Seniors* is an organization that fundraises to provide "extras" for the Senior Center and seniors of Sudbury. Each year, the Friends' funds support mailing the Senior Center newsletter, the *Sudbury Senior Scene*, to about 1,800 households in Sudbury. The Friends would like to lower the cost of mailing so that they can support other endeavors. If you receive a paper copy in the mail and are able to receive an email copy instead, please sign up for an email subscription at www.senior.sudbury.ma.us. Look for "Subscribe" in the upper right corner.

Friends' Website

Have you seen the Friends' website? Look for the Senior Center newsletter and other information there at www.friendsofsudburyseniors.org.

Questions? Please call us at (978) 443-3055.



**Current Events Group
Thursday, September 18
10:00-11:00 AM**

Recent weeks have endured a number of regional and global events, such as the downing of the Delta Airlines flight over Malaysia and the heating up of the Mid-East Conflict. All of which is to say that the steps are being set for an action array of "Current Events Discussion". The lead-off discussion will be September 18, the third Thursday of September, continuing on the first and third Thursdays of each month through May (unless otherwise noted in an upcoming newsletter). Join us in these discussions! Dick Nesmith, retired Boston University Dean, will be the facilitator at the helm once again.

Please call the Senior Center to sign up at (978) 443-3055.

***A Special Current Events*
Thursday, September 4
10:00 AM**

The last participant-led Current Events meeting will be September 4 (participants in the group facilitated the meetings over the summer). Participant Don Sherman is sharing his copy of the film *Lawrence of Arabia* which will be shown the same afternoon after pizza is served at noon (see page 7). Current Events participants are invited to attend Current Events from 10:00-11:00 AM, enjoy pizza at 11:30 AM, and then watch the film at 12:00 PM. NOTE: Please order your slice (\$1.25 each) before 9:30 AM!

**Scrabble and Games
Mondays at 1:00 PM**

Monday afternoons are reserved for Scrabble and other Games. Drop on by to get your neurons charged up! Call (978) 443-3055 for information.

Flu and You!

Board of Health Nurse Talk

Tuesday, September 16

11:00 AM

Phyllis Schilp, R.N., Sudbury’s Board of Health Nurse, will give you the latest information on preparing for Flu season! Don’t miss this informative talk!

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

Flu Clinics

Thursday, October 2

1:00-4:00 PM

6:00-8:00 PM



Sudbury Board of Health Nurse Phyllis Schilp, R.N., has organized a Flu Clinic with her team of nurses and the help of volunteers organized by Ed Gottmann, our Volunteer Coordinator. You must call in advance to schedule your appointment at (978) 443-3055.

It is best to wear roll-up or short sleeves. Please bring all of your health insurance cards, including your Medicare card.

Remember to sign up!

Soup’s On!

Hearing Loss:

Solutions to Keep You Independent and Safe

Thursday, September 18

12 Noon: Soup

12:30 PM: Speaker—Jonathan O’Dell, MCDHH

Hearing loss is pervasive, it is estimated that 1 in 3 individuals between 65 and 74, and half of those 75+, has some hearing loss. The Mass. Commission of the Deaf and Hard of Hearing provides information and resources for those living with hearing loss.

Jonathan O’Dell a Hearing Specialist with the Mass. Commission will be here to discuss the types of hearing loss, hearing aids, assistive listening systems, and assistive devices for the home and for other situations.

Many people have difficulty acknowledging hearing loss and fail to take advantage of devices that can increase their enjoyment of life and their safety!

Come learn more for yourself or someone you know!

Please sign up so that we can be prepared for the crowd. If you are having soup, you must reserve by **Tuesday, September 16 at 4:00 PM**. Call (978) 443-3055.

ANNOUNCEMENTS

Sudbury’s 375th—Sudbury Field Day, September 6

Visit us at the Senior Center Booth from 12:00-7:00PM!

Senior Center Holiday Craft Bazaar

SAVE THE DATE! Saturday, November 8

Moving Day Boston - Walk for Parkinson’s

Walk to support National Parkinson’s Foundation in Brighton on Saturday, October 11th, 2014 from 9:00AM to 12 Noon. More info at www.movingdayboston.org.

Annual Alzheimer’s Walk—Cambridge or Worcester

Walk to End Alzheimer’s Disease fundraiser—more info at www.alzNH.org.

CANASTA INFORMATION

The Canasta group will be meeting in the Sudbury Pines room on Wednesdays, September 3, moving to Room 3 (the Game Room) from September 10 - October 22, except October 15 when they will be in the Sudbury Pines room. This is due to special programs using the projection system in the Sudbury Pines room.

Canasta group meets on Wednesdays from 1-3:30PM.

BEREAVEMENT GROUP

We are hoping to offer an extension of our Bereavement group that was offered over the summer. Please contact Anne Manning, Information Specialist, for more information at (978) 443-3055.

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.

SEPTEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	<i>Election Setup in Gym 5</i>
Labor Day Holiday Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage <i>No Yoga Today</i> 12:00 Lunch 12:30 -3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (8, last) (SP)</i> 3:00 COA Meeting	9:00-3:00 I&R Hours 9:30 <i>Masterworks of American Art DVD (last)</i> 11:00 Fit for the Future (G) 12:00 Lunch <i>Zumba starts next week</i> 1:00-3:30 Canasta (SP)	<i>Tap Dance next week</i> 9:30 Thursday Crafters (VH) 10:00 Current Events (last participant-led meeting) 11:30 Pizza and a 12:00-4:00 Movie: <i>Lawrence of Arabia</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours <i>Better Bones next week</i> 11:00 Fit for the Future (R3) 12:30 Friday Movie: <i>I Love Lucy Series</i> 11:30/2 Watercolors (1) <hr/> <i>375th Sudbury Day – Saturday, September 6</i>
8	<i>Special Election</i> 9	10	11	12
9:00-3:00 I&R Hours 11:00 Fit for the Future (R3) No Better Bones today 1:00 Scrabble/Games 2:15 Tai Chi (1, R3)	8:30-10:30 BP Clinic 9:00 Cribbage <i>No Yoga Today</i> 12:00 Lunch 12:30 -3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (1) (SP)</i>	9:00-3:00 I&R Hour 10-12:00 <i>Drawing (1 of 6)</i> 11:00 Fit for the Future (G) 12:00 <i>Lunch and</i> 1:00 <i>Listen: Pianist Todd Theriault (SP)</i> 12:00 Zumba 1:00-3:30 Canasta (R3) 1:00 Quilting (1) (VH)	9:30 Tap Dance (1) 9:30 Thursday Crafters (VH) 12:00 Pizza and a 12:30-1:30 Movie: <i>Chihuly: Fire and Light</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (1) (Van Houten room) 11:00 Fit for the Future (G) 12:30 Friday Movie: <i>I Love Lucy Series</i> 11:30/2 Watercolors (2)
15	16	17	18	19
9:00-3:00 I&R Hours 10:00 Stamp club 11:00 Fit for the Future (G) 11:00 <i>Art of Flamenco!</i> (SP) 1:00 Scrabble/Games 1:00 Better Bones (1) 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (1) (R2, G) 11:00 <i>Health Talk: Flu and You – Nurse Talk</i> 12:00 Lunch 12:30 -3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (2)</i>	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History (1)</i> 10-12:00 <i>Drawing (2 of 6)</i> 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta (R3) 1:30 <i>The Evolution of German Art (1)</i> 1:00 Quilting (1) (VH)	9:30 Tap Dance (2) 9:45 Thursday Crafters (VH) 10:00 Current Events 12:00 Soup's On! 12:30 <i>Jonathan O'Dell – Mass. Commission for the Deaf and Hard of Hearing</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (2) 11:00 Fit for the Future (G) 12:30 Friday Movie: <i>I Love Lucy Series</i> 11:30/2 Watercolors (3)
22	23	24	Rosh Hashanah 25	26
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 12:00 <i>Caregiver's Luncheon</i> 1:00 Scrabble/Games 1:00 Better Bones (2) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (2) (R2, G) 10:00-12:00 Legal Clinic 12:00 Lunch 12:30 -3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (3)</i>	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History (2)</i> 10-12:00 <i>Drawing (3 of 6)</i> 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta (R3) 1:00 Quilting (1) (VH) 1:30 <i>German Art (2)</i> 2:00-4:00 Teen Tech (L)	9:30 Tap Dance (3) 9:30 Thursday Crafters (VH) 10:00 <i>Medicare Open Enrollment Talk</i> 2:30 Connection Circle 3:00 <i>Friends' of Sudbury Seniors</i>	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (3) 11:00 Fit for the Future (G) 12:30 Friday Movie: <i>I Love Lucy Series</i> 11:30/2 Watercolors (4)
29	<i>Robert Frost Trip</i> 30			
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 Scrabble/Games 1:00 Better Bones (3) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (3) (R2, G) 12:00 Lunch 12:30 -3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i>	VH – Van Houten Room SP – Sudbury Pines Room R3 – Game Room G – Gym L – Lounge R2 - Room 2 (billiards room)	I&R—Information and Referral—Office Hours with Anne Manning, LMHC	SHINE— Serving the Health Insurance (Information) Needs of Elders—Medicare assistance

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 IIIIC nutrition program. A \$3.00 donation per meal is suggested.

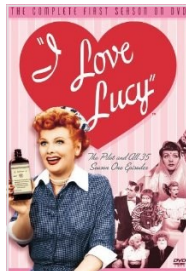
Please sign up for lunch for either day at the Center by Monday morning at 11:00 AM. To receive home delivered meals, please call BayPath Elder Services at (508) 573-7200.

A **monthly menu** is posted at the Senior Center and on the Senior Center webpage at www.sudbury.ma.us/departments/seniorcenter.

I Love Lucy! Festival
Fridays - 12:30 PM
September 5, 12, 19, 26

Our new Program Coordinator, Sharon Wilkes, got her hands on a copy of the first season of *I Love Lucy!* We will show an hour to 1 1/2 hours of the shows on Friday afternoons in September. Come get in on the fun! Do you remember “The Quiz Show” or “The Diet”? What about “Vitameatavegamin”?

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



Movie and Pizza

Thursday, September 4

Lawrence of Arabia
1962
3 hrs, 48 mins.*



Make note of Time change!

11:30 Pizza
12:00 Slideshow/Movie

Winner of 7 Academy Awards, *Lawrence of Arabia*, shared with us by resident Donald Sherman, is an epic telling the true story of T.E. Lawrence, who helped unite warring Arab tribes to strike back against the Turks in World War I. This lush, timeless classic underscores the clash between cultures that changed the tide of war. It was produced by David Lean, who also produced *Bridge Over the River Kwai* and *Doctor Zhivago*.

***Please note the earlier start time for Pizza-Order by 9:30 AM!** This is a long movie! There will be a 10 minute intermission.

Movie and Pizza

Thursday, September 11

Chihuly: Fire and Light
2010



12:00 Pizza
12:30 Movie

If you missed Dale Chihuly’s exhibit at the Museum of Fine Art, Boston, in 2011, here’s your chance to see what you missed. This hour-long DVD shows the artist at work, along with interviews with Frank Gehry, Donald Kuspit and other esteemed artists.

NOTE: Please order your pizza slice (\$1.25 each) **by 10:00 AM**, and arrive by 12:15 PM so that you have time to eat it before the movie starts!

Special Thanks to Carmel O’Connell for the DVD!



Sudbury Senior Trips for September 2014

Our wonderful summer weather will soon be giving way to the cooler, but beautiful days of fall. Let's hope that winter will be equally good to us this year.

Unfortunately, I must tell you that at the present time, I must say goodbye to Sudbury Senior Trips. My health at this time prevents me from continuing with the coordination of the trips.

The past 20+ years have been a wonderful experience for me. I have enjoyed all the wonderful places and people near and far that we have been lucky enough to visit, as well as all the wonderful people we have met, both on our own Sudbury trips as well as from other Senior Centers. Who knows, if my health improves, I may be able to join you all on a few special trips in the future.

We still have a few fall trips left. Our October 20, 2014 – November 3, 2014, Panama Canal trip is a definite GO. You should have received a letter introducing Nicole from *Tours of Distinction* as your new contact person. If you have any questions, regarding the Panama Canal trip you can reach Nicole by calling her at 866-627-0199 or 1-800-426-4324 or email at www.toursofdistinction.net.

As I will not be able to be with you, Joe and Roberta Rotz from Sudbury (they have been on many of our trips and have assisted me before) will be in charge of seeing that our Sudbury group stays together, both departing and returning from and to the Sudbury Senior Center. Please call Joe Rotz 978-852-7939 with your license plate number, only if you are leaving your car at the Senior Center.

NOTE: Joe and Roberta Rotz will not be acting as full-time Trip Leaders on the ship or on any stops, so please be sure to bring your *Tours of Distinction* information with you.

We also have one more Foxwoods trip this fall on November 3, 2014. Foxwoods trips will continue next year and will be completely run by Deanna Sklenak and Ron Ragno. Again, I want to thank all of you for the 20+ GREAT YEARS we have had together! *Carmel*

Fitness Classes

For descriptions of our Fitness Classes, please call or ask for our Fitness Flyer.

Fit for the Future with Lois

(aerobics/strength)

Mondays, Wednesdays, Fridays, 11:00 AM

\$2 drop-in

Better Bones, Senior Strength

Mondays, 1PM; September 15-November 10

No class October 13

Fridays at 9:30AM; September 12-November 14

No class October 3, 31

8 weeks for \$56

Tai Chi

Mondays, 2:15 PM

September 8– November 3, 8 weeks

\$36

Tai Chi for Healthy Living

Tuesdays, 1:15 PM

September 9– October 28, 8 weeks

\$10 (supported by the Executive Office of Elder Affairs)

Tap Dance

Thursdays, 9:30 AM

September 11– October 16, 6 weeks

\$30

Yoga for Living Well

Tuesdays, September 16 - November 4

9:40 or 11:00 AM

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

Zumba

Wednesdays, 12:00 PM

September 10-October 15, 6 weeks

\$18

NOTE: You can try any fitness class *for the first time* for **free**. However, we ask that you tell us which class you are interested in, as some classes have scheduled days for visitors.

Legal Clinic

Tuesday, September 23, 10:00AM-12:00 PM

Schedule a free 20 minute consultation with Elder Law Attorney Denise Yurkofsky.

TEEN TECH WORKSHOP

Wednesday, September 25, 2:00-4:00 PM

L-S students available for tech help with cell phones, tablets and laptops—call (978) 443-3055.

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 **8:30-9:30AM**. 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 information and 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 3:00**.

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.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

**SUDBURY SENIOR CENTER AND
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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

Highlights in September:

◇ **Caregiver's Luncheon**

◇ **Pianist Todd Theriault**

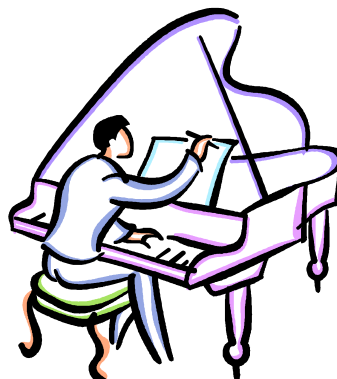
◇ **The Fiery Art of Flamenco!**

◇ **Lifelong Learning: The Evolution of German Art and
U.S. History: The Years in our Memory, 1950-2000**

◇ **Learn about Medicare Open Enrollment on September 25 and/or
make an appointment with a SHINE Counselor for individual
help.**

◇ **Arts: Drawing and Watercolors (second class added)**

◇ **Fitness: Fit for the Future, Better Bones, Tai Chi,
Tap Dance, Zumba**



*Keytag and
Sign-in
Month!*

See page 2.