

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT

The Sudbury Senior Center is proud to offer a double feature of lifelong learning classes beginning in September:



America Votes:

The Race to the White House, 1912, 1932, 1960, 1968, 1980, 2000
Tuesdays – 2:00 PM
September 4, 18, October 16, 23, 30, November 6
\$25

Gary Hylander, Adjunct Professor at Framingham State University, returns with a most timely topic: the history of American elections. With “America Votes”, Prof. Hylander examines 6 important elections in United States history. He begins with how the Constitutional Congress of 1787 envisioned the office of the presidency and ends with the close of the Clinton years and the controversial and closest election in more than a century, the election of 2000. Registration will begin at 9:00 AM on August 27, please call or drop by the Senior Center and pay as you register – space is limited.

This program is offered in partnership with Sage Educational Services.

A History of the United States, 1865 to 1912

Wednesdays – 9:30 – 11:00 AM
September 12 – December 12
12 weeks
\$20

After the Civil War, the U.S. industrialized rapidly and by 1900 was one of world’s three leading industrial powers, along with Germany and Britain. Its citizens already had the adventurous outlook, tradition of hard work, and entrepreneurial initiative that are vital to successful industrialism. America’s development hinged around categories or movements – each a patchwork piece of a great American quilt.

This series on DVD will consist of categories, including: Industrialization in America, Transcontinental Railroads, the Last Indian Wars, Farming the Great Plains, African Americans after Reconstruction and more. This lecture series from the Teaching Company, features distinguished historian Patrick N. Allitt, Professor of History at Emory University. Please call the Senior Center at (978) 443-3055 to register – space is limited.

**INSIDE
THIS ISSUE**

| | |
|----------------------------|----|
| Message from the Director | 2 |
| Current Events | 2 |
| Fall Survivor Stories | 3 |
| Fall Prevention Day | 3 |
| Drawing | 3 |
| Bridge Lessons | 3 |
| Board of Health Nurse | 4 |
| Haskell Field Equipment | 4 |
| FitWalk | 4 |
| Crafts Bazaar | 5 |
| Raffle | 5 |
| Yoga | 5 |
| Watercolors | 5 |
| Zumba | 5 |
| Calendar | 6 |
| Lunch/Movies | 7 |
| Trips/Robert Frost | 8 |
| Services | 9 |
| Better Bones | 10 |
| Halloween 5K/Senior Stride | 10 |

A MESSAGE FROM DIRECTOR, DEBRA GALLOWAY

Welcome to National Senior Center Month! We have packed this month with new programs, lifelong learning, wellness, fitness and more! Mark your calendars for "Fall Prevention Day" on Saturday, September 22 from 9:00-12:00 at the Senior Center. Sponsored by the Senior Center and Parmenter Community Health, we will have breakfast goodies and special guests. Highlights include mini Yoga and Tai Chi workshops, along with a visit from one of Sudbury's own Fire Department EMTs. There will also be valuable information from Physical Therapist, Terrie Banhazl, Public Health Nurse Allison Latta and Director of Rehab Sue Rushfirth on fall prevention and safety at home. Look for flyers around the Senior Center!

Did you know that three retired Sudbury entrepreneurs participated in a wonderful intergenerational project this past spring? Bob Diefenbacher initiated this project with James Raffel, L-S High School Economics teacher. At the suggestion of Mr. Raffel, retired entrepreneur Bob Diefenbacher along with Marilyn Goodrich and Don Hutchinson, each told their business stories to his Economics classes, and then they attended eight classes during which students made their business plan presentations. Along with the students and the teacher, the entrepreneurs asked questions and made observations on each plan. According to Mr. Raffel, the students were "overwhelmingly positive" about the involvement of the entrepreneurs and encouraged the project's continuation. The response from the participating entrepreneurs was equally enthusiastic. We plan to continue this project next year!

We want to take a moment to thank our special Student Volunteers this summer: Cassie Schau and Samantha Hodian, both of Sudbury. Cassie is an English major at UMass/Amherst, Samantha will attend the University of Miami beginning this month. You may have seen these young women helping out at the Senior Center many days this summer: packaging vegetables, serving pizza, setting up the movies, assisting with watercolors class, organizing forms and teaching computer skills. They were so helpful and lots of fun! Thank you Cassie and Samantha!

Looking forward to seeing all of you at the Senior Center this month! Don't forget to sign in with your card and be automatically entered into our raffle drawing!

-Debra Galloway

Current Events Group

Thursday, September 20
10:00 AM

Richard Nesmith, Current Events Facilitator Extraordinaire, returns in September to kick off another year of exciting give-and-take on the topics of the day. The group will start meeting on September 20, and then on the first and third Thursdays of most months at 10:00 AM. We would like to keep the group to about 20 people, so that all get a turn to talk and can fit around the tables. Please call to register in advance at (978) 443-3055. Free.

COUNCIL ON AGING

CHAIRPERSON:

David Levington

MEMBERS:

Phyllis Bially

John Beeler

Barry David

Robert Diefenbacher

Mary-Lee Mahoney-Emerson

Robert May

Sam Merra

John Ryan

SUDBURY SENIOR CENTER STAFF

DIRECTOR

Debra Galloway

ADMINISTRATIVE
COORDINATOR

Claire Wigandt

INFORMATION AND
REFERRAL

Anne Manning

RECEPTIONIST

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SENIOR COMMUNITY
WORK PROGRAM
COORDINATOR

Peg Whittemore

S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald

Sue Foley

Kathleen Woerhling

MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER

COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Allison Latta

FRIENDS OF SUDBURY SENIORS

PRESIDENT:

Cay Kuras

MEMBERS:

Esther Mann

Joe Bausk

Martha Dow

Berthe Lessard, Marie Lupien,

Carol Oram, Ronald Riggert,

Jean Semple, June Allen,

Jacqueline Bausk, Judy

Deutsch, Robert Diefenbacher,

Donald Oasis

Soups On!

Thursday, September 20
 12:00 Soup
 12:30 Talk

Fall Survivor Stories

Join us for some up close and personal accounts of unintended falls, the devastating physical and emotional consequences they can have, and discussion on how you can help yourself and your loved ones to stay on their feet!

Allison Latta, Board of Health Nurse and Sue Rushfirth, Parmenter Director of Rehabilitation will lead this informative and moving workshop. Call the Senior Center at (978) 443-3055 to reserve your space in advance. You must call by 4:00 PM on Wednesday, September 19 if you are coming for soup. Space is limited.

Fall Prevention Day – *Don't Miss It!*

Saturday, September 22
 9:00 AM – 12:00 PM

Try a little Tai chi, sample a little yoga, learn how these two practices help to prevent falls. Hear the stories of one of Sudbury Fire Department's own Emergency Medical Technicians (EMT), along with practical information from a Parmenter Community Health physical therapist and Rehabilitation Supervisor. All this, along with healthy, delicious brunch food! Please call the Senior Center for more information at (978) 443-3055.

Drawing Portraits

Wednesdays 9:30 -11:30 AM
 September 12, 19, October 3, 10, 24, and 31
 \$25

Instructor Sue Funk, who taught a popular Basic Drawing class in the spring, returns with "Drawing Portraits". This class will feature portraits, children's portraits (draw the grand-children) and maybe self-portraits. The focus will be on composition and measuring techniques as well as shading and highlights. Students will start with pencil and if interested, can move to color, using colored pencils. Students might enjoy bringing in photos of family members to work from. Art materials will be available, or you can bring your own. Registration begins on August 20.



**Bridge Lessons with Sally Sack
 Advanced Beginner to Intermediate Bridge
 Tuesdays, September 4 – October 9
 9:30-11:30 AM
 \$20**

Join our new six week series of bridge lessons using the Pavlicek Method.

The general approach is based on Standard American bidding, including strong no trumps, five-card majors, weak two-bids and a strong artificial two-club bid. Certain essential conventions (Stayman, Blackwood, Gerber, negative doubles, etc.) will be included, but the emphasis is on general principles and how to develop good judgment, rather than a lot of conventions.

Perhaps the most controversial area in bridge teaching is how to evaluate a bridge hand: *point count*. The method is not only simple but amazingly accurate in giving the true value of a bridge hand.

The Pavlicek methods also stress the importance of accurate card play, both as declarer and defender. Bidding ideas may change over the years, but card play will always be the same. If you learn the right technique from the start, you will benefit for life.

Our instructor is Sally Sack, who has been playing and teaching in the area for many years. The series is \$20 for the six weeks. The minimum number of students is 12 and the maximum is 36.

Please call the Senior Center at (978) 443-3055 for more information. If you register by phone, please be sure to send your check right away.

LOCKBOX: def. - A small key safe inconspicuously affixed to the house, accessible only to the Fire Department. Designed to minimize damage to the house, and decrease time to entry for Emergency personnel in the event of an emergency.

Call the Senior Center at 978-443-3055 if you are interested. A donation of \$65 is suggested to offset the cost of the safe, but can be reduced or waived if there is financial need.

A MESSAGE FROM BOARD OF HEALTH NURSE, ALLISON LATTA

***Flu + You* – Preventing Influenza in Older Adults – Register in Advance for Flu Clinics**

As annual influenza vaccination rates remain low in the US, the National Council on Aging has launched a new initiative to educate older adults about the disease and the best methods of protection. Commonly called the flu, influenza is a serious respiratory illness that causes thousands of hospitalizations and deaths every year. It is easily passed from person to person through coughing and sneezing or through contact with fluids from an infected person's mouth or nose.

Many people mistakenly refer to colds as the flu, but colds are usually milder and generally do not result in the same serious health problems related to influenza, such as pneumonia, bacterial infections, or hospitalization.

Older adults are at greater risk because as we age, our immune system weakens, leaving us more vulnerable to influenza and its related complications. In fact, each year more than nine out of 10 flu-related deaths and more than six out of 10 flu-related hospital stays occur in people over the age of 65. **Annual vaccination remains the best way to protect yourself and your loved ones from this debilitating disease.**

The age-related decline in the immune system also affects the body's response to vaccination. Adults 65 and older have two vaccine options available—the **traditional flu shot**, as well as a **higher dose flu vaccine** designed specifically to address the age-related decline of the immune system.

One of the most common complications of influenza is pneumonia. All adults aged 65 and older are also encouraged to receive **the pneumococcal vaccine**. This is a *one-time* vaccination, so if you are unsure if you have already had it, please check with your primary care provider.

In partnership with Parmenter Community Healthcare, the Sudbury Senior Center will be offering two flu vaccination clinics this year: **Friday Sept 28 from 1pm-4pm and Saturday Sept 29 from 9am-12pm**. Detailed information on all of the vaccine options will be available at the Senior Center and on the Town Website throughout the month of September. Please consider the information carefully and then **visit or call the Senior Center at 978-443-3055, no later than Sept 21, to indicate the vaccines you are interested in and to reserve a time slot.**

More information on the National Council on Aging *Flu + You* initiative can be found at www.ncoa.org/flu.



Haskell Field Exercise Equipment Training Tuesday, September 11 10:00 AM

Do you drive by the Haskell Field special exercise equipment on the corner of Fairbank Road and wonder what it's for? Or maybe you walk by and would like to try it out, but are not sure how to use it? You are not alone. Others have asked us about this equipment, and we are bringing Parmenter Supervisor of Rehab Services, Sue Rushfirth to show you how it all works. Meet Sue at the Senior Center at 10:00 AM and walk over with the group. Sue, a trained Occupational Therapist, will provide an orientation to the equipment, discuss proper use and possible adaptations.

Come on over and try it out! Call to let us know if you are coming, we would like to keep the group to about 10 people. If it rains, the event will be postponed to the following week (Sept. 18).

FitWalk!!

Tuesdays at 10:00 AM
Fridays at 1:30 PM



Our lively FitWalk group gets going again on Tuesday, September 11 at 10:00 AM. Board of Health Nurse, Allison Latta leads this group across the street to the Haskell Field 1 mile loop. The walk includes light stretching and toning exercises. Bring your walking shoes and hat! The ultimate goal of the FitWalkers will be to participate in the Senior Stride on Sunday, October 28.

In the event of inclement weather, the group meets inside to focus on strength, flexibility and balance. Call the Senior Center for more information at 978-443-3055.

Walk Dates: September 11 – October 26



**More than Crafts Bazaar
Saturday, November 10
9:00 AM – 2:00 PM**

Surprises are in store for this year’s Friends of Sudbury Seniors’ **Holiday Crafts Bazaar** to be held in November 2012. We’ll feature some of our usual craft items along with new holiday treats and eats!

You, are invited to participate! Whether you are crafty, a great baker, have two hands to organize a table or a great smile to welcome people – you will find a place on our team. Please leave your name at the Senior Center and a Crafts Bazaar organizer will call you back. Join us, we plan to do good and have fun! Call (978) 443-3055 for more information.

***Come to the Senior Center in
September – maybe win a
giftcard...***

During the month of September, we are encouraging people to sign in using their keycard by offering a raffle prize on Fridays. Wingate at Sudbury has generously offered to provide 4 gift cards for this raffle. Every time you come in, please sign in with your card and be automatically entered into the Friday raffle. You will be notified by phone if you are a winner. Good luck!



ZUMBA 55+
Wednesdays at 12:30 PM

Exciting, makes-you-want-to-move! Music and dance steps to keep you fit and happy! Join our Zumba 55+ group on Wednesdays. Class is just a bit toned down from regular Zumba. For the first 3 weeks, drop in for \$4/class (Sept. 12, 19, 26), or register in advance for \$9.



Senior/Healing Yoga
September 18 – November 13
Tuesdays, 9:40 or 11:00 AM
\$56/8 weeks

Discover the joys of hatha yoga at a gentle, accessible pace. Class is designed for seniors and those with chronic illness. Postures are modified as needed and students are encouraged to work within their limits to build strength, flexibility, and endurance and improve balance and mobility and prevent falls. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners. Please bring a mat, towel and water.

Preregister and payment is required by Tuesday, September 11. Please indicate which class time you are registering for. Each class must have a minimum of 13 students. Please sign up early, so that we know we have a met our minimum to run the class. Please contact the Senior Center at (978) 443-3055 for more information.



WATERCOLORS
Fridays, 1:00 PM
Sept. 14-Dec. 14


Our popular Watercolors class with instructor, Cynthia Durost, will begin a new 11 week session on Friday, September 14. A list of materials needed for the class is available at the Senior Center. The cost for the class will be \$75 for the 11 week series. No class: 9/28, 11/9, 11/23.

Sudbury residents may sign up beginning August 20; all others may enroll beginning August 29. Please pay when you enroll. For information, please call (978) 443-3055.

Friends of Sudbury Seniors Website

Have you visited the Friends of Sudbury Seniors website? Find out more about what the Friends do and how you can help, at www.friendsofsudburyseniors.org.

SEPTEMBER 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| <p style="text-align: right;">3</p> <p>Labor Day Holiday</p>  <p>Senior Center Closed</p> | <p style="text-align: right;">4</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:30-11:30 Adv. Beg. Bridge (1) <i>No Yoga</i> 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 <i>America Votes (1)</i> 3:30 COA Board Meeting</p> | <p style="text-align: right;">5</p> <p>8:30 Fit for the Future (Room 2) 9:00-2:30 I&R Hours 11:00 Fit for the Future (Room 2) 12:30 Informal Quilters</p> | <p style="text-align: right;">6</p> <p>VOTE! State Primary 9-12 SHINE 9:30 <i>No Tap Dance</i> 9:45 Thursday Crafters</p> | <p style="text-align: right;">7</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 11:30 – Raffle Drawing 12:30 BYO Lunch and Movie <i>No Watercolors</i></p> |
| <p style="text-align: right;">10</p> <p>9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future <i>No Better Bones</i></p> | <p style="text-align: right;">11</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:30-11:30 Bridge (2) 10:00 FitWalk 10:00 Haskell Field Exercise Equipment Training <i>No Yoga</i> 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 <i>No America Votes</i></p> | <p style="text-align: right;">12</p> <p>8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>U.S History</i> class (1) 9:30-11:30 Drawing Portraits (1) 11:00 Fit for the Future 12:30 Informal Quilters 12:30-3:00 BayPath Site Managers Meeting 12:30 Zumba 55+</p> | <p style="text-align: right;">13</p> <p>9-12 SHINE 9:30 Tap Dance (1) 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Artist</i> 1:00-2:30 Bridges Information Session</p> | <p style="text-align: right;">14</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 10:30 Games – <i>NEW!</i> 11:00 Fit for the Future 11:30 – Raffle Drawing 12:30 BYO Lunch and Movie 1:00 Watercolors (1) 1:30 FitWalk</p> |
| <p style="text-align: right;">17</p> <p>Rosh Hashanah</p> <p>9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (1)</p> | <p style="text-align: right;">18</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:30-11:30 Bridge (3) 9:40/11:00 Yoga (1) 10:00 FitWalk (10:00 Haskell Field Exercise Equipment Training Raindate) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 <i>America Votes (2)</i></p> | <p style="text-align: right;">19</p> <p><i>Robert Frost Home Trip</i></p> <p>8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>U.S History</i> class (2) 9:30-11:30 Drawing Portraits (2) 11:00 Fit for the Future 12:30 Quilting (1) 12:30 Zumba 55+</p> | <p style="text-align: right;">20</p> <p>9-12 SHINE 9:30 Tap Dance (2) 9:45 Thursday Crafters 10:00 <i>Current Events (room 1)</i> 12:00 Soup's On: <i>Fall Survivor Stories</i></p> | <p style="text-align: right;">21</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 10:30 Games – <i>NEW!</i> 11:00 Fit for the Future 11:30 – Raffle Drawing 12:30 BYO Lunch/Movie 1:00 Watercolors (2) 1:30 FitWalk Saturday, Sept. 22: Fall Prevention Day 9AM-12PM</p> |
| <p style="text-align: right;">24</p> <p>9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (2)</p> | <p style="text-align: right;">25</p> <p><i>Beatlemania Trip</i></p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:30-11:30 Bridge (4) 9:40/11:00 Yoga (2) 10:00 FitWalk 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 <i>No America Votes</i></p> | <p style="text-align: right;">26</p> <p>Yom Kippur</p> <p>8:30 Fit for the Future 9:00-2:30 I&R Hours <i>No Drawing class No U.S History class</i> 11:00 Fit for the Future 12:30 Quilting (2) 12:30 Zumba 55+</p> | <p style="text-align: right;">27</p> <p>9-12 SHINE 9:30 Tap Dance (3) 9:45 Thursday Crafters 3:00 Friends meeting</p> | <p style="text-align: right;">28</p> <p>FLU CLINIC TODAY 9:30-11:30 Bingo 9:00-2:30 I&R Hours 10:30 Games – <i>NEW!</i> 11:00 Fit for the Future 11:30 – Raffle Drawing <i>No Movie No Watercolors</i> 1:30 FitWalk <i>FLU CLINIC 1-4pm FLU CLINIC – Sat. 9/29-9AM-12PM</i></p> |

TUESDAY LUNCH

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays. A voluntary donation of **\$3.00** per meal is requested. Please call by 10:00 AM the day before to make a reservation.

The menu will be available (after press time) by late August on the Sudbury Senior Center webpage, www.senior.sudbury.ma.us.

HOME DELIVERED MEALS MENU

The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website at www.senior.sudbury.ma.us.

**BYO Lunch and
Friday Afternoon Movies
12:30 PM**

For September, Friday afternoons will feature a smorgasbord of movies, including newer classics, musicals and documentaries.

9/7 – *The Last Lions* – 2011 – Documentary – 1 hour, 29 minutes

9/14 – *Under the Tuscan Sun* – 2003 – 1 hour, 53 minutes (Diane Lane)

9/21 – *Gypsy* – 1993 – musical – 2 hours, 22 minutes (Bette Midler)

9/28 – No movie due to Flu clinic

Info on Policemen's Picnic – coming soon!

**Movie and Pizza
Thursday, September 13**



The Artist

2011

Rated: PG-13

1 hour, 40 minutes

This modern-day silent film artfully recounts the poignant end of the silent-movie era in the late 1920s. The story contrasts the declining fortunes of a silent-screen superstar with his lover's rise to popularity as a darling of the "talkies."

Starring: Jean Dujardin, Bérénice Bejo, John Goodman, and James Cromwell.

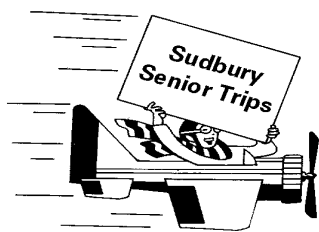
Please call (978) 443-3055 by 10:00 that morning if you are coming! And, please let us know if you want pizza (\$1.25/slice).

Pizza will be served at **12 noon**, the movie follows at **12:30 pm**.



**Sudburyopoly? Scrabble?
Fridays, 10:30 AM**

Are you interested in meeting others for some lighthearted fun with games? We already have a small group of folks interested in getting together for some games on Friday mornings at 10:30 AM. Drop in and join them! First meeting will be Friday, September 14. Call the Senior Center for more information at 978-443-3055.



It seems like I am always saying "It's hard to believe....." but it is hard to believe that summer is almost over. I think that we have had a fantastic year, weather-wise, with only a few more trips left before 2013 arrives...

Our next trip is Beatlemania on Tuesday, September 25th at the Twin River Casino in Lincoln, R.I.; cost is \$79.95. As this is a newly added Best Of Times trip you can still use your \$25.00 coupon on it (this is definitely the last time this year for the coupon). Pick up a flyer and read all about it.

On October 31, we will be returning to the wonderful North Shore Music Theatre to see 'Guys and Dolls'. As the people who came with us to see 'Hello Dolly' not only were thrilled with the show but loved their Inner Circle seats, we have opted for them again. We will return to the Woburn Mall for shopping at Appleseeds (they have promised us all a 10% discount if we mention our trip). Lunch will be there at the Mall on your own. Flyers are in the trip rack.

Our last Foxwoods trip for the year will be on November 5th, cost is \$24.00. You must have your money in before October 26th as that is the date by which we must cancel the coach if we do not have at least 35-40 passengers.

Our last planned day trip for the

year will be 'Christmas at the Newport Mansions' on November 28, cost is \$51.50 (snow date will be November 30th or later if necessary). Lunch will be on your own at Bowen's Wharf. We will visit the beautifully decorated Breakers in the morning and the Marble House in the afternoon, after lunch.

Last of all, we may still be able to take more people on our Fabulous 9 day trip up the coast of California from San Diego to San Francisco with visits to every place you've ever wanted to see there, the Mission at Capistrano, Los Angeles, Hollywood, the Reagan Library, the Hearst Castle, the Sur Coast, Yosemite National Park, Napa Valley and ending in San Francisco. This is a spectacular trip at a spectacular price \$2,599 each for dble. occupancy including air fare, 12 meals, all hotels, a full-time escort and more. Pick up a flyer from the trip rack at the Center or call Carmel at 978-443-8320 for more information.

Enjoy what's left of this beautiful summer,

Carmel

Siena Farm Vegetables

Three wonderful volunteers have been picking up fresh, organic vegetables donated by Siena Farm in North Sudbury this summer. We typically have the vegetables ready for pickup on Thursdays at 12:30 PM. Stop by Thursday or Friday to pick up some fresh veggies!

If you are able to be a backup volunteer for vegetable pickup, please let us know. Call the Senior Center at (978) 443-3055.

Robert Frost Home Trip

Wednesday, September 19
10:00 – 3:30
\$45

Stephen Collins, who teaches classes at the Senior Center every year and most recently taught a class on The Poetry of Robert Frost, is also a certified Tour Guide. He will lead this fascinating and fun trip to the home of Robert Frost in Derry, New Hampshire.

Participants will visit the Robert Frost home in the morning and then have lunch on their own at the Coliseum restaurant.

Please pay as you register, either in person or via mail. Registrations cannot be accepted without payment. There is a 25 person maximum for this trip.

S.H.I.N.E. – Medicare Insurance Counseling

If you are on Medicare, autumn signals that it's time to review your Medicare approved drug insurance plan, as well as your current Medicare health insurance options. Medicare Open Enrollment falls between October 15 and December 7 this year. You will receive important information from your drug plan in late September/early October about changes for 2013.

For free, unbiased, confidential, and skilled health insurance counseling, you can call the Senior Center to schedule an appointment with our amazing *volunteer* SHINE counselors. Call (978) 443-3055 to make an appointment.

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 9:00 AM to schedule a ride for that 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 8:00-9:00** and **noon to 1:00**. **Free** blood sugar testing is also provided each **Tuesday from 8:00-9:00**. 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 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

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

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 small fix-it jobs. Seniors will only be expected to pay for necessary parts and materials.

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 \$65 is requested to cover the cost of the lock box, 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 at noon. Please call to make a reservation **by 10:00 AM on Monday**. A voluntary donation of **\$3.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town of Sudbury website.

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.

Better Bones/Senior Strength

September 17 – November 19

Mondays, 1:00 PM

\$56/8 weeks



The loss of muscle that occurs with age is reversible! In this class, you will increase your bone density, prevent falls and improve balance using free weights, resistance bands and gentle yoga. Designed for the advanced beginner to intermediate level student, you will work in a chair, stand and use a mat on the floor.

Preregistration and payment is required by September 10 (1 week in advance of the first class). Class minimum is 13 students. Sign up and make your check out to Town of Sudbury at the Senior Center or call for more information at (978) 443-3055.

**Sudbury Board of Health
FLU CLINICS**
Friday, September 28, 1-4 PM**Saturday, September 29, 9 AM – 12 PM****At Sudbury Senior Center – see pg. 4**

*Sudbury Park and Recreation and
Sudbury Senior Center present...*

**The 1st Annual
Halloween 5K
and 1 Mile Fun Run/Senior Stride
Sunday, October 28**

Join your family, friends and neighbors for this community wide event held at Haskell Field across from the Sudbury Senior Center. Sign up for the 5K and Fun Run/Senior Stride by October 7 and get a free T-shirt. You may register online through the Park and Recreation Department or walk in to the Senior Center or Park and Rec Front Desks. The 5K race will be officially timed, cost is \$25. Fun Run/Senior Stride cost is \$10. Those who register by October 7 will be guaranteed a t-shirt.

All participants will enjoy post-race snacks and drinks from our local sponsors. Join the walk or run, or come to root for your friends and neighbors!

**5K Race: 11:00 AM
Fun Run/Senior Stride 12:00 PM**

THE
SUDBURY
SENIOR

SCENE

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**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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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277

Don't Miss...

Fall Prevention Day

Saturday, September 22

9:00 AM – 12:00 PM

Sudbury Senior Center



- Tai chi
- Yoga
- Sudbury Fire Department EMT
- Physical Therapist/Occupational Therapist
- Delicious, healthy brunch food

See info on page 3

Save the Date!

Halloween 5K, Fun Run and Senior Stride



October 28th

5K at 11:00 AM - \$25

Senior Stride at 12:00 PM - \$10

Haskell Field – across from the Senior Center

Sign up by October 7 for free t-shirt.

See info on page 10