

**A History of the  
United States 1912-1950**  
**11 Wednesdays**  
**9:30-11:00AM**  
**September 11 – November 20**  
**\$20**



As the United States entered the 20<sup>th</sup> Century, a movement favoring the creation of an American colonial empire emerged. The debate over foreign policy took on a new urgency, however, as the United States entered World War I in 1917, World War II in 1941, and the Korean War in 1950. Although these historical events dominate the first half of the 20<sup>th</sup> Century, the inter-war years were dynamic, as well, and in many ways shaped who we are today. The “Roaring 20’s” gave way to the Wall Street Crash of 1929, the Great Depression of the 1930’s, and The New Deal. The Cold War, the Korean War and McCarthyism followed World War II but also produced what economist John Kenneth Galbraith termed *The Affluent Society*.

Join us this fall as our study of American history continues with a survey of the period from World War I through the 1950’s. This lecture series from The Teaching Company features distinguished historian Patrick N. Allitt, Professor of History at Emory University. No outside text will be used other than outside reading that participants may want to share with the class. Please call the Senior Center at (978) 443-3055 to sign up. Space is limited.



**Spanish Art and Its Origins**  
**Wednesdays at 1:30 PM**  
**September 25 – November 6**  
**No class October 16**  
**\$25 Suggested Donation to Friends’**

Who and what stimulated this development in a land where the artists were not united and the inquisition and anti-intellectualism reigned supreme? This class will begin by exploring the Middle Ages. The two most important art influences were Titian, the Venetian

master whose style was emulated, and Rubens whose subject matter, mostly Catholic topics, was often copied. The class will move on to discuss the Spanish Masters: Velasquez, Murillo, Zubaran, and El Greco.

To register for this course, taught by Dr. Don Oasis, please call the Sudbury Senior Center at (978) 443-3055. Handouts will be available at each class. A \$25 donation to the *Friends of Sudbury Seniors* would be appreciated.

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

Students entering LS this month were born in 1998. Students entering the fourth grade at SPS were born in 2003. Think of all that Seniors have to offer these students in terms of personal experience of historical events and past culture. These students will only read about these events online or in history or social studies books:

- Growing up during or maybe fighting in World War II.
- The construction of Route 128 and the entire interstate highway system. The completion of the Mass Pike into Boston.
- Rotary phones, party lines, and dialing the operator to make a call. (How did we ever live without cell phones!)
- Computers the size of a warehouse.
- The Korean War and the need for a demilitarized zone. The Vietnam War and the anti-war movement.
- Brown v. The Board of Education and the struggle for civil rights. (That stuff really happened?!)
- The assassination of a President, a civil rights leader and, two months later, a presidential candidate who had just won the California primary.
- The Cold War, the Soviets beating us into space and the euphoria and tragedies of our own early space flights. Then, Alan Shepard and Buzz Aldrin walking on the moon.
- Listening to Bing Crosby, Patti Page, Elvis Presley and The Beatles on vinyl records (45 or LP) and watching them on black and white TV (fuzzy image, of course).

Sudbury Seniors have some great opportunities to play a fun and important intergenerational role in bringing their experiences and perspectives to LS and SPS students.

In a new program called “You Are There,” Seniors can visit LS history classes in 2014 when those classes cover some of the topics mentioned above. And, Seniors can participate in an economics class involving helping LS students develop small business plans for presentation to the class. In *Bridges Together*, Seniors sit with 4<sup>th</sup> grade students so that each can share with the other their personal experiences and traditions from “the present” and from “way back when.”

If you are interested in sharing some of your experiences in programs like these, email Debra Galloway at [GallowayD@sudbury.ma.us](mailto:GallowayD@sudbury.ma.us) to learn more!

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**America and Iraq**  
**Mondays, 1:00 PM**  
**September 16, 30, October 7**  
**\$15**

Not until the post-World War II era did the United States begin to follow a sustained policy toward the Middle East. Throughout the Cold War, Washington policymakers were concerned about the spread of communism into Iraq and the Mideast in general. During the 1970's, as the United States became more dependent on foreign oil, it also became more dependent on maintaining Iraqi good will. Over time however, American support for Saddam Hussein diminished. What followed were two wars launched by two Bush administrations: Operation Desert Storm and after 9/11, Operation Iraqi Liberation.

Popular Professor Gary Hylander is back with a great topic! Please register early for this class at (978) 443-3055.

**Current Events Discussion Group**  
**Thursday**  
**September 19**  
**10:00 AM**

Richard Nesmith returns to lead our Current Events group on Thursday, September 19. This popular group will continue on 1<sup>st</sup> and 3<sup>rd</sup> Thursdays. Please sign up by calling the Senior Center at (978) 443-3055.

**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 2014.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. Our SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early by calling (978) 443-3055.

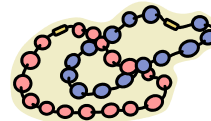
*How can you...*

- 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.



**Jewelry Group Coordinators?**

There is interest in a Jewelry Group to meet and make jewelry together, as well as share tips and information. Anyone interested in coordinating such a group (two people share the coordinating) is welcome to contact Debra Galloway at [gallowayd@sudbury.ma.us](mailto:gallowayd@sudbury.ma.us).

And, the group will be interested in donations of any unwanted jewelry for creation of new works of art!

**Classical Piano Concert**  
**Abla Shocair**  
**Monday, September 9**  
**2:00 PM**



Enjoy beautiful classical piano played by Sudbury resident Abla Shocair. Abla, originally from Jordan, started playing piano at age 4. She is a Civil Engineer by profession, and has given many piano concerts. Classical music lovers are in for a treat! Please call to let us know that you are coming at (978) 443-3055. Free!

### Update your Emergency Contact Info!

The Town and Senior Center are working hard to be prepared for emergencies. Part of this effort involves making sure we have emergency contact information for our participants. We are asking you to stop by the Front Desk and fill out a new Participant Information Form so that we have your most up-to-date contact and Emergency contact information. Thanks for your help!

### Drawing Class Returns...

*Lessons in Calligraphy*  
**Wednesdays**  
**10:00-12:00**  
**September 18 – October 23**  
**\$25**

We will explore the "how-to's" of Calligraphy ~ how to write with a Calligraphy pen and create beautiful letters; how to combine these lovely letters into well-spaced words and from there, maybe even create some Illumination (decorating areas around the letters).

Please pay as you register. This is expected to be a popular class! Call the Senior Center for more information at (978) 443-3055.

### Watercolors

Fridays, 1-3:00 PM  
 8 weeks  
 Sept. 20 – Nov. 8



Whether you are just learning or have been painting for years, you will enjoy this multi-level class, where students work on their latest projects or a new lesson from the instructor. Maximum 18 students. Please register by calling (978) 443-3055.



### Walk to End Alzheimer's Sunday, September 29 Start Time: 8:30-10:00 AM

Join our team! The Sudbury Council on Aging, along with the Mass. Councils on Aging, is sponsoring a team for the **Walk to End Alzheimer's Disease** starting in Cambridge.

If you are interested in joining the team, call the Senior Center, leave your name and number and Team Leader Jackie Reiner will call you back. If you would like to contribute/sponsor the team – "MCOA Sudbury", please make your check out to Alzheimer's Association and bring or mail it to the Senior Center or go to [alzwalkMANH@alz.org](mailto:alzwalkMANH@alz.org) to sponsor the team online. Thank you!

### Like to Travel? Learn about *Road Scholar* Tuesday, September 24 1:30 PM

Do you love to travel, enjoy learning new things, exploring interesting places, and like to meet people who share a love of adventure? Find out about *Road Scholar*, America's first and the world's largest educational travel organization for adults.

Donna Brock is a member of the *Road Scholar* volunteer speakers' bureau, the Ambassador Program. She is a seasoned *Road Scholar* participant who gives informative and enthusiastic presentations about the educational travel adventures available through *Road Scholar*. Please sign up by calling (978) 443-3055.



### Got the Munchies? A Guide to Healthy Snacking



Thursday, September 26  
 11:00 AM

Snacks play a significant role in a balanced diet. They keep energy levels up. Provide nutrients that our bodies need. Help control our appetite. Make us feel less hungry between meals. Learn what to keep on hand to create healthy snacks at home. Find out about new recipes and enjoy nutritious goodies. BayPath Elder Services Nutritionist and Chef Barbara Gold, RD, CPC, will be here to share her secrets for having snacks that are as delicious as they are healthy!

Please register for this workshop, by calling (978) 443-3055.



### Cards! Canasta, Bridge and Cribbage

Are you interested in getting together to play canasta? We have a few players who are getting together on **Wednesday afternoons at 1:00 PM**. Let us know if you're interested and then just stop in. If we have your name and number we will call with any changes to the schedule.

On **Tuesdays**, a vigorous game of Cribbage starts at **9:00 AM** and Bridge begins at **12:30 PM**. Stop by and talk with Dean Machamer, our Bridge Coordinator, or call for further information at (978) 443-3055.

FROM INFORMATION AND REFERRAL SPECIALIST,  
ANNE MANNING

**Debunking the Myths of Older Adult Falls**

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.

Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. The Senior Center and Parmenter Community Health are highlighting Falls Prevention Day on Thursday, September 26 from 3:00-6:00 PM (see page 8).

To promote greater awareness and understanding here are the first 5 of 10 common myths—and the reality—about older adult falls (see the October newsletter for the next five myths):

**Myth 1:** Falling happens to other people, not to me.  
Reality: Many people think, “It won’t happen to me.” But the truth is that 1 in 3 older adults—about 12 million—fall every year in the U.S.

**Myth 2:** Falling is something normal that happens as you get older.  
Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3:** If I limit my activity, I won’t fall.  
Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent. Your strength and range of motion will benefit from remaining active. Social activities are also good for your overall health.

**Myth 4:** As long as I stay home, I can avoid falling.  
Reality: Over half of the falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

**Myth 5:** Muscle strength and flexibility can’t be regained.  
Reality: While we do lose muscle as we age, exercise can partially restore strengths and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from fall.

Anne Manning, LMHC - Information and Referral

Source: [www.ncoa.org/improving-health/falls-revention/debunking-the-myths-of-older.html](http://www.ncoa.org/improving-health/falls-revention/debunking-the-myths-of-older.html)

**Assabet River Wildlife Refuge  
Visitor Center Tour and  
Nature Walk w/Cate Dill**

Friday, September 27  
10 AM - 12 noon

Cate Dill (Coach Cate) who spoke at the Senior Center in July about her bicycle trip from Iceland to Italy (to rave reviews), will host this tour of the lovely Visitor Center, and lead a Nature Walk on some of the Refuge trails. The walk will be about 30-45 minutes depending on the group’s preference. The trails are flat, but many are not paved. Please wear comfortable walking shoes, bring water, weather appropriate clothing, sunscreen, a hat and possibly bug spray.

Please call the Senior Center to sign up at (978) 443-3055. We need your phone number in case of any schedule change



**FISH - Friends in Service  
Helping**

One of our largest groups of volunteers provides rides to medical appointments, when family and friends are not available. Medical rides are available to residents of Sudbury.

To request a ride, please leave a voicemail at the FISH phone number – 978-443-2145 – with your name, address, phone and medical appointment date, time and location. The FISH Coordinator on duty will call you back. Best to call a week in advance.

*If you would like to be included in our illustrious group of FISH volunteers, leave a message for Volunteer Coordinator, Ed Gottmann at 978-443-3055. Only drive when you are able!*

## SEPTEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p><b>Labor Day Holiday</b></p>  <p><b>Senior Center Closed</b></p>	<p style="text-align: right;">3</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 NO YOGA 10:00-12:00 Legal Clinic 12:00 Lunch 12:30-3:30 Bridge</p> <p>3:00 COA Meeting</p>	<p style="text-align: right;">4</p> <p>9:00-2:30 I&amp;R Hours</p> <p>11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters NO Zumba 1:00 Canasta</p>	<p style="text-align: right;">5</p> <p>No Tap Dance 9:45 Thursday Crafters</p> <p>11:30-4:00 SHINE</p>	<p style="text-align: right;">6</p> <p>9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future</p> <p>12:30 Friday Afternoon Movie: <i>The Lucky One</i> 1:00 Informal Watercolors</p>
<p style="text-align: right;">9</p> <p>9:00-2:30 I&amp;R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (1)</p> <p>2:00 <i>Pianist Abla Shocair</i></p>	<p style="text-align: right;">10</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1)</p> <p>12:00 Lunch 12:30-3:30 Bridge</p>	<p style="text-align: right;">11</p> <p>9:00-2:30 I&amp;R Hours 9:30-11 <i>History of the U.S. (1)</i> 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 12:30 Zumba 1:00 Canasta</p>	<p style="text-align: right;">12</p> <p>9:30 Tap Dance (1) 9:45 Thursday Crafters</p> <p>12:00 Pizza and a... 12:30 Movie: <i>Les Miserables</i></p>	<p style="text-align: right;">13</p> <p>9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 9:30 Better Bones (1) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Bourne Legacy</i> 1:00 Informal Watercolors</p>
<p style="text-align: right;">16</p> <p>9:00-2:30 I&amp;R Hours 11:00 Fit for the Future</p> <p>1:00 <i>America and Iraq (1 of 3)</i></p> <p>1:00 Better Bones (2) 2:15 Tai Chi (2)</p>	<p style="text-align: right;">17</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2)</p> <p>12:00 Lunch 12:30-3:30 Bridge</p> <p>1:30 <i>Albuquerque Balloon Fest Get-Together</i></p>	<p style="text-align: right;">18</p> <p>9:00-2:30 I&amp;R Hours 9:30-11 <i>History of the U.S. (2)</i> 10:00-12:00 <i>Drawing Workshop (1)</i> 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Class (1) 12:30 Zumba 1:00 Canasta</p>	<p style="text-align: right;">19</p> <p>9:30 Tap Dance (2) 9:45 Thursday Crafters 10:00 Current Events 11:30-4:00 SHINE 1:00-4:00 FLU CLINIC</p> <p>6:00-8:00 PM – FLU CLINIC</p>	<p style="text-align: right;">20</p> <p>9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 9:30 Better Bones (2) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Monsieur Lazhar</i> 1:00 Watercolors (1)</p>
<p style="text-align: right;">23</p> <p>9:00-2:30 I&amp;R Hours 11:00 Fit for the Future</p> <p><i>No America and Iraq</i></p> <p>1:00 Better Bones (3) 2:15 Tai Chi (3)</p>	<p style="text-align: right;">24</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 12:00 Lunch 12:30-3:30 Bridge</p> <p>1:30 <i>Road Scholar-Educational Travel!</i></p>	<p style="text-align: right;">25</p> <p>9:00-2:30 I&amp;R Hours 9:30-11 <i>History of the U.S. (3)</i> 10:00-12:00 <i>Drawing (2)</i> 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 12:30 Quilting Class (2) 1:30 <i>Spanish Art and its Origins (1 of 6)</i> 1:00 Canasta (room change – ask at desk)</p>	<p style="text-align: right;">26</p> <p>9-4 SHINE 9:30 Tap Dance (3) 9:45 Thursday Crafters</p> <p>11:00 <i>Healthy Snacking!</i></p> <p>3:00-6:00 PM <i>Falls Prevention Workshop</i></p>	<p style="text-align: right;">27</p> <p>9:30-11:30 Bingo 9:30 Better Bones (3) 10-12 <i>Assabet Refuge Walk</i> 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Trouble with the Curve</i> 1:00 Watercolors (2)</p> <p>----- <i>Sudbury Policemen's Picnic – for Sudbury Seniors – FREE Sat., Sept. 28 12 -2pm</i></p>
<p style="text-align: right;">30</p> <p>9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 1:00 <i>America and Iraq (2 of 3)</i> 1:00 Better Bones (3) 2:15 Tai Chi (3)</p> <p>← Sunday, September 29 <i>Walk to End Alzheimer's</i></p>	<p>Substitute Van Drivers Needed Do you enjoy driving, have experience with large vehicles and have a calm and friendly demeanor? For more information, please contact Debra Galloway at 978-443-3055.</p>	<p>SHINE – Serving the Health Insurance Needs of Elders</p> <p>Our volunteer SHINE Counselors provide information and guidance about all things Medicare. Call for an appointment!</p>		<p>Information will be available soon about an upcoming class with Prof. Jason Giannetti:</p> <p><i>U.S. Immigration Policy</i> beginning in October...</p>

**Get ready for  
the 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. We would love your donations of baked goods for the Bazaar. 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!

**Movie and Pizza  
Thursday, September 12**

***Les Miserables***



**2013  
2 hours, 37 minutes  
PG-13**

The musical version of Victor Hugo's epic tale of love and sacrifice, first produced for the stage in 1985, now receives the big-screen treatment. The bloody era of the French Revolution is the backdrop to Jean Valjean's long struggle for redemption.

**Cast:** Hugh Jackman, Russell Crowe, Anne Hathaway

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](http://www.sudbury.ma.us/departments/seniorcenter).

***Fridays at the Movies - 12:30 PM***

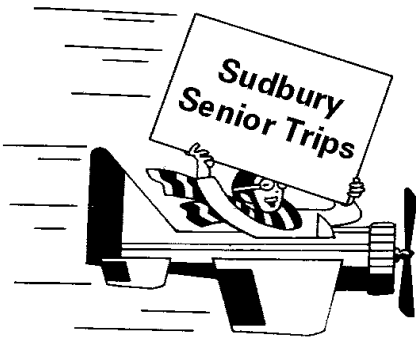
**September 6 – *The Lucky One* – 2012 – PG13**  
- Romantic drama, Zac Efron – 1 hr., 41 min.

**September 13 – *Bourne Legacy* – 2012 – PG13**  
- Action, Jeremy Renner – 2 hrs., 15 mins.

**September 20 – *Monsieur Lazhar* – 2011 – PG13**  
- Indie Drama, French (subtitles) – 1 hrs., 34 min.

**September 27 – *Trouble with the Curve* – 2012 – PG13**  
- Sports Drama, Clint Eastwood – 1 hr., 51 min.

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



### Sudbury Senior Trips News September 2013

How time seems to fly. Summer is almost over and we have only a few more trips left before 2013 is over.

Our biggest news, which I am sure many of you are looking forward to, is our **Holiday Pops at Symphony Hall** which we try to book at least every two years.

I have already put my order into Symphony Hall and was able to get 47 spaces. I have chosen Thursday, December 19<sup>th</sup> for our trip date as there were only a few 4:00 PM shows this year. We like to do a drive around the Commons after the Pops to see the holiday lights and the decorated tree. Ticket cost plus motor coach will be \$69.00 each (Second Balcony seating). This must be paid at sign-up which will begin Tuesday, September 3 for our Sudbury residents and Tuesday, September 10 for our out-of-town friends.

As you may know, I usually order tickets for the second balcony (at the advice of Symphony Hall) as the acoustics are better without a balcony overhead. However, at the request of a few of you I asked if we could have a few spaces on the Main floor, which as you know is all tables (Front, Middle and Rear). The price for these seats is

quite a bit higher than the balcony seats (\$134, \$103, \$77). However, they can be ordered for anyone who may like to have them. The total cost plus the motor coach for these seats would be \$158, \$127, \$101. These should be ordered early for best seating. I suggest that you call me if you are interested in these seats.

Please pick up a flyer from our trip rack for more information on this spectacular trip.

Our Albuquerque, October 5-9 trip is completely sold out. We are having a **Balloon Fest get-together** for all participants at 1:30 PM on September 17th. A representative from Conway Tours will be here to update us and to answer any questions. We will also be receiving our trip credentials at this time. Please let me know if you cannot be here so I can get your materials for you. (They will be at the center for you to pick up at your convenience). Our wait list is now closed as tickets have been ordered.

I am also sorry ☹ to tell you that we have had to cancel our Northshore Music Theatre Show, "La Cage Aux Folles" scheduled for September 25, due to the low number of signups. All checks will be refunded.

Our last Foxwood trip for 2013 will be November 4. Cost is \$26.00. Early sign up is recommended!

*Carmel*

### Legal Clinic Tuesday, September 3 10AM-12PM

Free 20 minute legal consultations. Call for an appointment.



### Falls Prevention Workshop

Thursday, September 26  
3:00-5:00 PM

Unfortunately, we are all at risk of a fall and as we get older, falls become riskier. In fact, one in three older adults has a fall every year. Sometimes this results in a fracture, hospitalization and rehab. However, falls are not inevitable!

Come to this informative and fun workshop on preventing falls. Listen to our special panel about preventing falls, recovering from falls, and what happens when you fall and call 911. While you're here, enjoy light sandwiches and hors d'oeuvres and pick up informational pamphlets and brochures about avoiding falls and products related to home safety.

Please call us to register at (978) 443-3055. Sponsored by the Sudbury Senior Center and Parmenter Community Health.

### Early Fall Flu Clinic

Thursday, September 19  
1:00-4:00 PM  
6:00-8:00 PM

Sudbury Board of Health Nurse Phyllis Schilp will be here with her team of nurses to get you ready for winter flu season! Please 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.



# 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  
Sept. 10 – Oct. 29; 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 register for 9:40 or 11:00 AM, **at least one week in advance** of the class starting date. Class minimum is 8 students.

**Tai Chi**

Mondays, 2:15 PM  
Sept. 9 – Nov. 4  
8 weeks for \$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 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, Sept. 9 – Nov. 4, 1:00 PM  
**\*\*New Friday Class!\*\***  
Fridays, Sept. 13 – Nov. 1, 9:30 AM  
8 weeks for \$56

Class minimum is 8 students.

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

**Zumba**

Wednesdays, 12:00 – 1:00PM  
\$4 drop-in; \$9 for September 11, 18, 25  
Please bring water and your enthusiasm!



**Tap Dance**

Thursdays, 9:30-10:30AM  
\$15 for 3 classes; Sept. 12, 19, 26



Put on your tap shoes and get happy!

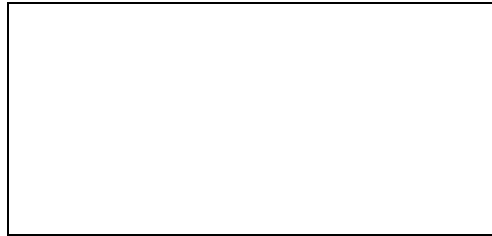
THE  
SUDBURY  
SENIOR

# SCENE

A monthly publication from the  
**SUDBURY SENIOR CENTER AND  
SUDBURY COUNCIL ON AGING**  
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<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](mailto:senior@sudbury.ma.us)  
**Senior Center hours:** Monday through Friday, 9 AM to 4 PM/**Van Service Hours:** Monday through Friday, 8:30 AM to 3:30 PM



*Please make an  
appointment!*

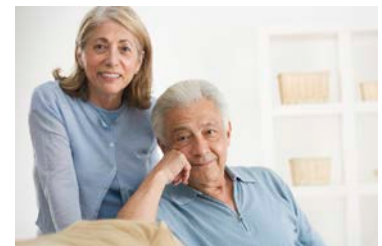
## Flu Clinic

Thursday, September 19  
1:00-4:00 PM  
6:00-8:00 PM

## Falls Prevention Workshop

Thursday, September 26  
3:00-5:00 PM

*Sign up at  
(978) 443-3055*



## Policemen's Picnic

Saturday, September 28  
12 noon – 2pm  
**FREE!**

*Sign up at  
(978) 443-3055*