

Ottoman Centuries

Tuesdays, 10:00 AM

November 18, 25, December 2

3 weeks



Exodus of crusaders from the Middle East in the late 13th century resulted in lots of Turkish tribes roaming the lands. In 1299 Osman Bey founded the Ottoman Empire which lasted until the First World War (1919). This vast Turkish Empire spanned Middle East, Southern Europe, Northern Africa including Egypt and stayed in power for six hundred years (longest time in the history of mankind). A new world order was established as a result of World War I, which created countries like, Saudi Arabia, Iraq, Jordan and Syria. This order was preserved during the Cold War (1945-1990).

However, the countries created were not based on tribal, religious or ethnic considerations. Furthermore, dictatorial/monarchic rule was tolerated both by US and the Soviets. These factors have led to a lot of unrest in the region, fueled by US intervention, followed by an intolerant Iraqi government. These factors are being thoroughly exploited by terrorists like al-Qaeda and ISIL.

This series of lectures will cover the rise and fall of Ottoman empire; the policies of rule and administration for the diverse population of the empire; the rise of Russia followed by events of the Twentieth century leading up to current situation in Iraq and Syria.

No charge. Many thanks to Mr. Ali for volunteering his time as an instructor!

National Memory Screening Day

Tuesday, November 18

9:30 AM *



Are you concerned about memory problems?

Please join us on **November 18, 2014** for National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America. Take advantage of 15 minute free, confidential memory screenings with Phyllis Schilp, R.N., Sudbury's Board of Health Nurse. You can also pick up free educational materials about memory concerns, dementia, caregiving and successful aging.

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

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A Message from COA Chair, Jack Ryan

Once a year the Council on Aging has a meeting where it dedicates several hours to strategy and planning. We discuss what has been accomplished over the past year or two, what has not been done and what we need to do over the next year or more. We just had this year's session and it was, to say the least, most interesting. I have said this before (several times some of you will say :-), but we have to constantly remember, the demographics of Sudbury have and will continue to change. The number and percentage of seniors in town continues to grow. That means the town must continue to examine its resources and the allocation of those resources to insure it is maintaining pace with its changing demographics.

So back to the meeting. Over the past year or more we have had Means Tested Senior Tax Relief, but it is currently only a three year program. We have added a Program Coordinator to the Senior Center staff and added more programs, but we still have more demand for programs and are struggling with space needs. We have started the conversation about a multigenerational community center for Sudbury, which will certainly help with space for Senior activities, but that is still at the concept and conversation stage. What we have to do includes renewing Means tested Senior Tax Relief (a great success in its first full year); continuing to discuss and inform folks on the concept of the multigenerational community center; trying to provide as much as possible for seniors despite our limited space; and figuring out what we do to make transportation for Seniors in Sudbury more accessible. And this is only a partial list.

There is a lot to do but a lot of us to help do it. Please help where you can and never be afraid to ask: "Why not?"

~ Jack Ryan

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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

Watercolors Workshop in November

Fridays 2:00-4:00PM

November 7 - 21

3 weeks, prorated for newly joining students



Because there is space in our 2:00 PM Watercolors class (11:30 AM class is full) we are offering new students the opportunity to try it for 3 weeks. Bring a check to the Senior Center (made out to *Town of Sudbury*) for the prorated cost of \$21.

Sandy Wilensky leads a very popular class with a lesson each week, along with time for painting, reflection, feedback or unstructured time.

Watercolors Workshop—Next Session

Fridays—2 time options

A: 11:30-1:30 PM

B: 2:00-4:00 PM

December 5 – February 6

\$56 for 8 weeks

No class Nov. 28, Dec. 26, Jan. 2.

Due to the popularity of our Watercolors class, we are offering two sessions (A and B) this fall. You must register and pay in order to hold your space for this class.

Registration begins November 1 for Sudbury residents, and on November 7 for all others. Class maximum is 18 persons. For more information, please call (978) 443-3055.

**Thursday Crafters'
Holiday Bazaar at the Senior Center**

**Saturday, November 8
9:00 AM – 12:00 PM**

Come one, come all! Saunter in to the *Holiday Bazaar* for crafty gifts... jewelry... Grandma's Attic and more! And for those who are able, the Crafters would appreciate your support by baking goodies for the Bake Tables. Please bring an ingredients list. Kindly deliver food on Friday afternoon, Nov. 7, when workers will be setting up. And, drop off your Grandma's Attic Treasures at the Senior Center by Friday, November 7. We are looking for small good quality or lightly used items for Grandma's Attic. We are unable to accept large items, or items with a cord.

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

SOUP'S ON!

Vision Changes

Thursday, November 13

**12:00 PM—Homemade Soup and Salad
followed by educational talk (12:45 PM)!**

*Please sign up by
November 10!*



Most people find that their vision changes as they get older. Some changes are normal; but, some changes are associated with age-related diseases, like macular degeneration, glaucoma, cataract, or diabetic eye disease. In this program, you will learn more about these conditions, as well as benefits and services available through the Mass. Commission for the Blind and other agencies. You will have an opportunity to learn about helpful and interesting low vision aids, and how to help people with low vision. Andrea Schein does public education for the BRIDGE Elder Blind Program at the Massachusetts Commission for the Blind. Talk begins at 12:45PM.

Please sign up by calling (978) 443-3055. Let us know if you would like soup or you are only attending the talk. You must call by Monday, November 10 so that we can make sure to have enough food for the expected audience. *Many thanks to our Soup Creation Team—Claire Wigandt and Judy Demers!*

Wayside Inn Holiday Dinner

Wednesday, December 3, 12 noon

Get ready for the annual Wayside Inn Dinner! If you would like to enter the lottery, please bring or mail in the form below **between Monday, November 3 and Friday, November 14**. On Tuesday, November 18 at 10:30 AM, we will pull the lottery tickets. You will be notified by email or phone if your ticket is pulled. Once notified, you **must send payment by Friday, November 28**, in order to preserve your registration. If payment is not received by that date, another ticket may be chosen. Please call (978) 443-3055 with any questions.

You may enter the lottery for one or two people, and both must be Sudbury residents. There is a limit of 90 participants. You will be notified if your ticket is chosen. Your \$19.00 payment will be due by Friday, November 28.

**Wayside Inn Holiday Dinner
Lottery Entry Form**

Send in Nov. 3-14!

Name(s)	Telephone	Email	Pot Roast	Salmon

Drawing Workshop

December 3-January 21, 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. No class December 24, 31.

Complimentary Tickets!

The LSB Players' production of *Chicago*
Wednesday, November 19th

Lincoln-Sudbury Regional High School and the LSB Players are pleased to announce their first production of the 2014-2015 season. Set in the legendary city during the roaring "jazz hot" 20s, *Chicago* tells the story of two rival vaudevillian murderesses locked up in Cook County Jail - nightclub star Velma Kelly and chorus girl Roxie Hart. Velma enlists the help of prison matron Mama Morton and slickster lawyer Billy Flynn, who turn Velma's incarceration into a murder-of-the-week media frenzy, thus preparing the world for a splashy showbiz comeback. But Roxie has some tricks of her own up her sleeve! Roxie and Velma vie for the spotlight and the headlines, ultimately joining forces in search of the "American Dream": fame, fortune and acquittal. This sharp edged satire features a dazzling score that sparked immortal staging by Bob Fosse.

Chicago will be directed by Carly Evans, music directed by Michael Bunting and conducted by Tom Grandprey, and performed in the Kirshner Auditorium on Wednesday, November 19th, Thursday, November 20th, Friday, November 21st and Saturday, November 22nd at 7:30 p.m.

Once again LSB Players is pleased to offer the Senior Center a limited number of complimentary tickets for the Wednesday, November 19, 2014 performance (7:30pm). Tickets will be available for pick up at the Senior Center as of Friday, November 14th. Additional tickets or tickets for other performances may be reserved by visiting <http://www.lsrhs.net/sites/lspbplayers/tickets/subscriptions/>. Come see *Chicago*. You don't want to miss this wonderful production!

Sand Buckets

An antidote to icy walks!



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



Dance Across the Community

Tuesdays at 3:10-3:55 PM
November 4, 18, 25

L-S students are offering an intergenerational dance class – simple dance steps - come join the fun! Get moving! Call to sign up at (978) 443-3055.

Cards and Games!

Join us for the ultimate brain games...

Mondays—**Scrabble and Games** 1:00–3:30 PM

Tuesdays—**Cribbage** 9:00-11:30 AM

Bridge 12:30-3:30 PM

Wednesdays—**Canasta** 1:00-3:30 PM

Current Events Group

Thursday, November 6, 20
10:00 AM

Our veteran Facilitator Richard Nesmith invites you to join the respectful group discussion about the latest topics. Please call the Senior Center to sign up at (978) 443-3055. **Please note:** Current Events will meet in the Sudbury Pines room on November 6, and Room 1 on November 20.



Connection Circle

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

Share interests, memories and pieces of your life stories at our women's discussion group. 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.

Space Heater Program



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

Van Transportation – Change is Afoot!

Over the last year, we added a new part-time driver, Amy Snow, for 12 hours per week. She has proved to be a wonderful addition to our team! Happy First Year Anniversary Amy!

As demand for the van grows, we are changing our procedures to improve service and efficiency. We are asking riders to plan ahead as much as possible with their rides and to call and request a ride 2 days in advance by 4:00 PM. In addition, we are devoting Tuesdays and Thursdays to shopping or other tasks at the two large shopping plazas in South Sudbury: Shaw's Plaza and Sudbury Farms plaza. We believe this will increase the number of riders we can serve and improve the efficiency of our service.

Holiday Season Shopping Trips

As we do every year near holiday season, we schedule special Monday van trips to different shopping areas, followed by lunch at a nearby restaurant. The November dates and destinations are listed below. To reserve a spot on one of these trips, please call (978) 443-3055.

Monday, November 17

Shopping Destination: Solomon Pond Mall, Marlborough

Lunch at: Bertucci's Italian Restaurant

Monday, November 24

Shopping Destination: Wegman's Supermarket, Northborough

Lunch at: Brittneys Restaurant

**Lincoln-Sudbury High School
Martin Luther King Project
Thanksgiving Luncheon**

Wednesday, November 26
12 noon-1:30PM

Come join the L-S Martin Luther King Action Project for their traditional holiday treat for seniors in Lincoln and Sudbury at L/S Regional High School. Turkey and all the fixings donated by Sudbury Farms will be served in the high school cafeteria. Entertainment is included, and there is **no charge**. Reservations are expected! Call the Sudbury Senior Center at 978-443-3055 by **Wednesday, November 12.**

We are very grateful to teacher Tom Danko and all the students and staff from the MLK Action Project for hosting this event each year.

**Dance Across the Community
Tuesdays, 3:10-3:55 PM**



Don't forget about the opportunity to join *Dance across the Community* with Lincoln-Sudbury students lead by Kate Weiler on Tuesday afternoons. See page 4.

League of Women Voters Health Care Forum

Sunday, November 2
2:30-4:30 PM
Goodnow Library



The League of Women Voters offers a health care forum on "Why Single-Payer Health Care Is Better Than the Affordable Care Act" at Goodnow Library, 21 Concord Rd., Sudbury.

Senator Jamie Eldridge and Ben Day, Information Director of Healthcare-Now, will be the speakers. There will be ample time for audience questions and comments. For more information, call 978-443-8609 or visit www.sudburyleague.com.

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.

NOVEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00-2:30 Bereavement Group (3) 1:00 Better Bones (7) 2:15 Tai Chi (8)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 12:30 Bridge 1:00-4:00 SHINE 1:15 Tai Chi for Healthy Living (1) (2 nd session) 3:00 COA Meeting	9:00-3:00 I&R Hours 9:30 U.S. History (8) 10-12 Drawing (3) 11:00 Fit for the Future 12:00 Veterans Luncheon Zumba on hiatus 1:00-3:30 Canasta (VH) No Quilting	9:00-4:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events 12:00 Pizza and a... 12:30 Movie: <i>The Monuments Men</i> 1:00-4:00 SHINE 2:30 Connection Circle	9:00-3:00 I&R Hours 9:00-11:30 <i>My Life, My Health</i> (4) 9:30-11:30 Bingo (SP) 9:30 Better Bones (7) 11 Fit for the Future No Friday Movie 11:30/2 Watercolors (5) Holiday Craft Bazaar Sat., November 8, 9-12
10	11	12	13	14
9:00-3:00 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00-2:30 Bereavement Group (4) 1:00 Better Bones (8) 2:15 Tai Chi (1)	Veterans Day Holiday  Senior Center Closed	9:00-3:00 I&R Hours 9:30 U.S. History (9) 10-12 Drawing (4) 11:00 Fit for the Future 1:00-3:30 Canasta No Quilting 2:00-4:00 Teen Tech	9:00-4:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 <i>Soup's On!</i> & 12:45 <i>Andrea Schein-Vision Changes</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:00-11:30 <i>My Life, My Health</i> (5) 9:30-11:30 Bingo 9:30 Better Bones (8) 11:00 Fit for the Future 12:30 Friday Movie: <i>Jesus Christ Superstar</i> 11:30/2 Watercolors (6)
<i>Special Van Trip</i> 17	18	19	20	21
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00-2:30 Bereavement Group (5) 1:00 Better Bones (1) 2:15 Tai Chi (2)	8:30-9:30 BP Clinic 9:30 Memory Screenings 9:00 Cribbage 9:40/11:00 Yoga (1) 10:00 Ottoman Centuries (1 of 3) 10:00-12:00 Legal Clinic 12:30-3:30 Bridge 1:00-4:00 SHINE 1:15 Tai Chi (2)	9:00-3:00 I&R Hours 9:30 U.S. History (10, last) 10-12 Drawing (5) 11:00 Fit for the Future 1:00-3:30 Canasta 1:00-3:30 Quilting Workshop	9:00-4:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:00-2:30 <i>Alzheimer's Training for Family Caregivers (w/lunch)</i> 10:00 Current Events (R1) 2:30 Connection Circle	9:00-3:00 I&R Hours 9:00-11:30 <i>My Life, My Health</i> (6, last) 9:30-11:30 Bingo No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>Moses</i> 11:30/2 Watercolors (7)
<i>Special Van Trip</i> 24	25	26	27	28
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00-2:30 Bereavement Group (6) 1:00 Better Bones (2) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 10:00 Ottoman Centuries (2 of 3) 12:30 Bridge 1:15 Tai Chi for Healthy Living (3) (2 nd session)	9:00-3:00 I&R Hours 10-12 Drawing (6) 11:00 Fit for the Future 1:00-3:30 Canasta (Van Houten room) No Quilting today	Happy Thanksgiving!  Senior Center Closed	9:00-3:00 I&R Hours 9:30-11:30 Bingo No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>Gandhi</i> No Watercolors

Announcement about our Lunch Program

We are changing our scheduled lunch time meals from regular Tuesdays and Wednesdays to specially scheduled Tuesdays and Wednesdays (i.e. there will **not** be a regularly scheduled Tuesday and Wednesday lunch). We will schedule a few lunches to be paired with a special educational or entertainment event in the afternoon. BayPath Elder Services will continue to provide the hot lunch on these days. Look for details in each newsletter.

BayPath also will continue to provide a hot home delivered meal 5 days each week. All lunches are funded by the federal Title IIIIC nutrition program. A \$3.00 donation per meal is suggested.

Please look for our special event lunches in each newsletter. To apply to receive home delivered meals, please call BayPath Elder Services at (508) 573-7200.

TEEN TECH WORKSHOP Wednesday, November 12 2:10-4:00 PM

L-S students are available for tech help with cell phones, ipads, ipods, laptops, software (using our computer), or other technical questions. Meet some of our amazing L-S students—find out what they've been up to! Call the Senior Center to schedule your appointment at (978) 443-3055.

Friends' of Sudbury Seniors Website

Have you seen the Friends' website? Look for links to the Senior Center newsletter and other information there at www.friendsofsudburyseniors.org. The Friends are a congenial group of volunteers who fundraise to support the Senior Center. Questions? Please call us at (978) 443-3055.

Movie and Pizza

Thursday, November 6

Monuments Men

PG-13

1 h, 58 m

12:00 Pizza

12:30 Movie



In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Written, directed and starring George Clooney.

Starring: George Clooney, Matt Damon, Bill Murray

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

Friday at the Movies - 12:30 PM

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

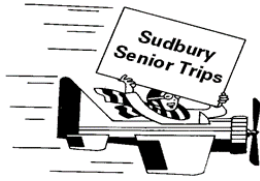
November 7— No movie today due to Saturday Crafts Bazaar

November 14- **Jesus Christ Superstar**—1973—1 h, 47m

November 21- **Moses**— 1975— 2 h, 20 m

November 28- **Gandhi**— 1982—3 h, 10 m

Please give us your suggestions! Drop a note in our Suggestion Box at the Front Desk!



Hello Fellow Travelers!

The Sudbury Senior Center has found two new Trip Co- Coordinators to fill the very large shoes of Carmel O'Connell, who has retired from the Trip Coordinator position due to illness. Yes, we need *two* people to fill her shoes! We miss you, Carmel!

We are pleased to announce that Joe Bausk and Joanne Bennett will be the new Trip Coordinators! They are already hard at work planning trips for next year. We are hoping to offer some new and different trips as well as many of our popular mainstays. A trip brochure for the new year will be available at the beginning of January 2015.

In addition, it is past time to announce the Foxwoods Trips Coordinator team of Deanna Sklenak and Ron Ragno. Many of you who take these trips already know these two very well. They have been bringing a lot of energy and enthusiasm to the quarterly Foxwoods trips. Fortunately, Deanna and Ron plan to continue planning all the Foxwoods trips in 2015.

For the remainder of this year, we have a group heading off to the Panama Canal cruise on October 20 and a group going to Foxwoods on November 3. Foxwoods trips for the new year (2015) will be on February 2, May 4, August 3 and November 2.

We miss Carmel and appreciate all of her hard work over the last 20 years. Carmel has received many phone calls from all of the Tour operators and travelers that she has worked with. They never fail to express their respect and admiration for her leadership and organizational skills as the Sudbury Trips Coordinator. Carmel has been an energetic, hardworking, organized and responsible Coordinator. And on top of that, she's always a lot of fun! We know that you all feel the same way. Please feel free to send her good wishes to her home or to the Senior Center office at 40 Fairbank Road, and we will make sure she receives them.

Please note: When registering for a trip, please now make checks payable to *Sudbury Senior Activities* instead of Sudbury Senior Trips.

Fitness Classes

REGISTRATION for the next sessions of classes will begin on November 3. 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—ongoing

Better Bones, Senior Strength

Mondays at 1PM; November 17—January 12

No class December 29

\$56—8 weeks

Fridays at 9:30AM; November 21—December 19

\$28 —4 weeks

Tai Chi

Mondays, 2:15 PM

November 17-January 12

\$36 for 8 weeks

Tai Chi for Healthy Living

Tuesdays, 1:15 PM

November 18—January 13, 8 weeks

No class November 11, December 30

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

Tap Dance

Thursdays, 9:30 AM

October 23-December 4; December 11– January 29

No class November 27, December 25, 31

\$30 for 6 weeks

Yoga for Living Well

Tuesdays, November 18– January 13

No class December 30

9:40 or 11:00 AM

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

Zumba—Zumba is on hiatus until January 2015

NOTE: You can try any fitness class *for the first time* for **free**. However, you must schedule your visit at the Front Desk, as some classes have scheduled days for visitors.

Legal Clinic

Tuesday, November 18

10:00AM-12:00 PM



Schedule a free 20 minute consultation with Elder Law Attorney Denise Yurkofsky of Wayland. 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
SUDBURY COUNCIL ON AGING**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

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Sudbury Senior Center

Phone: 978-443-3055

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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

The Sudbury Military Support Network, the Sudbury Senior Center and the Wayside Inn sponsor the 4th Annual

Veterans Appreciation Luncheon

November 5—12:00 PM



Special Guest:

Chaplain, Brigadier General *Richard Erikson*

Mobilization Assistant to the Air Force Chief of Chaplains

Pastor of Our Lady of Fatima Parish, Sudbury

Featuring Wayside Inn's Chicken Pot Pie, Mashed Potatoes and Butternut Squash!

Veterans and spouses, please call the Senior Center at (978) 443-3055 to register.
Space is limited.

Alzheimer's Training for Family Caregivers

Provided by Hearthstone Alzheimer Care

Thursday, November 20, 10:00 AM-2:30 PM

Please register by contacting the Senior Center at (978) 443-3055.

