



**Home and Fire Safety  
Breakfast**

Thursday, October 2  
9:00-10:00 AM  
Free



Join us for bagels, cream cheese, fruit, juice, coffee and tea! Lieutenant Kevin Cutler from the Sudbury Fire Department will be here to share tips and insights about home and fire safety while you dine! Bring your questions, too!

In addition, Lieut. Cutler will talk about a new joint program of the Fire Department and Senior Center, the Home Safety Visit. One of our Sudbury firefighters, accompanied by a Senior Center Fix-it volunteer, will make recommendations to make your home safer, including a look at your smoke detector and carbon monoxide detectors.

Please sign up for the breakfast talk by calling the Sudbury Senior Center at (978) 443-3055. This will help us to plan the right amount of food. Thank you.



*Light  
Breakfast  
and Lunch  
Served!*

**Safety is No Accident!  
Safety Fair**

Monday, October 27  
10:00am-1:00pm  
Free

Remember the old Boy Scout slogan “Be Prepared!” The Senior Center is taking this slogan to heart and offering workshops, information, and tips for staying safe at home and in the community. Join us for workshops on Safety in the home, falls prevention, winter safety, and driving safety. Find some peace and peace of mind, try out a mini-Tai Chi or Yoga class. Get a Balance assessment. Learn more about special programs from Emerson Hospital, BayPath Elder Services, Parmenter Community Health, CERT (our Sudbury Citizens Emergency Response Team), Sudbury Pines Extended Care, New Horizons Assisted Living, Heritage Assisted Living, Mass. Commission for the Blind and the Commission for the Deaf and Hard of Hearing, and more.

Join us for continental breakfast fare between 10:00 and 11:30 and light lunch fare between 11:30 and 1:00. Stop by our resource tables, get your free balance assessment, participate in a workshop, ask your questions—get prepared!

Please help us to be ready for the audience, by signing up in advance—  
call (978) 443-3055.

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**My Life, My Health  
Healthy Aging Workshop**

Fridays, 9:00-11:30 AM  
October 3, 10, 17, 24, 31, November 7  
FREE



Sponsored by BayPath Elder Services.

We are very pleased to offer a Stanford University program called My Life/My Health. This 6 week workshop is designed to help people living with chronic conditions such as diabetes, arthritis, high blood pressure, asthma, cardiac failure, heart disease and depression, among others. The program was designed and tested by Stanford University and found to improve the health and wellbeing of participants. The classes are 2 1/2 hours each week, which is long, but they are full of useful information and activities.

The workshop is led by two trained leaders. Please sign up as soon as possible, as the class has a minimum enrollment to run. Call the Senior Center to register at (978) 443-3055.

**Flu Shots!  
Thursday, October 2  
1:00-4:00 PM; 6:00-8:00 PM**

If you haven't already signed up, call right away to reserve your time slot. Phyllis Schilp, R.N., Sudbury Board of Health and Parmenter Home and Hospice, is coordinating the flu shots again this year with help from Ed Gottmann and our many volunteers. Please call the Senior Center for information at (978) 443-3055.

**Watercolors  
Workshop**

Fridays  
2:00-4:00PM  
October 3-November 21  
\$56



There is still space in our 2:00 PM Watercolors class (11:30 AM class is full). Sandy Wilensky leads a very popular class with a lesson each week, along with time for painting, reflection, feedback or unstructured time. You will enjoy this class whether a beginner or an experienced painter! Send or drop off a check at the Senior Center (made out to *Town of Sudbury*).

**Drawing  
Workshop**

October 22-  
November 26, 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. Make your check out to "Town of Sudbury". Call (978) 443-3055 for more information.

**COUNCIL ON AGING**

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We miss you, Carmel!  
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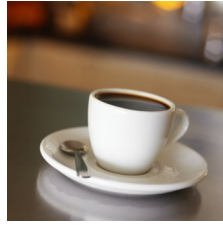
**FRIENDS OF SUDBURY  
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Ellen Morgan  
Joe Bausk

[www.friendsofsudburyseniors.org](http://www.friendsofsudburyseniors.org)

**SUDBURY SENIOR CENTER**  
Phone: (978) 443-3055  
Address: 40 Fairbank Road, Sudbury  
Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)  
Webpage: [www.senior.sudbury.ma.us](http://www.senior.sudbury.ma.us)

***Our Biannual***  
**Men's Breakfast**  
**Thursday, October 23, 9:00 AM**  
**\$3 at the door**



This is the best! Local pancake makers Joe Bausk, Barry David, John Beeler and Bob Diefenbacher will be on hand to create an interesting assortment of pancakes, along with hot sausage, fruit, coffee and tea. Please sign up in advance so that cooks know how many to plan for. Call the Senior Center to sign up and for more information at (978) 443-3055.

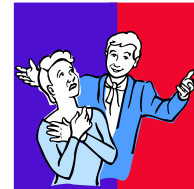


**Richard Travers'**  
***Songs of Stephen Sondheim***  
 Thursdays, October 9, 16 and Monday, October 20  
 1:00 PM  
 \$30

This series is all about the music and creative process of the multiple award -winning composer Stephen Sondheim; from his beginnings in the classic *West Side Story* through such ground breaking musicals as *Sweeney Todd* and the Pulitzer Prize winning *Sunday in the Park with George*.

Esteemed instructor Richard Travers returns with this new subject. Please register and pay at the Sudbury Senior Center. Your payment reserves your spot.

***In the Moment***  
**IMPROV WORKSHOP with Judith Kalaora**  
 Thursday, October 23  
 1:30-3:00 PM, \$5 in advance; \$10 at the door



Judith Kalaora is back! The magic of improvisational theatre performance flows from a participant's ability to be "in the moment" completely. This form of theatre takes shape with little or no advance planning. Join us to learn the fundamental principles of improvisation and to explore Playback, a unique improvisational tool that fosters personal empowerment, team building, and conflict resolution. With this acting technique, participants view and evaluate life's anecdotes from different perspectives. This should be a lot of fun! Please sign up and pay the \$5 at the Sudbury Senior Center (\$10 at the door).

**Don't Ignore Your Medicare Mail!**

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

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

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

## Bereavement Group

Mondays, October 20-December 8  
1:00-2:30 PM

This eight week bereavement group is for any adult who has experienced or is experiencing a loss. Come to listen, come to share, come to learn. The group will be facilitated by Charlotte Cohen, Parmenter Hospice Volunteer, and Anne Manning, LMHC, Senior Center Information Specialist.

For more information or to register please contact Anne Manning, LMHC, at 978-639-3268 or [manninga@sudbury.ma.us](mailto:manninga@sudbury.ma.us).

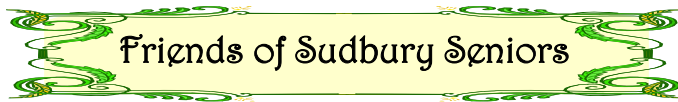
*Cosponsored by Parmenter Community Health and the Sudbury Senior Center.*



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

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

Please note: Connection Circle will meet at 3:00PM instead of 2:30 PM on Thursday, October 23.



### Friends of Sudbury Seniors

The Friends' is a non-profit group whose mission is to support the Sudbury Senior Center and its programs for seniors. They meet on the 4th Thursday of each month at 3:00 PM at the Senior Center. Please stop by to check out a meeting and find out more!

Have you seen the Friends' website? Look for the Senior Center newsletter and other information there at [www.friendsofsudburyseniors.org](http://www.friendsofsudburyseniors.org).

Questions? Please call the Senior Center at (978) 443-3055.

## Holiday Craft Bazaar

Saturday, November 8  
9-12 Noon



The Thursday Craft group will be holding their annual Holiday Craft bazaar in November. Please save the date to attend or volunteer to help out! Donations of good, usable condition items for Grandma's Attic will be accepted at the Senior Center during office hours (9-4, Monday-Friday). To be a part of this fun event, please leave your name at the Senior Center, or stop by on Thursday mornings between 9:30-11:30 AM.

### Lunch and Art Class? Wednesdays, October 1, 8, 22

Lunch: 12:00 PM  
Evolution of German Art: 1:30 PM

If you are registered for our German Art class on Wednesdays, sign up for lunch! Please order by **Monday** at 11:00 AM. Have lunch at 12:00, have a coffee or tea and dessert and then your ready for the lecture!



### Current Events Group Thursday, October 2 and 16 10:00-11:00 AM

Led by our popular and veteran Facilitator Richard Nesmith! Please call the Senior Center to sign up at (978) 443-3055.

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

Monday afternoons are reserved for Scrabble and other Games. Drop on by to get your neurons charged up! If you ask to be added to our list, and would like, we can share your name with others who are interested in playing. Call (978) 443-3055 for information.

**Games, Games, Games!**

With Joe Andrews  
 Tuesday, October 21  
 10:00 AM  
 Free



Come learn a new card game and secrets for improved strategy and technique for some of your favorites!

Joe Andrews is a game inventor and author of multiple books and articles about card games, providing readers with advanced strategies for more competitive play. He has written articles on the card games: Spades, Euchre and Bid Whist. Joe will provide a fun and interesting morning of card games for all ages and level of play!

**Sudbury Pines Extended Care** is sponsoring this event and providing refreshments.

Please sign up for this talk by calling the Senior Center at (978) 443-3055. Space is limited.

**Sudbury Policemen's Picnic**

Saturday, October 4  
 12:00-2:00 PM



Delicious food and entertainment provided by our Police Department. Free.

**Soup's On!**

Thursday, October 30



**Pantry Staples: The Health Benefits and Culinary Uses of Star Nutrition Ingredients**

12 Noon: Soup (kitchen closes at 12:30)  
 12:45 PM: Barbara Gold, R.D.,  
 BayPath Elder Services Nutritionist and Chef

Find out what pantry staples are stars and how you can put them to good use for your health! Call the Senior Center to register and order soup at (978) 443-3055.

SAVE THE DATE!

**Veteran's Appreciation Luncheon**

Wednesday, November 5  
 12 noon



Veterans and spouses are invited to a special luncheon in the Fairbank Community Gym sponsored by the Sudbury Military Support Network and the Sudbury Senior Center. We are very pleased to have Fr. Richard Erikson, from Our Lady of Fatima Church as our Guest speaker.

Sudbury veterans and spouses only, may register until Friday, October 17, all others thereafter. Please call (978) 443-3055 to register.

**ANNOUNCEMENTS**

**Senior Center Holiday Craft Bazaar**

**SAVE THE DATE!** Saturday, November 8  
 See page 4 for more information.

**Moving Day Boston - Walk for Parkinson's**

Walk to support National Parkinson's Foundation in Brighton on Saturday, October 11<sup>th</sup>, 2014 from 9:00AM to 12 Noon. More info at [www.movingdayboston.org](http://www.movingdayboston.org).

**Tuesdays it's Cribbage and Bridge!**

Cards rule on Tuesdays! Cribbage is the game at 9:00 AM; at 12:30 PM our Bridge crew gets going. Drop in.

**CANASTA**

Our congenial Canasta group meets on Wednesdays from 1-3:30PM. Drop in and talk to our Canasta Group Leader Bonnie Klein.

**Scrabble and Games**

Mondays, 1:00 PM

Drop in to play a game or sign up to be on our Scrabble list. Call (978) 443-3055 for more information.

**Quilt Making Studio Class**


Wednesdays, 1:00-3:00 PM

Offered through Lincoln-Sudbury Adult Education program at [www.lsrhs.net/sites/adulted](http://www.lsrhs.net/sites/adulted).

**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.

## OCTOBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
VH – Van Houten Rm SP – Sudbury Pines Room R1 - next to gym R2 - Room 2 (billiards room) R3 – Game Room G – Gym L – Lounge		9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (3) 10:00-12:00 Drawing (4) 11:00 Fit for the Future (G) 11:30 <i>Gifcard Drawing</i> 12:00 Lunch 12:00 Zumba (4) 1:00-3:30 Canasta (R1) 12.30-3:00 Quilting (3)(VH) 1:30 <i>Evolution of German Art</i> (3)	9:00 <i>Home and Fire Safety Breakfast</i> 9-4 SHINE 9:30 Tap Dance (4) 9:30 Thursday Crafters (VH) 10:00 Current Events 2:30 Connection Circle (R1) 1:00-4:00 <i>Flu Shots</i> 6:00-8:00 <i>Flu Shots</i>	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (1) (VH) <i>No Better Bones today</i> 11:00 Fit for the Future 12:30 Friday Movie: <i>Annie Get Your Gun</i> 11:30/2 Watercolors (5) <i>Mercury Collection</i> Sat., Oct. 4 11am-1pm <i>Policemen's Picnic</i> 12p
6	7	8	9	10
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 Better Bones (4) 1:00 Scrabble/Games 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (4) 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i> (5) (SP) 3:00 COA Meeting	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (4) 10-12:00 <i>Drawing</i> (5 of 6) 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba (5) 1:00-3:30 Canasta (R1) 1:00 Quilting (4) (VH) 1:30 <i>German Art</i> (4) 2:00-4:00 Teen Tech (L)	9-4 SHINE 9:30 Tap Dance (5) 9:30 Thursday Crafters (VH) 1:00 <i>Richard Travers– Music of Steven Sondheim</i> (1) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (2) (VH) 9:30 Better Bones (4) 11:00 Fit for the Future 12:30 Friday Movie: <i>Mary Poppins</i> 11:30/2 Watercolors (6)
13	14	15	16	17
Columbus Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (5) 10:00-12:00 Legal Clinic 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i> (6)	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (5) 10-12:00 <i>Drawing</i> (6 of 6) 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba (6) 1:00-3:30 Canasta (SP) <i>No German Art this week</i> 12:30-3 Quilting (5) (VH)	9-4 SHINE 9:30 Tap Dance (6) 9:30 Thursday Crafters (VH) 10:00 Current Events 1:00 <i>Richard Travers– Steven Sondheim</i> (2) <i>next class Mon, 10/20</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (3) (VH) 9:30-11:30 Bingo (SP) 9:30 Better Bones (5) 11:00 Fit for the Future 12:30 Friday Movie: <i>South Pacific</i> 11:30/2 Watercolors (7)
20	21	22	23	24
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 <i>Richard Travers– Steven Sondheim</i> (3) 1-2:30 <i>Bereavement Group</i> (1 of 8) 1:00 Scrabble/Games 1:00 Better Bones (5) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (6) 10:00 <i>Games, Games, Games!</i> 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i> (7)	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (6) 10-12:00 <i>Drawing</i> (1 of 6) 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba (1) 1:00-3:30 Canasta (R3) 12:30-3 Quilting (6) (VH) 1:30 <i>German Art</i> (5, last) 2:00-4:00 Teen Tech (L)	9:00 <i>Men's Breakfast</i> 9-4 SHINE 9:30 Tap Dance (1) 9:30 Thursday Crafters 1:30-3:00 <i>Improv Workshop</i> 3:00 Connection Circle* <i>*Note time change!</i> 3:00 <i>Friends' of Sudbury Seniors</i> (R1)	9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (4) (VH) 9:30-11:30 Bingo (SP) 9:30 Better Bones (6) 11:00 Fit for the Future 11:30/2 Watercolors (8) 12:30 Friday Movie: <i>Hello Dolly!</i>
27	28	29	30	31
9:00-3:00 I&R Hours 10:00-1:00 <i>Safety Fair</i> 11:00 Fit for the Future (G) 1-2:30 <i>Bereavement Group</i> (2 of 8) 1:00 Scrabble/Games 1:00 Better Bones (6) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (7) 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i> (8)	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (7) 10-12:00 <i>Drawing</i> (2 of 6) 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba (2) 1:00-3:30 Canasta (SP) 12:30 Quilting (7) (VH)	9-4 SHINE 9:30 Tap Dance (2) 9:30 Thursday Crafters (VH) 12:00 <i>Soup's On!</i> 12:45 Speaker: <i>Nutritionist Barbara Gold—Pantry Staples</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (5) (VH) 9:30-11:30 Bingo (SP) <i>No Better Bones today</i> 11:00 Fit for the Future 11:30/2 Watercolors (9) 12:30 Friday Movie: <i>That's Entertainment!</i>

**LUNCH\*****Tuesdays and Wednesdays at 12 noon**

BayPath Elder Services provides a hot lunch on Tuesdays and two lunch choices on Wednesdays at noon; as well as a hot home delivered meal 5 days each week. All are funded by the federal Title IIIIC nutrition program. A \$3.00 donation per meal is suggested.

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

A **monthly menu** is posted at the Senior Center and on the Senior Center webpage at [www.sudbury.ma.us/departments/seniorcenter](http://www.sudbury.ma.us/departments/seniorcenter).

\*ANNOUNCEMENT ABOUT LUNCH!

*Lunch and Listen/  
Lunch and Learn*

Coming in November, we will change our regular Tuesday and Wednesday lunches, to a once or twice a month lunch with a special event. We will be scheduling an educational or entertainment event after one of our hot lunches, so that you can come for lunch and stay for a show or a talk.

Our regular schedule (above) will continue for October. Look to the November newsletter for announcements about our Lunch and Listen and Lunch and Learn events.



**'50s and '60s Musicals**  
**Fridays in October - 12:30 PM**



10/3 – **Annie Get Your Gun**

1950—Betty Hutton—1 h, 47 m -  
Irving Berlin's classic musical  
adapted for film

10/10– **Mary Poppins**

1964 – 2 h, 19 m—Julie Andrews

10/17– **South Pacific**

1958– 2 h, 37 m– Mitzi Gaynor

10/24– **Hello Dolly**

1969– 2 h, 26 m– Barbara Streisand

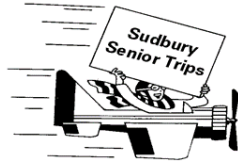
10/31– **That's Entertainment**

1974– 2 h, 6 m– Fred and Ginger host highlights  
of musicals from Hollywood's Golden Age.

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

**Senior Center Van Transportation**

In order to accommodate increased demand and to increase safety and efficiency of the Senior Center van service, the Senior Center is implementing some changes to our Van Service. Van Service will begin using a special schedule for van rides each week. Tuesdays and Thursdays will be for rides to shopping at the Sudbury Farms and Shaw's Plazas. Mondays, Wednesdays and Fridays will be reserved for other purposes, including rides to the bank, post office, library, hair and nail appointments, and visits to friends and family, etc. A flyer explaining all of the changes will be available on each van and at the Senior Center in mid-October. Please call the Senior Center at (978) 443-3055 with any questions.



### Sudbury Senior Trips

We are currently accepting registration for our November 3 Foxwoods Trip. Please sign up by making your \$26 checks out to *Sudbury Senior Activities*.

Carmel O'Connell who has retired as Trips Coordinator sent a message to all of her friends and neighbors:

*Thank you to all my "Trip Friends" and to all my other Senior friends who have sent me so many lovely cards with prayers and good wishes. Thank you all for your thoughtfulness. Hopefully, my treatments will work and I will return to good health soon.*

*Carmel*



### TEEN TECH WORKSHOP Wednesdays, October 8 and 22 2:00-4:00 PM

L-S student volunteers will be available for tech help with cell phones, tablets and laptops, or other tech questions. Call the Senior Center to schedule an appointment at (978) 443-3055. Get to know the next generation!

### Mercury Collection

Saturdays, October 4 and November 8  
11:00 AM-1:00 PM

Mercury is a highly toxic compound that needs to be removed from the home. It should not be included in your weekly trash, as this may cause it to be released into the environment.

Bring your mercury containing items to the Senior Center and we will make sure they are safely and properly disposed of. This includes items such as old mercury thermometers or thermostats, small fluorescent lightbulbs, and other small mercury containing items. While supplies last, you will receive one mercury-free digital thermometer for your contribution—donated by Kaz, Inc., of Southborough, MA. For information, please call the Senior Center at (978) 443-3055.



### Fitness Classes

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

*REGISTRATION FOR THE NEXT SESSION OF CLASSES WILL BEGIN ON WED., OCTOBER 8, 2014. Check at Front Desk for latest dates.*

#### Fit for the Future with Lois (aerobics/strength)

Mondays, Wednesdays, Fridays, 11:00 AM  
\$2 drop-in

#### Better Bones, Senior Strength

Mondays, 1PM; September 15-November 10  
No class October 13

Fridays at 9:30AM; September 12-November 14  
No class October 3, 31  
\$56—8 weeks

#### Tai Chi

Mondays, 2:15 PM; No class Oct. 13  
September 8– November 3, 8 weeks  
\$36

#### Tai Chi for Healthy Living

Tuesdays, 1:15 PM  
September 9– October 28, 8 weeks  
\$10 (supported by the Executive Office of Elder Affairs)

#### Tap Dance

Thursdays, 9:30 AM  
September 11– October 16, 6 weeks  
\$30

#### Yoga for Living Well

Tuesdays, September 16 - November 4  
9:40 or 11:00 AM  
8 weeks for \$56 (payment due at registration)

#### Zumba

Wednesdays, 12:00 PM  
September 10-October 15, 6 weeks  
\$18—Note: must meet minimum enrollment to run

NOTE: You can try any fitness class *for the first time* for **free**. However, please talk to a Senior Center staff person before trying a class.

### Legal Clinic

**Tuesday, October 14  
10:00AM-12:00 PM**



Schedule a free 20 minute consultation with Elder Law Attorney Susan Shipley. Please call the Senior Center at (978) 443-3055 to schedule your 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 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**

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*on the web at:*

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

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**Return Service Requested**



**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

## *Special Events in October:*

### Home and Fire Safety Breakfast

FREE!

Thursday, October 2

9:00-10:00 AM

Bagels, cream cheese, fruit, coffee/tea; enjoy breakfast and learn more about Home and Fire Safety from the Fire Department.  
Senior Center Sudbury Pines Room—Please sign up!



### Sudbury Policemen's Picnic

FREE!

Saturday, October 4

12 Noon—2:00 PM

Delicious picnic accompanied by great music; served up by our own Sudbury Police officers.  
Fairbank Community Gym—Please sign up!



### Senior Center Men's Breakfast

\$3 at the door

Thursday, October 23

9:00-10:00 AM

Steaming hot flapjacks, sausage, fruit, juice, coffee/tea; Cooked and served by our Breakfast Team.  
Senior Center Sudbury Pines Room—Please sign up!

