



**HOLIDAY LUNCHEON**

Wednesday, December 10, 12:00 PM

Our annual Holiday Luncheon will feature a delicious meal from Heritage of Framingham along with delightful musical entertainment from Roger Tincknell in the Fairbank Community Gym. Join us for a lovely day! Please register for this program by Friday, December 5 by calling (978) 443-3055. Space is limited, please sign up early.

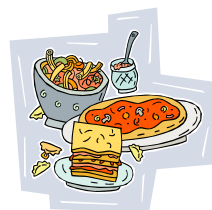
***L-S Destination Imagination***

**Luncheon at the Senior Center**

Wednesday, December 3, 1:00 PM

Free

Provided and Hosted by the  
Students of the Destination Imagination Group



High School Students who are part of the Destination Imagination Team are planning a special luncheon— home-cooked! - for you at the Senior Center. For those of you who would enjoy a hot, home cooked meal and the company of some of the best and brightest of the next generation—sign up for this space limited event!

The tentative menu is mouth watering meatloaf, hot mashed potatoes, steamed veggies and a hot soup. Perfect for a cold, wintery December afternoon! The students are also hoping to sit down with a few of you to talk about stories from your life, if you wish. This is completely optional.

Please sign up for this complimentary lunch by Monday, December 1 by calling the Senior Center at (978) 443-3055. (This just happens to be the same day as our Wayside Inn Luncheon.) Please note there is a maximum of 20 participants.

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**A Message from the Director**

Happy Holidays! I hope that this newsletter finds you enjoying the warmth of your family and friends at the beginning of another New England winter! As the weather becomes cooler, we continue to offer programs to get you out of the house to find your community! Please take a look at our December calendar. If you are new to the community or just new to the Senior Center, we have several programs and activities that are free and designed for those who would like to visit but maybe aren't ready to sign up for a class. Try one out this month!

In other news, there are changes coming to our transportation services. As you may know, in conjunction with the MetroWest Regional Transit Authority, we offer van service to Sudbury residents who are 60 and over, as well as residents under 60 who have a disability. The Sudbury Council on Aging has initiated a Transportation Needs Assessment to learn more from current riders and the wider community about what is needed for the future of transportation here in Sudbury. We will be using various methods to gather information, including surveys, focus groups and research.

We have already instituted some changes to our van service, including a move to organize our transportation by focusing shopping trips on Tuesdays and Thursdays and asking riders to call 2 days in advance to schedule a ride. This will help us to get ready for additional changes in the future, including a proposed expansion of services, as well as a change to having rides scheduled through the MWRTA Reservation Center.

Our goal with the new procedures and the needs assessment is to provide more responsive and efficient service and to better plan for the future needs of town residents. Please feel free to contact me with any questions!

*Debra*



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- Ellen Morgan
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[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)

**Drawing Workshop**

December 3-January 14, 6 weeks  
Wednesdays, 10:00-12:00, \$25

Sign up for our wonderful Drawing workshop with Instructor Susan Funk! Students enjoy the fun, relaxing atmosphere while 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.

**Senior Center Wish List**

- Large Desk
- Lamp(s)
- Newer Laptops for instructors/ advisors (SHINE, Tax Assistance)
- *Please call us to see if your donation fits our needs! Thanks!*

**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, No class 11/28, 12/26, 12/2.

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

Please register at the Senior Center and make your check payable to Town of Sudbury. Class maximum is 18 persons. For more information, please call (978) 443-3055.



**SOUP'S ON!*****Legal Checkup with Denise Yurkofsky*****Thursday, December 18****12:00 PM—Homemade Soup and Salad****followed by educational talk (12:45 PM)!**

Tentative Menu:

*Zucchini Soup  
Salad  
and Bread or Roll*

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 Tuesday, December 16 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!*

**A Service of Remembrance**

Coping with Grief and the Holiday

Offered by Beacon Hospice

Wednesday, December 17, 10:00 AM-12:00 PM



Nancy Duffy, Bereavement Coordinator of Beacon Hospice, offers a time for reflection, memories, and ritual, along with some time to think about and plan how to handle the holidays during this time. This service is available to all who have lost someone special to them, whether recent or not, who would like to take time to remember and find support in each other.

We are offering a special BayPath Elder Services soup and salad lunch at noon. *Please sign up for the lunch by Friday, December 12, so that we can order enough soup.* To register for the program, please call (978) 443-3055 (you must order lunch by Friday, December 12). Should you have any questions about the program, please feel free to call Anne Manning, Information Specialist at (978) 639-3268.

***Thank you to all who participated in the Safety is No Accident! Safety Fair!***

The Senior Center planned and hosted a Safety Fair on October 27 at the Senior Center and Fairbank Gym. Several excellent safety-related workshops were offered by local community agencies and businesses. The Senior Center wishes to thank the following speakers: Mary Ashley, P.T., and Whitney Rohrer, O.T. of **Parmenter Home Care and Hospice**, Lieut. Kevin Cutler of the Sudbury Fire Department, Detectives Wayne Shurling and John Perodeau of the **Sudbury Police Department**, Marie Royea, **Sudbury's C.E.R.T.** (Community Emergency Response Team) Coordinator, and Tammy Pozerycki, of Pleantries Adult Day Care in Marlborough.

Several exhibitors staffed booths in the gym sharing information and talking with senior participants about their services and programs. The Senior Center wishes to thank: Orchard Hill Assisted Living, Sudbury Pines Extended Care, Pleantries Adult Day Care, Constance Rose House Adult Day Care, Cooperative Elder Services of Concord, Aging Well Adult Day Care, Marie Royea Sudbury C.E.R.T., Emeritus at Farm Pond, Carriage House at Lee Farm, LifeCare of Nashoba Valley, Whitney Place Assisted Living and Adult Day Care, BayPath Elder Services, Mass EDP, Parmenter Home Care and Hospice, Mass. Commission for the Blind, and Mass. Commission for the Deaf.

Two Senior Center instructors, Jonathan Woodward, Tai Chi Instructor and Leslie Worris, Yoga Instructor, provided mini-classes for participants at the fair to try out. Thank you Jonathan and Leslie!

In addition, the Safety Fair would not have happened without the assistance of many volunteers, who were willing to set up and take down tables and chairs, make and serve food and drink and act as greeters and all around great helpers! Thank you to Judy Demers, Peggy Angelosanto, Lillian Balch, John Beeler, Barry David, Marie Gardiner, Pat Hayes, Pat Howard, Ann Johnson, Sam Merra, Susan McNulty, Elizabeth Porter, Police Chief Scott Nix and Amy Snow.

And a special thanks to Town staff Ann Bard and Larry Jodrey for their set up and take down help, and to all the Senior Center staff who put in a lot of extra time and effort to make sure the Fair went well – thank you Claire Wigandt, Sharon Wilkes, Ed Gottmann, Anne Manning and Jean Taylor!

## Wayside Inn Luncheon

Wednesday, December 3, 12:00 PM  
Advanced Registration Only



A new tradition!

This year we are asking attendees if they would like to make a donation to the Sudbury Food Pantry. The Sudbury Council on Aging met in November and decided to put the focus on giving back to the community and have discontinued asking local businesses for door prizes. Since the Food Pantry continues to have a high demand for their services, the COA suggested this would be a great beneficiary for the luncheon this year. The Food Pantry appreciates non-perishable, non-expired food donations and/or monetary donations. You may drop off your donation at the Senior Center in advance if that is easier for you, or bring your donation to the Wayside Inn. Thank you for thinking of others!

## Don't Hate Fat!

with FSU Student Kelly Thompson  
Monday, December 1, 1:30 PM



Kelly Thompson, a Nutrition and Dietetics student at Framingham State University, will be here to talk about why everyone needs to ease up on their hatred of fat! She will educate us about the good and the bad, and the not so ugly side of fats. Some fats such as mono-unsaturated are actually good for you and need to be included in a healthy diet. Let Kelly set the record straight for you. Join us for a healthy snack and the latest scoop on fat!

Please call to sign up for this fun talk at (978) 443-3055!



## Card Writing Day

Friday, December 12  
9:00-3:00



Help us to reach out to those who aren't able to get to the Senior Center. Write a holiday card to one of your Sudbury neighbors who doesn't get out of the house. Holiday cards will be available for you to fill out. If you don't have a particular neighbor to send one to, we will fill in the names and addresses. Stop by and spread some holiday cheer!

## 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!

## 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

and **Bridge** 12:30-3:30 PM

Wednesdays—**Canasta** 1:00-3:30 PM

Fridays—**Bingo** 9:30-11:30 AM

## Current Events Group

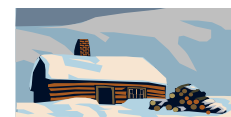
Thursday, December 4, 18  
10:00 AM

Our fantastic Facilitator Richard Nesmith invites you to join this respectful group discussion about the latest topics in the news. Please call the Senior Center to sign up at (978) 443-3055. **Please note:** Current Events will meet in the Sudbury Pines room.

## What happens when the weather gets rough?

The Sudbury Senior Center policy for winter weather is as follows: when the Sudbury Public Schools close due to severe weather, the Senior Center will cancel all programs, but the office will remain open. The only time that the office is closed, is if the Town Manager has decided to either delay or not open the Town offices due to the severity of the weather, or poor travel access.

If the schools have a delayed opening, we will cancel classes with a start time up to the time that the delay ends. We may also cancel classes if the instructor is unable to make it to the class. Please call the Senior Center main telephone number (987) 443-3055 to find out about cancellations.



## FISH

Friends in Service Helping others (FISH) connects volunteer drivers with their neighbors who need a ride to a medical appointment. If you are in need of a medical ride (any age resident), please call the FISH line at (978) 443-2145 and leave your name, number and appointment information. Alternatively, should you be available to volunteer occasionally sign up to be on the FISH volunteer list! We are always in need of new volunteers who can help out on an as-available basis. To volunteer, leave a message at (978) 443-3055.

### *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 December dates and destinations are listed below. To reserve a spot on one of these trips, please call (978) 443-3055.

#### **Monday, December 1:**

Christmas Tree Shops, Shrewsbury  
*Lunch at:* Brittany's Restaurant

#### **Monday, December 8:**

Shopper's World,  
Framingham  
*Lunch at:* The Villa Restaurant

### **Open House - Cookie Extravaganza!**

**Monday, December 22**  
**10:00 AM-2:00 PM**



Drop by during our open house of friends and staff to share cookies and warm drinks any time between 10 and 2! The Senior Center will provide hot chocolate, coffee and tea. Senior Center staff will be making homemade cookies to share. You are invited to bring cookies to share, too (but this is optional).

Please call (978) 443-3055 to sign up so that we can be prepared for the attendance. If possible, let us know what type of cookies you plan to bring, with an ingredients list, and leave your number.



## **Puzzles, Puzzles, Puzzles!**

Thursday, December 11  
12:30-3:30PM

Join us for a puzzling afternoon! We have many beautiful and intricate jigsaw puzzles donated by Don and Barbara Sherman, in memory of their daughter Sara Sherman. Come choose a puzzle to work on and settle in for a cup of tea and a tidbit. We will dedicate some card tables to puzzles and keep them going through the holidays. You can work on the puzzles anytime there is space in the lounge, but best times are Monday, Tuesday and Friday afternoons.

We thank Don and Barbara for their generosity in sharing their daughter's puzzles, many of which are brand new, and all of which are preserved with all of their pieces.

Should you want to try something else, we also have many games, including Scrabble, checkers, backgammon, Rack-o and of course, cards! For information and to sign up, please call (978) 443-3055.



## **Boxwood Holiday Tree Workshop**

Thursday, December 11  
**10:00-12:00, \$15**

The Sudbury Garden club, with the leadership of Polly Meltzer, will once again offer their popular workshop to make a boxwood winter holiday tree. These are made with fresh boxwood, and last for weeks.


To register, please bring a check for **\$15** to the Senior Center, payable to the ***Sudbury Garden Club***.

The day of the workshop, please bring clippers or scissors with you. The garden club will supply a simple green holder for the tree, or you can bring a suitable holder from home. *Please sign up and pay the fee at the Senior Center by Friday, December 5.*

### *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.

## DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Special Van Trip 1	2	3	4	5
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 Bereavement Group (6) (VH) 1:00 Scrabble/Games 1:00 Better Bones (3) 1:30 Don't Hate Fat! - FSU Student Kelly Thompson 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (3) (R2, G) 10:00 Ottoman Centuries (3, last) 12:30 -3:30 Bridge 1:00-4:00 SHINE 1:15 Tai Chi for Healthy Living (3) (SP) 3:00 COA Meeting	9:00-3:00 I&R Hours 10-12:00 Drawing (1 of 6) 11:00 Fit for the Future (G) 12:00 Wayside Inn Luncheon (advance reservation only)-Sudbury Food Pantry donation 1:00 Destination Imagination Luncheon at Senior Center 1:00-3:30 Canasta (R1??) 1:00 Quilting (8) (VH)	9:30 Thursday Crafters (VH) 9:30 Tap Dance (6) 10:00 Current Events 12:00 Pizza and a 12:30 Movie: About Time  No Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (2) 11:00 Fit for the Future (R3) 12:30 Friday Movie: My Big Fat Greek Wedding  11:30/2 Watercolors (1)
Special Van Trip 8	Special Election 9	10	11	12
9:00-3:00 I&R Hours 9:00-10:00 Fit for the Future (G) *Note time 10:00 Stamp club 9:30-11:00 2015 Trips Meeting! (SP) 1:00 Bereavement Group (7) (SP) 1:00 Scrabble/Games 1 Better Bones (4, R2) 2:15 Tai Chi (4, R2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (4) (R3, R3) 10:00-12:00 Legal Clinic 12:30 -3:30 Bridge 1:15 Tai Chi for Healthy Living (4) (SP)	9:00-3:00 I&R Hour 10-12:00 Drawing (2 of 6) 11:00 Fit for the Future (G)  12:00 Holiday Luncheon in Fairbank Community Gym  1:00-3:30 Canasta (SP) 1:00 Quilting (9, last) (VH) 2:10-4:00 Teen Tech Hours	9:30 Tap Dance (1) 9:30 Thursday Crafters (VH)  9:00-11:00*** Boxwood Tree Workshop ***Note Time Changed to 9:00-11:00AM after publication of newstr. 12:30-3:30 Puzzles, Puzzles, Puzzles (p. 5) 2:30 Connection Circle	9-3:00 Card Writing Day! 9:00-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (3) 11:00 Fit for the Future 12:30 Friday Movie: October Sky 11:30/2 Watercolors (2) *Order your lunch for Wed., Dec. 17 today
15	16	17	18	19
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 Bereavement Group (8, last) 1:00 Scrabble/Games 1:00 Better Bones (5) 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (5) (R3, G) 11:15-12:45 Bridges Luncheon 12:30 -3:30 Bridge 1:00-4:00 SHINE 1:15 Tai Chi for Healthy Living (5)	9:00-3:00 I&R Hours 10-12:00 Drawing (3 of 6) 11:00 Fit for the Future (G) 10:00-12:00 Bereavement at the Holiday - also sign up for soup and sandwich—p. 3 No Quilting 1:00-3:30 Canasta (VH)	9:30 Tap Dance (2) 9:30 Thursday Crafters (VH) 10:00 Current Events 12:00 Soup's On! 12:45 A Legal Checkup with Denise Yurkofsky 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (4, last) 11:00 Fit for the Future 12:30 Friday Movie: Amelie (French, subtitles) 11:30/2 Watercolors (3)
22	23	24	25	26
9:00-3:00 I&R Hours 10:00-2:00 Cookies and Tea Open House 11:00 Fit for the Future (G) 1:00 Scrabble/Games 1:00 Better Bones (6) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (6) (R3, G) 12:30-3:30 Bridge 1:15 Tai Chi for Healthy Living (6)	9:00-3:00 I&R Hours No Drawing No Fit for the Future (G) No Canasta today No Quilting today	Christmas Holiday   Senior Closed	No Bingo today 9:00-3:00 I&R Hours No Better Bones No Fit for the Future 12:30 Friday Movie: A Tree Grows in Brooklyn  No Watercolors
29	30	31		
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 12:00 Grandparents/kids Movie : How to Train Your Dragon 1:00 Scrabble/Games No Better Bones No Tai Chi	8:30-10:30 BP Clinic 9:00 Cribbage No Yoga today  12:30 -3:30 Bridge 1:00-4:00 SHINE No Tai Chi for Healthy Living	9:00-3:00 I&R Hours No Drawing 11:00 Fit for the Future (G)  1:00-3:30 Canasta (SP) No Quilting	VH - Van Houten Room SP - Sudbury Pines Room R3 - Game Room G - Gym L - Lounge R2 - Room 2 (billiards room)	*SHINE- Serving the Health Insurance (Information) Needs of Elders—Medicare assistance *I&R—Information and Referral—Office Hours with Anne Manning, LMHC

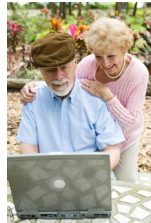
### ***Lunch Program***

**Wednesday, December 17**  
 Soup and Salad  
 \$3 suggested donation

In conjunction with the "Service of Remembrance" bereavement event, we are offering a lunch from BayPath Elder Services at 12 noon. The lunch is open to anyone who makes a reservation. Please call to reserve your lunch by Friday, December 12.

BayPath also provides a hot home delivered meal 5 days each week. All lunches are funded by the federal Title III nutrition program. A \$3.00 donation per meal is suggested. To apply to receive home delivered meals, please call BayPath Elder Services at (508) 573-7200.

### **TEEN TECH WORKSHOP** **Wednesday, December 10** **2:10-4:00 PM**



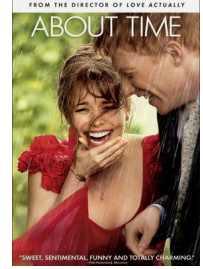
L-S students are available for tech help with cell phones, ipads, ipods, laptops, software (using our computer), or other technical questions. Meet some of our amazing L-S students—find out what they've been up to and get some tech tips! Call the Senior Center to schedule your appointment at (978) 443-3055.

### **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](http://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, December 4**



### ***About Time***

***Rated: R***  
**2013**

A young man who comes from a family of time-travelers changes history for the better in this romantic comedy from director Richard Curtis. During one of his trips to the past, he falls for a woman played by Rachel McAdams.

***12:00 Pizza***

***12:30 Movie***

**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 should the schedule change.

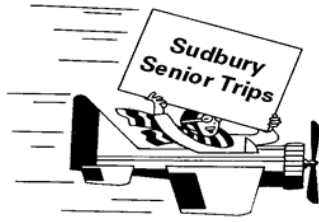
December 5-***My Big Fat, Greek Wedding***-PG, 2002, 1 h, 35 m; romantic comedy, Nia falls for a non-Greek man, family unsure.

December 12-***October Sky***-PG, 1999, 1 h 48 m; drama based on real life, teen is inspired by launch of Sputnik.

December 19-***Amelie***,-R, 2001, 2 h, 2 m; impish Amelie finds a long hidden trove of toys, foreign, comedy.

December 26-***A Tree Grows in Brooklyn***, 1945, 2 h, 8 m; Director Elia Kazan's first movie, about a struggling family in Brooklyn.

December 29-Bring the Grandkids to: ***How to Train Your Dragon***, PG, 2010, 1 h, 38 m; family animated.



Hello Fellow Travelers!

Our new Trip Coordinators, Joe Bausk and Joanne Bennett have been working hard, meeting with Tour Operators, and reviewing trip offerings. They have come up with several ideas for trips in 2015. They will share these at the Trips Meeting on December 8. Come to the meeting to review their suggestions and bring your own ideas, too! We hope to offer a variety of trips to suit your many interests.

**2015 Trips Meeting**  
**Monday, December 8**  
**9:30-11:00 AM**

Please call (978) 443-3055 to sign up for this meeting so that we can plan for the audience.

*Also, the first trip of 2015:*

**Lie, Cheat and Genuflect**  
 Newport Playhouse, Newport RI  
 February 25, 2015  
 \$83

*Sign up begins on December 8 after the meeting.*

*Lie, Cheat and Genuflect* is the story of a very rich uncle who leaves his considerable estate to his niece, who is a nun, and who he has never seen. His two nephews believe that this is a travesty. When the uncle suddenly dies, one of his nephews shows up, dressed as a nun, to claim the estate. Then the fun begins!

If you think you might be interested in this trip, please bring your checkbook to the December 8 meeting so that you can register for it. As was the policy with our former Trip Coordinator Carmel O'Connell, you must pay for the trip when you register.

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

### ***Fitness Classes***

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

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

Mondays, Wednesdays, Fridays, 11:00 AM

\$2 drop-in—ongoing

*Please note: Dec. 8 class will be 9-10AM*

**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, no class Nov. 28

**Tai Chi**

Mondays, 2:15 PM

November 17-January 12

\$36 for 8 weeks, no class 12/29

**Tai Chi for Healthy Living**

Tuesdays, 1:15 PM

November 18—January 13, 8 weeks

No class 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.

### **Legal Clinic**

**Tuesday, December 9**

**10:00AM-12:00 PM**

Schedule a free 20 minute

consultation at the Senior Center with



Elder

Law Attorney Susan Shipley of Natick. 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 *two days* before your ride. 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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**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

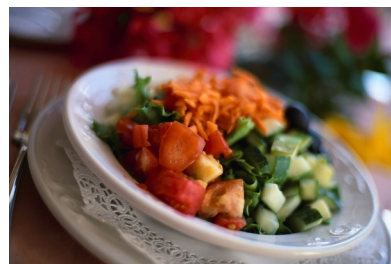
## Holiday Luncheon

Wednesday, December 10

12 noon

Sponsored and Catered by  
*Heritage at Framingham Assisted Living*

With Special Guest *Roger Tincknell*



## A Service of Remembrance: Grief During the Holiday

Offered by Beacon Hospice  
Wednesday, December 17, 10:00 AM-12:00 PM

## Don't Hate Fat! Nutrition Talk

With FSU Student Kelly Thompson

Monday, December 1, 1:30 PM

