



## First Ladies, Part 1 with Patricia Perry

Thursday, February 12  
1:00 PM  
\$5



Although it's the President of the United States who runs for office, his wife also becomes a very public figure, often times, to her dismay. Many a First Lady has shed a tear or two upon learning of her husband's election victory. This show looks at the personal trials, triumphs and private details of our very public First Ladies. The First Ladies you will learn about in this show are Martha Washington to Frances Clara Cleveland.

Patricia Perry is a professional historical interpreter, a member of the Association for Living History, Farm and Agricultural Museums and the former Chairperson for the Blackstone Valley Interpreter Network. She lives in Rhode Island, is a former junior high school teacher and is a bit of a history nut.

She believes that history is more than museums and old photos. It's about how real people lived. It's about what they ate and wore; how they made themselves beautiful, tried to keep healthy, who they loved and how they loved.

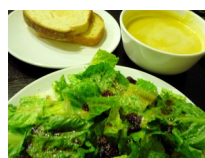
Join us as Ms. Perry gives us a taste of life for the first ladies of the first 24 U.S. Presidents. Sudbury residents may sign up as of January 30, all others as of February 6. Please pay as you register for this performance. Space is limited.

**Come to the *First Ladies* event (above) a little early and enjoy lunch...**



## Hot Lunch at Noon!

Thursday, February 12  
12 Noon  
\$3 suggested donation



Enjoy some hot, satisfying Beef Stroganoff soup and green salad, served with crusty bread. Please call us to order your soup and salad by Friday, February 6. Provided by BayPath Elder Services.

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### Transportation News

The Senior Center partners with the MetroWest Regional Transit Authority to provide van service to those who are 60 and over, as well as persons with a disability, who live in Sudbury. With funding from the MWRTA, we currently provide van service from 8:30AM-3:30PM Monday through Friday. Our goal is to improve and expand van service. To begin this process, a few changes will be occurring over the next few months. Van riders will learn how to call the MWRTA Call Center to schedule their rides and will also transition to a cash free system of payment for rides.

The MWRTA Call Center is located in Framingham and staffed by a dedicated team of reservationists. Riders will call the main telephone line and be connected with a reservationist who will help them to reserve a ride. Before reserving a ride, each rider will have set up an account that will be debited each time they take a ride so that they do not need to worry about having cash available.

In order to make this an easy transition, Senior Center and MWRTA staff will hold special trainings for riders who will be able to fill out an application form, set up an account and learn about the new reservation system.

The first two trainings will take place in February, followed by additional trainings in March. On Wednesday, February 11, we will meet at the Musketahquid Village Apartments from 10:00AM-12:00PM and on Wednesday, February 18 we will meet at the Longfellow Glen Apartments from 10:00AM-12:00PM. Interested riders or potential riders are welcome to attend a training meeting, but **must register** in advance as space is limited.

Please call the Senior Center at (978) 443-3055 to reserve your spot at these events. We plan to have refreshments available and want to plan for the audience!

### PLEASE NOTE: New Policy for Registration for Arts Classes

Registration for Watercolors and Drawing classes will begin no earlier than 3 weeks before the next class session (the closest business day to 3 weeks before). *Sudbury residents only* can register during the first week, all others thereafter. Payment must accompany registration.

### 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!*

### Sign Up Begins on January 23 Watercolors Workshop

#### Next Session

**Fridays—2 time options**

**A: 11:30-1:30 PM**

**B: 2:00-4:00 PM**

February 13—May 1

**\$84—12 weeks**

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. Make your check payable to *Town of Sudbury*. Class maximum is 18 persons. Sudbury residents may begin signing up on January 23, all others as of January 30. For more information, please call (978) 443-3055.

### COUNCIL ON AGING

#### CHAIRPERSON:

John Ryan

#### BOARD OF DIRECTORS:

- Phyllis Bially
- Barry David
- Robert Diefenbacher
- Carmine Gentile
- Elizabeth Ingersoll
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- Alice Sapienza
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#### ADMINISTRATIVE COORDINATOR

Claire Wigandt

#### INFORMATION AND REFERRAL SPECIALIST

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#### MEALSITE MANAGER

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#### PROGRAM COORDINATOR

Sharon Wilkes

#### PROPERTY TAX WORK-OFF COORDINATORS

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Amy Snow

#### VOLUNTEER COORDINATOR

Ed Gottmann

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PRESIDENT: Ronald Riggert

#### OFFICERS:

- Jacqui Bausk
- 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)

***National Wear Red Day!***  
**Parmenter Lunch and Learn**  
**Friday, February 6**  
**12:00 PM**

HEART HEALTH  
 AND  
 HYPERTENSION



***Don't forget to wear your RED!***

Enjoy a delicious catered lunch from Parmenter Home Care and Hospice and then learn about hypertension and heart health from Sudbury Board of Health Nurse Phyllis Schilp. February 6 is National Wear Red Day—designed to remind all of us that heart disease is 80% preventable. We all need to pay attention to Heart Health! Please sign up by Wednesday, February 4 by calling the Senior Center at (978) 443-3055.

**Chi Gong Mini-Workshop**  
**with Robert Doherty**  
**Thursday, February 19, 1:00 PM**

***Come early for Lunch before the workshop!***  
***See page 7.***



What is Chi Gong? Chi Gong is an ancient practice from China that helps to calm the mind and body, keep the body healthy and joints limber. The word Qigong (Chi Kung) is made up of two Chinese words. Qi is pronounced chee and is usually translated to mean the life force or vital-energy that flows through all things in the universe. The second word, Gong, pronounced gung, means accomplishment, or skill that is cultivated through steady practice. Together, Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.

Qigong is an integration of physical postures, breathing techniques, and focused intentions. Come try a free mini Chi Gong workshop with Chi Gong instructor Robert Doherty at the Senior Center. Please register for this class in advance by calling the Senior Center at (978) 443-3055. Space is limited.

**SOUP'S ON!**

***All you ever wanted to know about Sleep!***  
 Thursday, February 5



Tentative Menu:

*Tomato Basil Soup and Salad with Bread or Roll (subject to change)*

Gina Daniels, Research Assistant, at the Division of Sleep and Circadian Disorders, Brigham and Women's Hospital will be here to tell you all about sleep, sleep disorders, and how sleep sometimes changes as we get older. Bring all of your questions! Be sure to sign up in advance so that we know how many to be ready for. Soup must be ordered by Tuesday, February 3 and is limited to the first 30 people who request it.

**Soup at 12 noon; Talk at 12:45 PM**



**Stamp Club**  
**Monday, February 9, 10:00 AM**

The members of the Senior Center Stamp Club want to thank those who save their in-coming stamps and drop them off at the front desk. Many times there is just the stamp that someone is looking for. Those that are not needed are given to charity. Anyone who has an old stamp collection tucked away in the attic is invited to stop by at the monthly meeting of the Club. Several members of the group have the experience to help those folks in deciding what to do with their hidden "treasures".

The Stamp Club meets on the 2nd Monday of each month. If that day falls on a holiday, the group meets the following week. Please feel free to drop in and visit the group!

## Veterans Assistance and Information

Sudbury veterans and their family members can get assistance at the Sudbury Veterans Office. Gary Brown is the Sudbury Veterans Agent, Beth Porter is the Veterans Office Coordinator. The Veterans' Office provides assistance with the following services:

### Federal Benefits;

Compensation/Service Connected Disability Pension – Low Income Financial Assistance  
Medical  
Education

### State Benefits for Eligible Veterans' and Dependents;

Financial  
Fuel  
Medical

### State Benefits for Veterans Only;

State Annuity for 100% Service Connected Disabled Veterans  
State Welcome Home Bonus.

### Community Based assistance;

Veterans' Tax Work-off Program  
Finding Jobs/Housing/Counseling/Medical Assistance Programs/Events specifically offered to Veterans and dependents

Feel free to call the office with any questions and they will be happy to help you.

### Sudbury Veterans' Office Hours:

Monday, Wednesday, and Friday-9:00 AM – 3:00 PM.  
(Gary Brown is in Sudbury only on Wed 10:00 – 3:00)

Gary Brown is at the Marlborough office Monday, Tuesday, Thursday and Fri 9:00 – 3:00. To contact him in Marlborough, please call 508-460-3782.

Sudbury's Department of Veterans' Services.  
322 Concord Road (Old Town Hall)  
Sudbury Phone 978-639-3357

<https://sudbury.ma.us/veteransagent/>

You may also contact Beth Porter at [porterb@sudbury.ma.us](mailto:porterb@sudbury.ma.us) and Gary Brown at [gbrown@marlborough-ma.gov](mailto:gbrown@marlborough-ma.gov).

### Veterans Tax Work-off Program

Did you know that Sudbury offers veterans an opportunity to work for a Tax abatement? Veterans who have a skill that matches a Town Department's need may be able to work up to 100 hours to earn a tax abatement of \$800 in the following year. Call for an application at (978) 443-3055 or 978-639-3357.

## Selectmen's Office Hours

**Monday, February 9, 9:00-10:00 AM**

Two members of the Board of Selectmen will be at the Senior Center for informal coffee and talk. Please feel free to drop in for a respectful discussion!

## 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!

## *Looking for a few Good Leaders... to Guide our Crafts Group*

Our Thursday morning Crafts group is looking for new members and especially for members who might like to guide the group going forward. We are seeking two Coordinators to help with planning and organizing projects. The Group has traditionally created Crafts to sell at a Holiday Bazaar to benefit the Friends' group. If you have some skills in planning Crafts for groups, call and leave a message for Sharon Wilkes, Program Coordinator at (978) 443-3055.

## Current Events Group

Thursday, February 5 and 19  
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.



## Weather Policy

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 (unless the Town Manager decided to close Town offices for safety reasons). A message will be placed on the main Senior Center telephone number (978-443-3055) and will be updated often, please call this number to get the latest information.

### **Certified SHINE (Medicare) Volunteer Counselors Needed!!**

Are you looking for a challenging volunteer opportunity?

Do you enjoy learning about complex topics?

Are you good at analyzing and solving problems?

Do you like to work with people?

**The SHINE program may be just what you are looking for!**

The next SHINE training will take place in April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (781) 455-7555, Ext. 202.

If you need help with Medicare, our volunteer SHINE counselors can assist. Call (978) 443-3055 for an appointment.

### **FISH Rides and Drivers**

Friends in Service Helping others (FISH) connects volunteer drivers with their neighbors who need a ride to a medical appointment. As volunteer drivers are a special and limited resource, please use family and friends as your first option and call FISH when you really need it. 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.

And, 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) 443-2145.

### **Medical Equipment Loan Closet**

Volunteer Coordinator Ed Gottmann reports an unusual situation for our Loan Closet, we are short on many items. If you have clean, gently used items such as shower chairs, wheelchairs, commodes, etc., that you are no longer using, please leave a message for Ed at the Senior Center at (978) 443-3055. No walkers/crutches.

### **AARP Tax Help Mondays and Wednesdays Starting Feb. 18**

Need some help with your income tax return? Once again this year our specially trained volunteers from the AARP Tax Assistance program will help you with your forms, for **free**. Returns will be filed electronically.

One hour appointments are available on Wednesdays (9:00, 10:00, 11:00, 1:00 and 2:00). Be sure to arrive **15 minutes before** your scheduled appointment to complete the intake form.

For people who don't have brokerage accounts, help starts **Wednesday, February 18**. For those with brokerage accounts, (including people with stocks) appointments will begin **Monday, March 9** because the account paperwork may not be available before then.

Be sure to bring with you the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*. A list of suggested items can be mailed to you.

The Affordable Care Act requires that taxpayer's have insurance coverage for all of 2014. If you had any gaps in insurance coverage, you may need to provide documentation with your return. Most people who have had a Medicare plan all year will not need to be concerned about this.

This year's aides are Emil Ragonas and Fred Taylor. Thanks to Emil for coordinating the Tax Help this year (and the past few years). We'd also like to thank Dave Calder, former Coordinator and Tax Aide who is retiring this year! Congrats and thanks Dave!

This service is targeted toward taxpayers age 60 and older who do not have complex returns, as well as low and moderate income individuals and families.


Please call the Senior Center at (978) 443-3055 to schedule an appointment and for more information.



#### **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.

## FEBRUARY 2015

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <i>Foxwoods Trip</i> 2   | 3   | 4  | 5  | Order Lunch for 2/12 6  |
| 9:00-3:00 I&R Hours<br>10:00 <i>American Literature DVD Series (4)</i><br>11:00 Fit for the Future<br><i>No Better Bones</i><br>1:00 Scrabble/Games (VH)<br>2:15 Tai Chi (1)   | 8:30-10:30 BP Clinic<br>9:00 Cribbage<br><i>No Yoga</i><br>10-10:45 <i>The Great Masters: Mozart (5)</i><br>12:30-3:30 Bridge<br>1:15 <i>Tai Chi for Healthy Living (3)</i><br>3:00 <i>Council on Aging</i> | 9:00-3:00 I&R Hours<br>10:00 <i>Barbarian Empires (4)</i><br>10:00-12:00 <i>Drawing (2)</i><br>11:00 Fit for the Future<br>1:00 Canasta (SP)<br>1:00-3:00 Quilting (1) (VH)  | 9-12 SHINE<br>9:30 Tap Dance (6)<br>9:30 Thursday Crafters<br>10:00 Current Events<br>12:00 <i>Soup's On! Brigham and Womens Hospital -Sleep Talk</i><br>2:30 Connection Circle                      | 9:00-3:00 I&R Hours<br>9:30-11:30 Bingo (SP)<br><i>No Better Bones</i><br>11:00 Fit for the Future<br>12:00 <i>Parmenter Lunch and Learn with Phyllis Schilp—p. 3</i><br>11:30 and 2:00 - Watercolors (8, last)<br>*1:30 Friday Movie: <i>Last Love</i> |
| 9  | 10  | Public Hearing 7:00 PM 11  | 12   | Order Lunch for 2/19 13   |
| 9-10 <i>Selectmens Hours</i><br>9:00-3:00 I&R Hours<br>10:00 Stamp Club<br>10:00 <i>American Literature (5)</i><br>11:00 Fit for the Future<br>1:00 Better Bones (2)<br>1:00 Scrabble/Games (VH)<br>2:15 Tai Chi (2) | 8:30-10:30 BP Clinic<br>9:00 Cribbage<br>9:40/11:00 Yoga (3)<br>10-10:45 <i>Mozart (6)</i><br>12:30-3:30 Bridge<br>1:15 <i>Tai Chi for Healthy Living (4)</i><br>1:00-4:00 SHINE                            | 9:00-3:00 I&R Hours<br>10:00 <i>Barbarian Empires (5)</i><br>10:00-12:00 <i>Drawing (3)</i><br>10:00-12:00 <i>Van Rider Meeting/Musketahquid Vlg.*</i><br>11:00 Fit for the Future<br>1:00 Canasta (SP)<br>1:00-3:00 Quilting (2) (VH)<br>2:15-4:00 Teen Tech<br>* Sign up required. | 9:00-12:00 SHINE<br>9:30 Tap Dance (1)<br>9:30 Thursday Crafters<br>12:00 <i>Soup and Salad with Special Valentine Dessert!</i><br>1:00 <i>First Ladies—Patricia Perry</i><br>2:30 Connection Circle | 9:00-3:00 I&R Hours<br>9:30-11:30 Bingo (SP)<br>9:30 Better Bones (4) (R2)<br>11:00 Fit for the Future<br>12:30 Friday Movie: <i>I Love You Again</i><br>11:30/2:00 Watercolors (1)   |
| 16   | 17  | 18   | 19   | 20  |
| Presidents Day Holiday<br><br>Senior Center Closed  | 8:30-10:30 BP Clinic<br>9:00 Cribbage<br>9:40/11:00 Yoga (4)<br>10-10:45 <i>Mozart (7)</i><br>10:00-12:00 <i>Legal clinic</i><br>12:30-3:30 Bridge<br>1:15 <i>Tai Chi for Healthy Living (5)</i>            | 9:00-4:00 AARP Tax Help<br>9:00-3:00 I&R Hours<br>10:00 <i>Barbarian Empires (6)</i><br>10:00-12:00 <i>Van Rider Meeting/Longfellow Glen*</i><br>No Drawing<br>11:00 Fit for the Future<br>1:00 Canasta (SP)<br>1:00-3:00 Quilting (3) (VH)<br>* Sign up required.                   | 9-12 SHINE<br>9:30 Tap Dance (2)<br>9:30 Thursday Crafters<br>10:00 Current Events<br>12:00 <i>Lunch—p. 7</i><br>1:00 <i>Chi Gong Mini-Class</i><br>2:30 Connection Circle                           | 9:00-3:00 I&R Hours<br>9:30-11:30 Bingo (SP)<br>9:30 Better Bones (5)<br>11:00 Fit for the Future<br>12:30 Friday Movie: <i>Lovely Still</i><br>11:30/2:00 Watercolors (2)  |
| 23   | 24  | <i>Newport Playhouse Trip</i> 25   | 26   | 27  |
| 9-4 AARP Tax Help<br>9:00-3:00 I&R Hours<br>10:00 <i>American Literature (6)</i><br>11:00 Fit for the Future<br>1:00 Better Bones (3)<br>1:00 Scrabble/Games (VH)<br>2:15 Tai Chi (3)                                | 8:30-10:30 BP Clinic<br>9:00 Cribbage<br>9:40/11:00 Yoga (5)<br>10-10:45 <i>Mozart (8, last)</i><br>12:30-3:30 Bridge<br>1:15 <i>Tai Chi for Healthy Living (6)</i><br>1:00-4:00 SHINE                      | 9:00-4:00 AARP Tax Help<br>9:00-3:00 I&R Hours<br>10:00 <i>Barbarian Empires (7)</i><br>No Drawing<br>11:00 Fit for the Future<br>1:00 Quilters<br>1:00 Canasta (SP)<br>1:00-3:00 Quilting (4) (VH)<br>2:15-4:00 Teen Tech   | 9-12 SHINE<br>9:30 Tap Dance (3)<br>9:30 Thursday Crafters<br>12:00 <i>Pizza and a Movie: Jersey Boys</i><br>2:30 Connection Circle<br>3:00 <i>Friends Meeting</i>                                   | 9:00-3:00 I&R Hours<br>9:30-11:30 Bingo (SP)<br>9:30 Better Bones (6)<br>11:00 Fit for the Future<br>12:30 Friday Movie: <i>Love Is All You Need</i><br>11:30/2:00 Watercolors (3)  |

VH—Van Houten room; SP—Sudbury Pines room; R2—Room 2

### *Lunch and ...*

**Thursdays, February 12 and 19**  
\$3 suggested donation

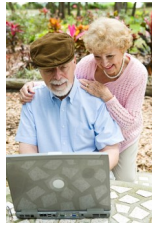
In conjunction with the First Ladies presentation (2/12), as well as the Chi Gong workshop (2/19), we are offering a lunch from BayPath Elder Services at 12 noon. The lunch is open to anyone who makes a reservation. Please call to reserve your lunch by the Friday before (2/6 and 2/13, respectively).

February 12—Beef Stroganoff soup and salad.  
February 19—Turkey, mashed potatoes and gravy with dilled carrots.

BayPath also provides 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. To apply to receive home delivered meals, please call BayPath Elder Services at (508) 573-7200.

### **TEEN TECH WORKSHOPS** **Wednesday, February 11 & 25** **2:15-4:00 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! This workshop is meant to be a pleasurable exchange between seniors and students and is not the same as a technical assistance call to your tech provider. Call the Senior Center to schedule your appointment at (978) 443-3055.



### **Friends' of Sudbury Seniors**

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. Interested in joining? Please call (978) 443-3055 and leave a message and a Friend will call you back.

### **Movie and Pizza**

**Thursday, February 26**

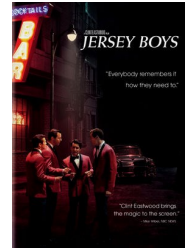
### *Jersey Boys*

2014

**Rated R, 2 h 14 m**

**12:00 Pizza**

**12:30 Movie**



Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons and their bumpy offstage lives stretches across four decades. The original members of the group present a different set of memories from their shared past.

**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. \* All movies are at 12:30pm, except for the Feb. 6 movie which will be at 1:30pm.

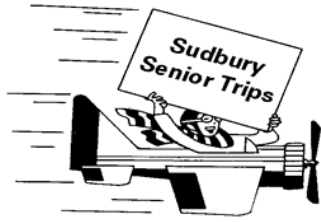
February 6 - **at 1:30PM\***

**Last Love** –NR, 2013, 1 h, 55 m; A widowed professor sees no meaningful future for himself until he meets a free-spirited dance instructor.

February 13 - **I Love You Again** –NR, 1940, 1 h, 39m; Larry's wife is about to divorce him out of sheer boredom. Then Larry gets a knock on the head and his wife's interest is renewed.

February 20 - **Lovely Still** –PG, 2008 - 1 h, When an attractive new neighbor ask an elderly bachelor out on a date. He suddenly finds himself swept up in the excitement and panic of new love.

February 27-**Love Is All You Need** -R, 2012 - 1 h 52 m; Pierce Brosnan stars in this romantic comedy about several people in Sorrento, Italy, searching for love and dealing with jealousy, pain, and passion.



### ***Hello Fellow Travelers-***

It is with great sadness that I share with you the passing of our former Trips Coordinator Carmel O'Connell, who retired just last year. Carmel was an extraordinary woman who represented the Senior Center well, ran an organized and well thought out Trips program and was beloved by her many traveling companions, as well as the Tour Operators that she worked with. We thank her for all of her volunteer time and her lovely spirit. We will miss her so much!

### **2015 Trips Brochure**

In this newsletter, you will find the 2015 Trips Brochure listing most of the planned trips for the year. Check back in this newsletter for updates and any added trips over the next few months. Thanks again to Joe Bausk and Joanne Bennett for their hours of volunteer work to plan trips for this year!

### **Foxwoods Trips**

2015 Foxwoods trips will continue on a quarterly basis, with Deanna Sklenak and Ron Ragno organizing and promoting them—thanks Deanna and Ron! Please sign up early so that we can be sure to have enough participants to cover the bus fee.

Monday, May 4, 2015  
Monday, August 3, 2015  
Monday, November 2, 2015

Cost for the trip including Foxwoods voucher is \$26.

Flyers for the Foxwoods and all other trips are available at the Senior Center Trips board.

***Please note:*** All trips require payment when registering—checks can be made out to *Sudbury Senior Activities*. For more information, please call the Senior Center at (978) 443-3055.

### ***Senior Center 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

**Better Bones, Senior Strength**  
**Mondays** at 1PM; January 26—March 30  
\$56—8 weeks, no class 2/2, 2/16  
**Fridays** at 9:30AM; January 23—March 20  
\$56—8 weeks, no class 2/6

**Tai Chi**  
Mondays, 2:15 PM  
February 2—March 30  
\$36 for 8 weeks

**Tai Chi for Healthy Living**  
Tai Chi for those who may not have exercised in a while and prefer a slower pace  
Tuesdays, 1:15 PM  
January 20—March 10, 8 weeks  
\$10 (supported by the Executive Office of Elder Affairs State Formula Grant)

**Tap Dance**  
Thursdays, 9:30 AM  
February 12—April 9  
No class 2/19  
\$40 for 8 weeks

**Yoga for Living Well**  
Tuesdays, January 20—March 17  
No class 2/3  
9:40 or 11:00 AM  
8 weeks for \$56

**Zumba—Zumba is on hiatus—please add your name to our interest list and we will call you when it returns**

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, February 17**  
**10:00AM-12:00 PM**



Schedule a free 20 minute consultation at the Senior Center 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 *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 Sudbury Board of Health, 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:** Once or twice a month a full lunch is served at the Senior Center at noon. Details are available in each newsletter. Please call to make a reservation as specified in the article. A voluntary donation of **\$3.00** a meal is suggested.

**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

## **First Ladies, Part I with Patricia Perry**

Thursday, February 12

1:00 PM, \$5



Delicious hot soup and salad are available at noon before the show. Please sign up for lunch by Friday, February 6. You may sign up for the show up until February 11. Please pay as you register.

## **Heart Health and Hypertension—Lunch and Learn**

- with a delicious catered lunch provided by **Parmenter Home Care and Hospice**

Friday, February 6

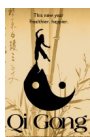
12:00 PM with speaker Phyllis Schilp, R.N., Sudbury Board of Health Nurse



***Our own Soup's On!***  
***All you ever wanted to know about Sleep!***

Thursday, February 5  
12:00 Soup; 12:45 Talk;

*Homemade soup by Claire and Judy!*



***Check out the Chi Gong*** mini-workshop and New Sessions of our ***Watercolors*** Classes and more, inside!

