



*Spring is Coming!*

**Organic Gardening Workshop**

**with John Root**

**Tuesday, April 14, 11:30 AM**

**\$5 to be paid at registration**

Anxious to get your hands into the dirt again? Get ready with a talk about the cultivation of vegetables, fruits, herbs and flowers using natural methods to promote soil and plant health. John Root provides practical advice and inspiration to gardeners of all ages and physical conditions. Participants learn and share their knowledge about a range of topics, including composting and mulching to promote healthy soil, using space efficiently, growing plants from seed, succession planting, inviting beneficial wildlife (including butterflies and hummingbirds), controlling weeds and pests naturally, and preserving home-grown produce. Questions are welcome throughout the presentation, and handouts with recommended books and websites will be available.

John Root, who presented a very popular workshop on the *Birds of the Northeast* last year, returns with this informative and entertaining workshop on Organic Gardening. Mr. Root is a naturalist, gardener and landscape architect who lives in Western Mass. Please register and pay for this class by Friday, April 10.

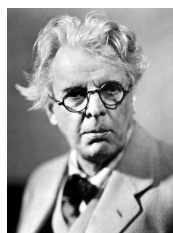
**Poetry of William Butler Yeats**

**with Stephen Collins**

**6 Tuesdays, 10:00-11:15 AM**

**April 7—May 12**

**\$30**



William Butler Yeats was born in Dublin in 1865. As a young boy his family spent time in Sligo and London where his father was pursuing a career as an artist. Eventually he would win the Nobel Prize for Literature. He is remembered as a towering 20th century figure, modernist, activist, and incomparable poet. In this six week class, we will review his early poetry and finish by examining his great poems, written after age 60.

Please register and pay for this class at the Senior Center. Checks should be payable to Town of Sudbury. Call (978) 443-3055 for more information.

*A wonderful volunteer opportunity—see page 7...*



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**Transportation News—We have a new Van!**

The MetroWest Regional Transit Authority presented the Town with a new wheelchair accessible van at the Senior Center on March 25, 2015. This new 12 seat van will replace the older 2007 van that has seen many miles and can only seat 8 passengers. Thank you MetroWest Regional Transit Authority!

**Van Riders will have New Procedures for Using the Vans—Coming Soon!**

As mentioned in the previous newsletters and flyers, our Transportation procedures are changing soon. **All riders will complete a form to set up an account which will be used to reserve a ride under the new system. The debit account will make it easier to pay for each ride (no more worrying about having dollar bills).**

Riders will call the MetroWest Regional Transit Authority Central Reservation phone line to request their rides. The system will enable the Senior Center to expand service in the near future! Please ask the Van Driver or call the Senior Center to find out what you need to do to sign up!

**New Alzheimer’s Series begins on May 7 at 10am**

Attorney Arthur Bergeron, of Mirick, O’Connell Attorneys, BayPath Elder Services and the Alzheimer’s Association will be presenting 3 workshops. The first on Thursday, May 7 at 10:00 AM is called *Learning about Alzheimer’s Disease*. Participants will learn about the metrics of Alzheimer’s disease, what causes it, and dietary and lifestyle choices that can help delay the onset of symptoms. The presenters will also share educational and wellness programs as well as review the basic documents, Power of Attorney and Health Care Proxy, and other basic planning tools to have in place if you are worried that Alzheimer’s disease may be in your or your family’s future.

Please sign up by calling the Senior Center at (978) 443-3055.

**Mixed Media Collage**

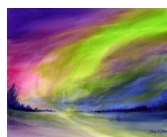
3 Thursdays, 9:30-12; April 2, 9, 16  
\$30

Join noted Sudbury artist CB Bradley for a new collage art class! Register and pay at the Senior Center to hold your spot. \*Call for the list of items to bring to class. Sign up by March 30.

**Drawing Workshop**

3 Wednesdays, 10:00-12:00  
May 13, 27, June 3, no class May 20  
\$12.50

Relax and draw! The focus for this 3 week session will be *Faces and Portraits*. Sudbury residents may register as of April 22, all others as of April 29. You must pay when you register.



**Watercolors Workshop**  
**8 Fridays, 11:30-1:30 or 1:45-3:45**  
**May 8-June 27**  
**\$56**

Join our delightful Watercolors class with Sandy Wilensky! 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 April 17, all others as of April 24. For more information, please call (978) 443-3055.

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

**SUDBURY SENIOR CENTER**

Phone: (978) 443-3055

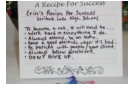
Address: 40 Fairbank Road, Sudbury

Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

Webpage: [www.senior.sudbury.ma.us](http://www.senior.sudbury.ma.us)

**SOUP'S ON!**  
**Recipe Makeover: Extreme Edition!**  
**Thursday, April 2**

**12:00 Soup**  
**12:45 Talk**



Love Grandma's homemade baked macaroni and cheese, but just know it's a heart attack on a plate? Bring your favorite recipe to this class and learn how to give it a complete, healthy and delicious make-over. Includes nutrition handouts and substitution list. Win a Recipe Makeover Raffle Basket! This is an interactive educational event. Please bring your most challenging/favorite recipe for a healthy make-over!

Home Instead Nurse Supervisor, Ann Mazzola, BS, RN has more than a dozen years' experience designing, developing and teaching dynamic interactive courses on health, nutrition and fitness as well as pharmacology and drug administration and safety.

Be sure to **sign up in advance** so that we know how many to be ready for. Soup must be ordered by **Tuesday, March 31** and is limited to the first 30 people who request it. The talk is limited to 55 people.

**Legal Clinic**  
**Tuesday, April 14**  
**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 to schedule your appointment.

**Sneak Peek at Upcoming Events**

**Coming in May:** *Connecting Café* on May 11, *Alzheimer's Series #1* on May 7, sign up begins April 16.

*Nutrition News* with Barbara Gold on May 28, *Springtime Piano* with Bob Pilsbury on May 21

**Coming in June:** *Connecting Café* on June 8 and *Alzheimer's Series #2* continues on June 11

**Thinking about the fall:** Look forward to a new History Series-*The Skeptic's Guide to American History* from the people who brought you the History of the United States series and a new Art Class with Dr. Donald Oasis!



**AARP**  
**Smart Driver Program**  
**Thursday, April 30**  
**10:00AM-3:00PM**  
**Lunchbreak at 12 noon**

**\$15 AARP members/\$20 non-members**  
**Checks payable to AARP**  
**Lunch available—see below**

Cars have changed! So have traffic rules, driving conditions and the roads we drive on every day. Be a smart driver and brush up your driving skills to stay safe!

This AARP 4 hour classroom refresher course is a great opportunity to better understand the updated technologies in new vehicles, the rules of the road, strategies to compensate for age-related changes in vision, hearing and response time, and much more.

Get the latest information and tips on driving defensively from AARP Volunteer Trainer Helen Easton. A certificate of completion will be awarded to all participants, which may qualify you for an insurance discount!

Please register and pay at the Sudbury Senior Center by Tuesday, April 28, 2015. Call (978) 443-3055 with any questions.

***Bag it or Order Lunch!***

Feel free to bring a lunch, or order a BayPath Elder Services lunch for the Smart Driver program lunchbreak. BayPath lunches are supported by federal Title III-C monies—and therefore have a suggested donation of \$3.00 payable when you pick up your lunch. Please reserve your lunch by Monday, April 27.

**Lunch Menu**

**Chicken Corn Chowder**  
**Green Salad and Roll**  
**Dessert**

**Stamp Club - 2nd Monday of the Month at 10 AM**

Join our small but active Stamp Club on the second Monday of each month (3rd Monday, if the 2nd Monday is a holiday). If you have a stamp collection, they are happy to take a look and provide information on its value.

***Spring Music Series***  
***with Refreshments provided by Orchard Hill Assisted Living, Sudbury***

**Pianist Ariel Nathanson**

***Classical and Popular Pieces***

**Thursday, April 9, 1:00 PM, \$10 or \$15 for both**



Ms. Nathanson will play a mix of classical and popular pieces, including:, but not limited to:

Prelude Book I, No. 8 *La fille aux cheveux de lin* (The Girl with the Flaxen Hair) - Claude Debussy

Prelude No. 1 in C Major - J. S. Bach

Meet Me in St. Louis - Kerry Mills

Give My Regards to Broadway - George M. Cohan

Please register and pay for this performance at the Sudbury Senior Center. Call (978) 443-3055 for information.

***And in May....***



***Music of Place***

**A Fiddling Performance with Rachel Panitch**

**Thursday, May 14, 11:00 AM, \$10 or \$15 for both**

How do you perform a scale differently in North Indian Classical music and in Eastern European Klezmer music?

What are some of the sounds that make the Acadian musical traditions of Quebec and Louisiana sound unique?

How does an improvising musician write music influenced by the look of a particular geographic place?

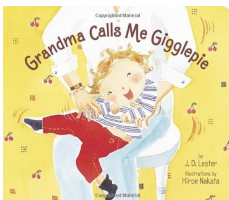
Using her background as a graduate of NEC's Contemporary Improvisation Masters program, and the first "musician-in-residence" in Zion National Park, Rachel Panitch uses her solo violin as the tool to explore the "Music of Place." Please register and pay \$10 for a single performance, or \$15 for both performances. Call (978) 443-3055 for more information.

***Would you Like to Help First Graders Learn to Read?***

A new pilot program called "Book Buddies" will begin in April through the Sudbury Public Schools, under the direction of Dr. Jennifer Soalt, the Sudbury ELA Coordinator (English Language Arts). Volunteer tutors work in first grade classrooms. After an initial training, tutoring sessions will be scheduled for one or more times each week, depending on volunteer's availability and student's schedules. All tutoring will take place in the classroom with the teacher present.

The materials for the work, guidance, and orientation will be supplied by the ELA Coordinator. This pilot program will run from April through June, with a plan to offer the program for the full academic year starting next fall.

Tutoring programs such as Book Buddies not only provide a highly valuable service to the students; they are a lot of fun and are often eagerly anticipated by both the volunteer tutor and the tutees! Learn more about this wonderful opportunity to work with Sudbury first graders by coming to an information session at the Senior Center!



**Book Buddies**  
**Information Session**  
**Thursday, April 9**  
**10:00 AM**  
**at the Senior Center**



**Health History Review  
with our Board of Health Nurse  
Tuesday, April 28  
8:30AM-12:00PM**

Time for a Health History Review with Phyllis Schilp BSN, RN. Whether you are new to the wellness clinic or have been coming for awhile it's time for a reassessment. Stop in and see the Sudbury Board of Health Nurse for a review of your medications and health history. We extended the hours so that everyone has a chance to be seen and no appointments are necessary. A copy of your previous records will be given that day.

Please sign in and check in with the Wellness Clinic Assistant when you arrive. The assistant will let you know when the Nurse is available. Visits will be first come, first served and we hope to have people spread out their visits throughout the time period.

**Chronic Pain Workshop  
Mondays, 9:30AM-12:00PM  
April 6 – May 18**

Sudbury Senior Center will be hosting a **free** six-week program on chronic pain self-management, a participant education program developed by Stanford University. The class is for adults living with and/or caring for someone with chronic pain. The sessions are led by professionals with chronic pain themselves.

Each participant will also receive a companion book, "Living a Healthy Life with Chronic Conditions," and a Chronic Pain Workbook with the "Moving Easy" CD. Advance registration is required. For more information or to register, call the Sudbury Senior Center at 978-443-3055. *Sponsored by the Sudbury Senior Center and BayPath Elder Services—Healthy Living Center.*



**Are you crafty?**

Looking for one or two volunteer leaders who could start a Craft Group on Thursday mornings from 9:30-11:30AM. Leaders would plan crafts and coordinate the group. Leave a message at (978) 443-3055.

**AARP Tax Help**

Need some help with your income tax return? 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 Mondays and Wednesdays. Be sure to arrive **15 minutes before** your scheduled appointment to complete the intake form.

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

***Last date of program is April 8.***

**Medical Equipment Loan Closet**

Volunteer Coordinator Ed Gottmann is looking for 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, please.



**Home Safety Visits**

Sign up for a Home Safety Visit! Lieut. Kevin Cutler from the Sudbury Fire Department and our Volunteer Coordinator Ed Gottmann are offering additional Home Safety Visits. Kevin and Ed will take a look at your smoke and carbon monoxide detectors, and other safety issues. Call (978) 443-3055 to put your name on the list. We will contact you to schedule your appointment.

**Great Resource for Caregivers!**

A fantastic resource is available for Caregivers — people who are caring for someone else who is chronically ill-and others. CaregivingMetroWest.org is a website devoted to providing resources and support to caregivers. Created and designed by BayPath Elder Services Program Manager Douglas Flynn, the website has a searchable resource database as well as the a Caregiver Toolkit and Caregiver Chronicles. Check it out at [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org).



**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.

## APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
VH—Van Houten room; SP— Sudbury Pines room; R1-Room 1 R2-Room 2 R3-Room 3 SHINE—Medicare Counseling	<i>Thank you to Sudbury Pines for providing refreshments for our Friday movies this month!</i>	9:00-4 AARP Tax Help (R3) 9:00-3:00 I&R Hours 10:00 <i>Barbarian Empires</i> (10) 10:00-12:00 <i>Drawing</i> (2) 11:00 Fit for the Future 1:00 Canasta (SP) No Quilting 2:00-4:00 Teen Tech	9-12 SHINE 9:30 Tap Dance (7) 9:30-12 <i>Mixed Media Collage -Art Wkshp</i> (1) 10:00 Current Events* 12:00 Soup's On! 12:45 <i>Recipe Makeover: Extreme Edition</i> 2:30 Connection Circle * Tentative please call to check	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (2) 11:00 Fit for the Future 12:30 Friday Movie: <i>Daughters of the Regiment</i> 11:30 and 2:00 - Watercolors (8, last)
6	7	8	9	10
9-4 AARP Tax Help (R3) 9:00-3:00 I&R Hours 9:30-12:30 <i>Chronic Pain Self-Mgt. Program</i> (1) 11 Fit for the Future 1:00 Better Bones (8) 1:30 <i>Genealogy Workshop</i> (3) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (1) 10-11:15 <i>Irish Poetry</i> (1) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (8) 1:00-4:00 SHINE 3:00 Council on Aging	9:00-4 AARP Tax Help (R1) 9:00-3:00 I&R Hours 10:00 <i>Barbarian Empires</i> (11) 10:00-12:00 <i>Drawing</i> (3) 11:00 Fit for the Future 1:00 Canasta (SP) 12:30-3:00 Quilting (1) 2:15-4:00 Teen Tech	9-12 SHINE 9:30 Tap Dance (8) 9:30-12 <i>Mixed Media Collage -Art Workshop</i> (2) 10:00 <i>Book Buddies Info Session</i> 1:00 <i>Pianist Ariel Nathanson</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (3) 11:00 Fit for the Future 12:30 Friday Movie: <i>Manon: The Australian Ballet</i> 11:30 or 1:45 - Watercolors (1) (see pg. 2)
13	14	15	16	17
9:00-3:00 I&R Hours 9:30-12:30 <i>Chronic Pain Self-Mgt.</i> (2) 10:00 Stamp Club 11 Fit for the Future 1:00 Better Bones (1) 1:30 <i>Genealogy Workshop</i> (4, last) 2:15 Tai Chi (7) 3:30 <i>New Trip Meeting Hawaii - January 2016</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (2) 10-11:15 <i>Irish Poetry</i> (2) 10-12 Legal Clinic 11:30 <i>Organic Gardening Workshop</i> 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (1)	9:00-3:00 I&R Hours 10:00 <i>Barbarian Empires</i> (12) 10:00-12:00 <i>Drawing</i> (4) 11:00 Fit for the Future  1:00 Canasta (SP) 12:30-3:00 Quilting (2) (L-S Adult Ed class)	9:00 <i>Men's Breakfast</i> 9-12 SHINE 9:30 Tap Dance (1) 9:30-12 <i>Mixed Media Collage Art Workshop</i> (3, last) 10:00 Current Events* 2:30 Connection Circle * Tentative please call to check	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (4) 11:00 Fit for the Future 12:30 Friday Movie: <i>It's a Mad Mad Mad Mad World</i> 11:30 or 1:45 - Watercolors (2)
20	21	22	23	24
Patriot's Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (3) 10-11:15 <i>Irish Poetry</i> (3) 12:30-3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i> (2)	9:00-3:00 I&R Hours 10:00 <i>Barbarian Empires</i> (13) No <i>Drawing</i> 11:00 Fit for the Future 1:00 Canasta (SP) 12:30-3:00 Quilting (3) 2:15-4:00 Teen Tech	9-12 SHINE No Tap Dance 9:30 Thursday Crafters 12:00 Pizza and a Movie: <i>Belle</i> 2:30 Connection Circle 3:00 <i>Friends Meeting</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (5) 11:00 Fit for the Future 12:30 Friday Movie: <i>Music of the Heart</i> 11:30 or 1:45 - Watercolors (3)
27	28	29	30	
9:00-3:00 I&R Hours 9:30-12:30 <i>Chronic Pain Self-Mgt. Program</i> (3) 11:00 Fit for the Future 1:00 Better Bones (2)  2:15 Tai Chi (8)	8:30-12 <i>BP Clinic and Medication and Health History Review</i> 9:00 Cribbage 9:40/11 Yoga (4) 10-11:15 <i>Irish Poetry</i> (4) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (3)	9:00-3:00 I&R Hours 10:00 <i>Barbarian Empires</i> (14) 10:00-12:00 <i>Drawing</i> (5) 11:00 Fit for the Future 1:00 Canasta (SP) 12:30-3:00 Quilting (4)	9-12 SHINE 9:30 Tap Dance (2) 10:00-3:00 AARP <i>SMART Driver Program</i> — option to order LUNCH—pg. 3 2:30 Connection Circle	<i>Thank you to Orchard Hill for Refreshments for the Pianist on April 9!</i>

## TEEN TECH WORKSHOPS

### Wednesdays, April 8 and 22, 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.

## Friday at the Movies - 12:30 PM

### *Sudbury Pines Extended Care* is providing Refreshments!

#### April 3-*Daughters of the Regiment* –NR-2hrs

This comic opera features the incomparable Beverly Sills in a crowd-pleasing performance as the rabble-rousing Marie. Backed by the Filene Center Orchestra and the Wolf Trap Company Chorus, led by conductor Charles Wendelken-Wilson.

#### April 10-*Manon: The Australian Ballet* –NR-1hr

The Australian Ballet's Justine Summers, Nigel Burley, Lynette Wills and Steven Heathcote take center stage in British choreographer Kenneth MacMillan's robust 1995 interpretation of "Manon." This classic ballet captures the passion that grows between young Parisienne Manon and destitute student Des Grieux as he risks everything to keep his paramour in his arms.

#### April 17-*It's a Mad Mad Mad Mad World*-G-2.5 hrs

Before literally kicking the bucket when his car careens off an embankment, "Smiler" Grogan tells onlookers he's stashed \$350,000 beneath the big "W" in Santa Rosita, and thus begins a mad dash to recover it!

#### April 24-*Music of the Heart*-PG-2 hrs

In director Wes Craven's inspiring Oscar-nominated drama, which is based on a true story. A violinist and single mother struggles to convince the administration at an East Harlem high school to let her establish a music program.

**Please sign up at** (978) 443-3055.

## Movie and Pizza

### Thursday, April 23

### BELLE

#### 2014

**Rated PG-13, 1 hr 45 m**

**12:00 Pizza**

**12:30 Movie**



This period drama based on true facts, traces the life of Dido Elizabeth Belle, a biracial girl born in 1761 to a British admiral father and an African mother. Raised by her great-uncle, Dido finds her place in society despite her mixed ethnicity.

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

## Sudbury Medical Reserve Corps

Are we really prepared? How many of us can say that if an emergency were to happen tomorrow we would know where to go, what to do, and who will help? You may not know that Sudbury has a Medical Reserve Corps (MRC). The MRC is a group of volunteers consisting of a variety of people from a wide range of professional and life backgrounds both active and retired. The MRC's objective is to prepare to help if and when an emergency happens, such as an influenza pandemic. They provide many types of support during an emergency, such as clerical, organizational, medical and psychological. MRC volunteers find the experience fulfilling and rewarding. There is a great sense of community!

Benefits to volunteers include: serving your family, friends, neighbors in your town and beyond, being part of a team, networking with other professionals as part of a critically important force, helping to enhance and strengthen public health, and participating in free educational opportunities. An application form can be found at the [Medical Reserve Corps Executive Committee](#) website. Let's help Sudbury be prepared for anything that the future may hold! For more information, contact Phyllis Schilp, BSN, R.N., Sudbury Board of Health Nurse at (987) 440-5477.

***Let's Be Prepared!***



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

Our Trip Coordinators have planned two meetings in the next two months to discuss future trips for early 2016 and beyond.

#### **Hawaii Cruise**

Please come on **Monday, April 13, at 3:30 PM** to hear Tours of Distinction staff discuss a fabulous **January 2016 Hawaii Cruise Tour** for 11 days with 7 shore excursions.

#### **River Cruise and More**

On **Thursday, May 7, at 2:00 PM**, Renee St. James from **Overseas Adventure Travel/ Grand Circle Travel** will discuss a very popular **Old World to the Blue Danube River Cruise** for April 2016, as well as plans for other possible trips to South America and/or other locations.

Please join us! Contact the Senior Center to sign up to attend the meetings.

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#### **Upcoming Trips:**

##### **Neil Sedaka at Mohegan Sun**

Tuesday, April 21—\$100—Breaking up is hard to do!

##### **The New Dawn Singers at Luciano's Lake Pearl**

Friday, May 22 - \$87—Music from the 20's—60's!

##### **Quebec City**

September 20-23

\$719, 4 days, 3 meals, stay at the Star Palace Royal Hotel right outside the walled City!

##### **The Azores**

September 29-October 6

\$2,261, 8 days, 13 meals, European Island paradise just 4 1/2 hours from Boston!

*See flyers in the Trip Rack for more details on these trips.*

**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***

#### ***Sign-Up Information—Please Note:***

*Sign-up* for residents begins 3 weeks before the class start date. Sign-up for all others begins 2 weeks before the class start date. Payment is due at registration.

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

Mondays, Wednesdays, Fridays, 11:00 AM

\$2 drop-in—ongoing; no sign-up required

#### **Better Bones, Senior Strength**

**Mondays** at 1PM; 4/13-6/15

\$56—8 weeks; *sign up starts on March 23 for residents; March 30 for all others*

**Fridays** at 9:30AM; 5/22-6/19

\$35 —5 weeks; no Friday class in July/August

*Sign up starts May 1 for residents; May 9 all others*

#### **Tai Chi**

Mondays, 2:15 PM; 5/11-7/13

\$36 for 8 weeks; *Signup begins on April 20 for residents; April 27 for all others*

#### **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; 4/14-6/9, \$10, 8 weeks

(supported by the Executive Office of Elder Affairs State Formula Grant)

*Sign up starts 3/24 residents; 3/31 all others*

#### **Tap Dance**

Thursdays, 9:30 AM

April 16—June 12; No class 4/23

\$40 for 8 weeks; *Sign up March 26 residents;*

*April 2 for all others*

#### **Yoga for Living Well**

Tuesdays, 9:40 or 11:00 AM

4/7-5/26; 8 weeks for \$56

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### **Foxwoods Trips—\$26**

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.

Mondays, May 4, 2015, August 3, 2015  
and November 2, 2015

You may sign up as early as 2 months before the trip. You will find flyers for Foxwoods and all other trips on the Senior Center Trips board.



## 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 available once a month for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

**S.H.I.N.E./Medicare Help (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 eligibility and starting service.

*A monthly publication from the*

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road  
Sudbury, Massachusetts 01776-1681

*on the web at:*

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



Or Current Resident

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

Men's Breakfast  
Thursday, April 16  
9:00 AM  
\$3



Our Breakfast team serves up hot flapjacks, juicy sausage, fruit, coffee, juice and tea.

Please sign up by Tuesday, April 14, so that we can prepare enough food!



*Our own Soup's On!*

**Recipe Makeover: Extreme Edition**  
with Ann Mazzola of Home Instead  
*Thursday, April 2*  
12:00 Soup; 12:45

Homemade soup by Claire and Judy!

*AARP SMART DRIVER  
PROGRAM*

Thursday, April 30  
10:00 AM—3:00 PM



\*Option to bring your own lunch, or order a lunch, see page 3.