

The Fall of the Pagans and the Origins of Medieval Christianity

DVD Series from The Great Courses

Wednesdays, 9:30-10:30 AM

January 6—March 23



Why did pagan Rome, which had a history of tolerating other faiths, clash with early Christians? What was it like, under Roman law, to be a Jew or a Christian? What led to the great persecutions of Christians? Above all else, how did Christianity ultimately achieve dominance in the Roman Empire, eclipsing paganism in one of the most influential turning points in the history of Western civilization?

Answers to these and similar questions are important for the sheer fact that much of today's world is still governed by principles drawn from the Judeo-Christian heritage that gained primacy as a result of Christianity's triumph over the paganism of ancient Rome. Two thousand years after this earth-shattering change, many of these principles still determine how most of today's Western world—both Christian and non-Christian alike—thinks about ethics, sin, redemption, forgiveness, progress, and so much more.

Discover the true story behind this ethical and religious legacy with **The Fall of the Pagans and the Origins of Medieval Christianity**, a historically focused discussion of the dramatic interaction between Judaism, Christianity, and paganism from the 1st to the 6th centuries. Presented by Professor Kenneth W. Harl of Tulane University—an award-winning teacher, classical scholar, and one of the most esteemed historians on The Great Courses faculty—these 24 1/2 hour lectures allow you to explore in great depth the historical reasons that Christianity was able to emerge and endure and, in turn, spark a critical transition for religion, culture, and politics.

Please register for this course by contacting the Sudbury Senior Center staff at (978) 443-3055 or senior@sudbury.ma.us.

Discussion After Class?

Should you be interested in participating in or taking a turn volunteering to facilitate an optional short discussion after each class, please let us know. Interested persons should stay on after the first class and make a plan for future classes. We are happy to create a listing of interested participants and make sure space is available.

Peg Espinola in Concert: Guitar and Song

Friday, January 22, 2-3:15PM

\$2 suggested donation at the door



Peg Espinola, a 44-year resident of Sudbury, has been playing guitar since she was fifteen but has only been writing songs for nine years. In that time she has acquired an enthusiastic following at Metrowest open mics as a participant and featured artist, and has opened as well for several touring musicians at Amazing Things Arts Center in Framingham. Her songs are sometimes funny and irreverent, sometimes poignant, but always laced with affection. Please register for this class

Snowdate: Friday, January 29, 2:00 PM by contacting the Senior Center at (978) 443-3055 or at senior@sudbury.ma.us.



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Big News! The Senior Center has a new website!

Funded by the Friends of Sudbury Seniors, and created by Dannay Consulting along with the Website Team, the new website can be found at <https://sudbury.ma.us/seniorcenter>. Please take a look! It's beautiful! We plan to start allowing you to register for some programs online in February. This is a big change and we want to start slowly so that you and we can adjust, so we'll begin with just 2 or 3 programs. If you do not have a computer, or don't know how to register online, we will have volunteers and/or students available to help you at the Senior Center two afternoons each week. A schedule of registration help hours will be available in the February newsletter. Please feel free to contact Sharon Wilkes, Program Coordinator or Debra Galloway, Director with any questions at (978) 443-3055.

Thank You to Heritage Assisted Living!

A special Thank you to Heritage Assisted Living of Framingham for sponsoring the dinner and entertainment for the lovely Holiday Luncheon at the Senior Center on Wednesday, December 9. Many thanks also to the volunteers and staff who worked hard to make this luncheon a success! *This year* our beautiful centerpieces were designed and donated by Sudbury resident Laurel MacKinnon who wished to honor her late husband, John MacKinnon. **Thank you Laurel** for your thoughtfulness and generosity.



Wayside Inn Holiday Luncheon a Delight!

The Sudbury Senior Center's annual Wayside Inn luncheon was held on Wednesday, December 2. Diners chose either pot roast or salmon and enjoyed apple pie for dessert, along with the lovely holiday music of Roger Tincknell. Thank you Wayside Inn and Mr. Tincknell!



**PEN & INK REVISITED
Drawing Workshop with Susan Funk
6 Wednesdays, 10:00-12:00
January 6 - February 10, \$25**

Come join us as we go back to the "basics" of Pen & Ink drawings. We discuss the variety of textures that can be created as well as practice these techniques. Please feel free to bring subject matter you would like to attempt with pen & ink. Each will build on the previous class' information, so that by our last class you will feel comfortable with this medium.

Any questions, please leave a message for Susan at (978) 443-3055 and she will contact you. Please sign up and pay at the Sudbury Senior Center by Tuesday, January 5. You may call (978) 443-3055 for more information.

Watercolors Workshop with Sandy Wilensky

February 12-April 29, Fridays
either 11:30AM-1:30PM or 1:45-3:45PM
12 weeks, \$84



Join our popular Watercolors classes! Enjoy a relaxing environment, opportunities for sharing, learning new techniques and working on your own or a new project. Sudbury residents may sign up as of December 31, all others as of January 15. Space is limited.

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Crafty Jewelry Group

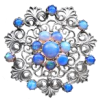
Special Guest!

Thursday, January 21

10:00 AM-12:00 PM



Join volunteer facilitator Priscilla Reising with her special guest, award-winning jewelry designer Sharon Forde of Sharon Forde Designs. Sharon fell in love with the beaded jewelry in Venice and decided she had to learn how to create it. Sharon, who has been creating one of a kind jewelry for 10 years, will provide a lesson on jewelry design and repair. No charge.



Please sign up in advance to join this workshop. Sign up by calling (978) 443-3055. Space is limited.

iOS Photo and Video Roundtable

Tuesday, January 12

10:00 AM

Ken Lefner, who instructed a previous workshop, will facilitate this group meeting. Please bring your iphone or ipad to the meeting and share your questions, insights and photos with the group. Ken is hoping to convene a regular monthly meeting with those interested in Apple photography and videography. Please sign up by calling the Senior Center at (978) 443-3055.



Be Prepared!

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!

By the way, we can always use new volunteers in many activities! Leave a message for Ed Gottmann, our Volunteer Coordinator.

Space heaters—Do you have an old, unsafe space heater?



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

February Sneak Peek!

Love Songs for Valentine's Day

Tuesday, February 16

1:00 PM

\$8 at the door



Calling all romantics! Jeannie Mack will perform all sorts of love songs from the 30's, 40's and 50's to celebrate Valentine's Day. Sprinkled in among the sentimental love songs, are plenty of rousing toe-tappers sure to inspire singing and clapping along!

Please sign up by calling or emailing the Sudbury Senior Center at (978) 443-3055 or senior@sudbury.ma.us.

Valentine Treats will be available!

February Sneak Peek!

Charles Darwin: The Evolution of the Man and His Mind

Tuesday February 9, 2016 10:00 – 11:00 AM

Have you ever wondered why antibiotics are less effective today than they were several years ago? This presentation will discuss Darwin's background and how it led to the development of his theory of evolution by natural selection. It will explain how scientists use an understanding of this theory to answer the question above.



In addition to teaching high school biology for several decades, instructor Susan Plati was a consultant on the *WGBH Evolution Project*, was published in *Evolution in Perspective: The Science Teachers' Compendium*, and was the recipient of a Presidential Award for Excellence in Science Teaching. Please call (978) 443-3055 to sign up.

Van Riders! Procedures for Using the Van

Sudbury residents who are 60 and older or under 60 and have a disability are eligible for van rides. You must preregister with the MetroWest Regional Transit Authority (MWRTA) to schedule a ride. Applications are available from Van Drivers, the Senior Center or the MWRTA.

1. To pay for rides, please send a check or money order to the MetroWest Regional Transit Authority (checks payable to MWRTA) at 15 Blandin Ave., Framingham, MA 01702 to set up your account. Your account will be debited when you take a ride on the van.
2. Once the account is set up, call the MetroWest Regional Transit Authority Central Reservation phone line at 508-820-4650 to request a ride by the Senior Center van at least 48 *business* hours in advance of the ride.

Van service is available Monday-Friday from 8:30AM-4:00PM. Tuesdays and Thursdays are reserved for shopping at the Sudbury Farms or Shaw's Plazas. Most months, the last Monday of the month is a shopping trip and lunch out of town. There are also other trips scheduled each month. Cost for a one way ride in town is \$1, one way ride out of town is \$2. If you have any concerns, please call us at (978) 443-3055.



Current Events Group

1st and 3rd Thursdays, 10:00 AM
January 7, 21

The Current Events group meets at the Senior Center twice a month on the first and 3rd Thursdays of the month from 10:00 to 11:30 AM. Please feel free to join the group for a respectful discussion of world/local events.

Many thanks to Richard Nesmith who volunteered to start this group a few years ago and will be taking some time off. Welcome and thank you to volunteer facilitator Don Sherman who will be filling in! For information and to sign up, please call (978) 443-3055.

Tai Chi for Healthy Living

Designed for the newer exerciser, this class uses simplified Tai Chi movements to strengthen muscles and build better balance. See page 8 for schedule. Sign up now, while class is subsidized by a grant from Elder Affairs!



Monday Van Trips

Pickups: 9:00-10:00 AM
Shopping and Lunch, 10:00-1:30
Return: 1:30-3:00 PM



Monday, January 11 to Market Basket in Hudson

Monday, January 25 to WalMart in Hudson

Please call the MetroWest RTA to register for the trips at (508) 820-4650 no earlier than 2 weeks prior and no later than 48 business hours in advance. First come, first served. Times are approximate.



Bridges Together! Changing children's lives...

Would you enjoy getting to know 3rd graders... helping them to learn about older people and learning what school is like these days? Sudbury's award-winning intergenerational Bridges Together program brings third graders and older adults together for 4 classes, and then a celebration at the Senior Center. This program gives older adults an opportunity to reflect on their own experiences and share them with the students. The Bridges experience helps children develop compassion and respect for older people, as well as aspire to be healthy, active older adults themselves one day.

Become a volunteer! Many children do not have grandparents nearby and would really benefit from your participation. Adults 55 and over are eligible. For more information about Bridges, contact Sharon Wilkes, Program Coordinator, at (978) 443-3055.

Next Bridges Session is at **Noyes School**—January-February. Choose from: Mondays, Tuesdays, Thursdays or Fridays from 2-3 pm.

Sign Up! Get a keycard!

We want to count you in—please fill out a Participant form and get a keycard if you haven't already, you can sign in at the desk when you arrive. We want to know how many are participating in each program and how many are here each day. This really helps us to advocate for seniors and senior services with accurate statistics—thank you!

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.

**Property Tax Work-off Program
New Applicants Welcome!**



A new year is here and that means there are opportunities to work for the town and “earn” a property tax abatement. Town departments that participate include the Goodnow Library, many of the schools, the Town Clerk, the IT department, the Senior Center and more. Use your skills and help the town! Please note: a slot is not guaranteed and the abatement is considered income by the Federal government. Call for an application or leave a message for Coordinator Josephine King at (978) 443-3055.

**FISH—Friends in Service Helping
We are in need of more volunteer drivers for
medical appointments!**



Friends in Service Helping others (FISH) connects volunteer drivers with their neighbors who need a ride to a medical appointment. Should you or a family member or friend be available to volunteer occasionally, please 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.

For those who need rides...volunteer drivers are becoming harder to schedule. Please seek assistance from family and friends first, then if you are still 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. Thank you for your understanding!

2016 Medicare Part B Premium News



You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare.

Most people who had their Part B premium deducted from their Social Security check last year will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016 and there is a law that prevents the amount of one’s benefit check from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$121.80 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay some or all of their premium.

Our trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! Take advantage of free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the Senior Center at (978) 443-3055.

For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



Laughter.. the best medicine!

**Laughter Group
Thursdays at 9:30 AM
January 7, 14, 21, 28**

Add some laughter to each week, on Thursdays at 9:30 AM.

Laughing is exercise—and it’s good for you! No need to feel self-conscious, Lenore will help the group relax and get laughing! The more, the merrier!



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



**Eat Well, Feel Better!
Wednesday, January 20
1:00 PM**

BayPath Elder Services Nutritionist Traci Robidoux shares her secrets for eating well and feeling better! We all can use some new ideas and inspiration in January! Please sign up so that we can prepare for the audience at (978) 443-3055.




**Legal Clinic
Tuesday, January 12
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.

Please note that the Sudbury Senior Center does not specifically endorse or recommend any of the advertisers in our newsletter. Should you have any concerns about the advertisements, please call Debra Galloway, Senior Center Director, at (978) 443-3055.

JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SP— Sudbury Pines room VH— Van Houten room		SHINE—Serving the Health Insurance Needs of Everyone—on Medicare. The Senior Center is fortunate to have two excellent, trained, SHINE volunteers.		1 New Years Day Holiday Senior Center Closed
4	5	6	7	8
9:00-3:00 I&R Hours 11 Fit for the Future 1:00 Better Bones (6) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (1)	9:00-3:00 I&R Hours 9:30 <i>The Fall of the Pagans and the Origins of Medieval Christianity</i> (1) 10:00-12:00 <i>Pen and Ink Drawing Workshop</i> (1) 11:00 Fit for the Future 1:00 Canasta (VH) (snowdate -Musketahquid Gathering)	9:00-12:00 SHINE 9:30 Tap Dance (7) 9:30 <i>Laughter Group</i> 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>Mr. Holmes</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Woman in Gold</i> 11:30 and 1:45 Watercolors (4)
11 Van Trip	12	13	14	15
9:00-3:00 I&R Hours 10:00 Stamp Club 11 Fit for the Future 1:00 Better Bones (7) 2:15 Tai Chi (8)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 10:00 <i>iOS Photo/Video Group</i> 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (2)	9:00-3:00 I&R Hours 9:30 <i>The Fall of the Pagans</i> (2) 10:00-12 <i>Pen and Ink</i> (2) 11:00 Fit for the Future 1:00 Canasta (VH) 2:15-4 Teen Tech Workshop— <i>Online Help</i> No Quilting	9-12 SHINE 9:30 Tap Dance (8) 9:30 <i>Laughter Group</i> 12:45 <i>Singing Group</i> 1:00 <i>Collette Tours Presentation</i> 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (5) 12:30 Afternoon Movie: <i>Some Like in Hot</i>
18	19	20	21	22
Martin Luther King, Jr. Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (3)	9:00-3:00 I&R Hours 9:30 <i>The Fall of the Pagans</i> (3) 10-12 <i>Pen and Ink</i> (3) 11:00 Fit for the Future 1:00 <i>Eat Well, Feel Better!</i> 1:00 Canasta (VH) 1-2:30 <i>Bereavement Group</i> (1) (SP) No Quilting	9-12 SHINE 9:30 Tap Dance (1) 9:30 <i>Laughter Group</i> 10:00 Current Events 10:00-12:00 <i>Crafty Jewelry Group Workshop</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (6) 2-3:15 <i>Peg Espinola: Guitar and Song</i> <i>No Friday movie—see Monday, Jan. 25</i>
25 Van Trip	26	27	28	29
9:00-3:00 I&R Hours 10:00 <i>History's Great Military Blunders</i> (1) 11:00 Fit for the Future 12:30 Afternoon Movie: <i>Cyrano de Bergerac</i> (opera) 1:00 Better Bones (8) 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (4)	9:00-3:00 I&R Hours 9:30 <i>The Fall of the Pagans</i> (4) 10:00-12 <i>Pen and Ink</i> (4) 11:00 Fit for the Future 1:00 Canasta (VH) 1-2:30 <i>Bereavement Group</i> (2) 2:15-4 Teen Tech <i>Wkshp</i> No Quilting	9-12 SHINE 9:30 Tap Dance (2) 9:30 <i>Laughter Group</i> 12:00 <i>Soup's On!</i> 2:30 Connection Circle 3:00 <i>Friends Meeting</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (7) 12:30 Friday Movie: <i>City Slickers</i> (snowdate for <i>Peg Espinola</i> -may postpone movie)

NEW!



**History’s Great Military Blunders
and the Lessons They Teach**

Mondays, 10:00-11:00 AM

January 25 - April 25

No class February 15, April 18

“All battles are in some degree...disasters.” These words by military historian John Keegan are true in that military conflicts inevitably involve death and destruction. Yet despite their tragic cost, many battles are regarded as great triumphs, while others are nearly universally declared blunders. What qualifies such battles for special condemnation—or inquiry, for that matter? Why focus on failure at all?

Perhaps above all else, it is the element of avoidability that makes these catastrophes so worthy of exploration. Military history often highlights success and suggests a sense of inevitability about victory, but there is so much that can be learned from studying failure, particularly when it’s unexpected. From how the arc of history was altered by the outcome of these battles to how such mistakes could have been avoided to how they might be circumvented in the future, there are numerous important lessons to be gleaned. You even consider how the world might be different if these egregious errors had not occurred.

Please sign up in advance by contacting the Senior Center at (978) 443-3055.

Stamp Club

**Monday, January 11
10:00 AM**



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".

**Movie and Pizza
Thursday, January 7**

Mr. Holmes
2015
2 hrs.



**12:00 Pizza
12:30 Movie**

Long retired to a country farmhouse, 93-year-old Sherlock Homes tends his apiary and reflects on his remarkable career. But the legendary sleuth, whose mental powers are fading, remains haunted by the unsolved case that caused him to call it quits.

Please call to order your slice(s) of pizza by 10:00 AM on January 7 at (978) 443-3055. \$1.25 per slice.

Friday at the Movies!

Please call to let us know you are coming at (978) 443-3055; we will contact you should the schedule change. All movies start at 12:30 PM—unless noted.

January 8 - **Woman in Gold**, 2015 -2 hrs.—Six decades after World War II, Jewish Octogenarian Maria Altmann begins a quest to reclaim the artwork confiscated from her family by the Nazis—including a famed masterpiece.

January 15 - **Some Like It Hot**—1959– 2hrs.-When musicians Jerry and Joe accidentally witness the St. Valentines’ Day Massacre, they get out of town the only way they know how-dressed as women. Things heat up when they meet a blonde who plays the ukulele. Stars: Marilyn Monroe, Tony Curtis, Jack Lemmon.

January 22 - no movie - **Peg Espinola Concert!** This movie will be on Monday, January 25 instead.

Monday, January 25—Cyrano de Bergerac—Opera—1990—1 hr., 30 mins.

January 29– **City Slickers**-1991-2 hrs.

For a change of pace, three amigos facing midlife crises sign on for a fortnight cattle drive through the Colorado Hills. The urbanites’ survival depends on a leathery trail boss who doesn’t cotton to greenhorn city slickers. Stars Billy Crystal. *** this movie may be postponed if snow cancels Peg Espinola on Jan. 22.**

TRIPS NEWS**Hello Fellow Travelers-**

Our Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to partake in one of the wonderful trips they have planned for 2016! Check out the options in the **enclosed 2016 Trips Brochure!** *Please make note the Trip Guidelines.*

**Collette Tours Presentation****Thursday, January 14, 1:00 PM**

Learn more about Collette's trips, including: Shades of Ireland and Mackinac Island. Visual presentation, synopsis and opportunities for questions. Please sign up by calling (978) 443-3055.

**Hawaii****January 28-February 7, 2016, 11 days****\$4,449-\$5,359 double occupancy**

Fly to Honolulu and then cruise to all the best parts of the islands! Some spaces left, call the Trips Coordinator for more information.

The Great Rivers of Europe—October 7-22, 2016**15 or 16 days; River cruise only \$3,795,****with Airfare \$4,995 double occupancy**

River cruise along the Rhine and Danube rivers, visiting Amsterdam, and several famous cities in Germany and Austria. Trip flyers available in the Senior Center Trip Rack. \$500 deposit due by March 1; in full by July 5, 2016.

The Young Irishlanders -March 10, 2016- \$91

At the Venus De Milo in Swansea, MA. The Young Irishlanders is comprised of eight performers who have Irish traditional music, song & dance running through their veins. \$91.00 includes: transportation, show, luncheon and driver gratuity. Checks payable to *Best of Times*. Due date: February 4, 2016.

Samson! May 23-25, 2016—\$471 pp double

In Philadelphia, a Sight and Sound theatre production. Tour Penn. Dutch country; Longwood Gardens, Barnyard Art Studio and Gallery, Kitchen Kettle Shopping Village, and Philadelphia. Payable to *Tours of Distinction*. Dep. due Mar. 9, in full by Apr. 6, 2016.

Please note: All trips require purple registration form and payment when registering. Thank you!

Connection Circle - Thursdays, 2:30PM

Share interests, memories and pieces of your life stories at our women's discussion group. Please call (978) 443-3055 to sign up.

**Senior Center Fitness Classes**

Sign-Up Information—Please Note: Payment is due at registration, with the exception of Fit for the Future. Please contact us if you would like to visit a class for free to try it out for the first time. If you have financial need, a partial scholarship may be available.

Fit for the Future with Lois (aerobics/strength)

Ongoing classes on M, W, F at 11:00 AM,

\$2 drop-in; no sign-up; no class Jan. 18, Feb. 15.

Better Bones, Senior Strength***Mondays** at 1PM; \$56 - 8 weeks

Feb. 22-April 11, no class Feb. 1, 8, 15

sign up for Sudbury residents begins

Jan. 4, all others as of January 19, 2016.

Fridays at 9:30AM— Class is on hiatus.

*Bring your mat, 2 sets of weights and water!

Tai Chi

Mondays, 2:15 PM; \$36 for 8 week sessions

January 25-March 21, no class February 15. **Sign up**

for Sudbury residents begins on January 4, all others as of January 19, 2016.

**Tai Chi for Healthy Living***

Tai Chi for those who prefer a slower pace.

Tuesdays, 1:30 PM; \$10*; January 5-February 23, 8 weeks; (*supported by the Elder Affairs State Grant)

Tap Dance -Thursdays, 9:30 AM, Jan. 21-March 10;

The latest craze! Good for body and mind!

\$40 for an 8 week session. Sign up now!

Yoga for Living Well#

Tuesdays, 9:40 or 11:00 AM

January 19-March 22, no class Feb. 2, 9

\$56 for 8 week session. Sign up now!

#Bring your mat, block and water!

NOTES: Please call (978) 443-3055 for information or ask for a Fitness flyer and schedule.

Next Foxwoods Trip - February 1, 2016

Deanna Sklenak and Ron Ragno organize and promote our Foxwoods trips. Please sign up early so that we can be sure to have enough participants to cover the bus fee. \$26 includes bus fee, \$10 Buffet/Food Voucher Coupon and \$10 Slot Play. Please pay when you register. Call (978) 443-3055 for more information.

Teen Tech Workshop**Wednesday, January 13, 27—2:15-4:00 PM**

Sign up for some time with one of our High School tech volunteers and get help with your iphone, ipad, or other device. Call 978-443-3055 to reserve your spot.



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 4:00 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. You must be registered with the MetroWest Regional Transit Authority (MWRTA). Call the MWRTA at 508-820-4650 or Senior Center for an application. You must call at least 48 hours in advance 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**.

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

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Monday through Friday, 8:30 AM to 3:30 PM

Make a difference!

Join the Award-Winning
Intergenerational **Bridges**
Program this Year!

Small *time* commitment, big rewards!
Five 1 hour sessions. Noyes School
starts the week of January 11.

Contact Sharon Wilkes, Program
Coordinator for more information at
(978) 443-3055.

Local Guitarist
and Songwriter
Peg Espinola



Friday, January 22
2:00 PM

\$2 suggested donation at the door
Please register by contacting the Senior Center at

Two new classes...



**The Fall of the Pagans
and the Origins of Medieval Christianity**

Wednesdays at 9:30 AM, Starts on January 6

**History's Great Military Blunders
and the Lessons They Teach**

Mondays at 10:00 AM
Starts on January 25—see pg. 7



SENIOR NOTES
Thursday, January 14
12:45-2:30PM

*Sing! It feels
great! Join us!*

Laughter Group
Thursdays, 9:30 AM



For more information, call (978) 443-3055 or
drop in to the group and talk with Lenore!