

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT



Love Songs for Valentine's Day

Tuesday, February 16
1:00 PM
\$8 at the door

*Live Music!
It's the best!*



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. Space is limited!

Enjoy a Valentine treat while you listen!

Soup's On!

Boost Your Brain Health by Eating Well!

Thursday, February 18
12:00 Soup and Salad
12:45 Presentation



Current research shows that diet can boost your brain health, at any age! Learn how these easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory.

Maryellen King, Director of Community Relations at Concord Park Independent and Assisted Living Memory Support Neighborhood is our presenter. Our amazing Soup's On team will have a healthy soup and salad ready for you, if you sign up in advance!

Please sign up by calling (978) 443-3055 by Tuesday, February 16 at 4pm. Space is limited. The kitchen closes at 12:30 PM.

SHINE (Medicare) Volunteer Counselors Needed!!

Are you looking for a challenging volunteer opportunity?
Do you enjoy learning about complex topics?
Do you like to work with people?

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

Through an intensive training program, SHINE (Serving Health Insurance Needs of Everyone) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income programs that help with healthcare costs.

SHINE Counselors are expected to work an average of 5-6 hours per week meeting with clients and doing necessary follow-up work. They generally counsel at Senior Centers or other public settings that have a private meeting space. SHINE Counselors must also attend monthly meetings where they receive on-going training and support. Knowledge of computers is required. The spring SHINE training will begin in April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call Kathy Worhach, MetroWest Regional SHINE Director at (781) 455-7555, Ext. 207.

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The Senior Center will have a new website!

Funded by the Friends of Sudbury Seniors, and created by Dannay Consulting along with the Website Team, the new website will be found at <https://sudbury.ma.us/seniorcenter>. Even while we are still using the current design, you can register for some programs online this month. 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 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. A schedule of help hours will be available by February 1. Please feel free call for the schedule or to contact Sharon Wilkes, Program Coordinator or Debra Galloway, Director with any questions at (978) 443-3055. *

Computer Instructors Needed!

The Senior Center has a few computers available for individual tutoring. What we need are individuals with computer instruction experience, and patience, who can help people to learn to register online for programs, and to teach people how to use an ipad, or how to use software programs, etc. Please contact Debra Galloway, Director, at gallowayd@sudbury.ma.us or (978) 443-3055 to learn more.



**AARP Tax Help
Mondays and Wednesdays
February 22—April 11***

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 Mondays and Wednesdays (9:15, 10:15, 11:15, 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 **Monday, February 22**. For those with brokerage accounts, (including people with stocks) appointments will begin **Wednesday, March 2** 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 2015. 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.

Emil Ragonis and Fred Taylor have returned to volunteer as our Tax Aides again this year! Thanks to Emil for coordinating the schedule!

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** there will be no appointments on March 7, 9, 21, 23 and April 4.

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SUDBURY SENIOR CENTER

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Address: 40 Fairbank Road, Sudbury

Email: senior@sudbury.ma.us

Webpage: www.senior.sudbury.ma.us

**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.

Instructor Susan Plati taught high school biology for several decades, 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. Thank you Susan for

Crafty Jewelry Group
Thursday,
February 18
10:00 AM-11:30 AM



Join volunteer facilitator Priscilla Reising at the Crafty Jewelry Group. Bring your projects, or start a project; ask questions of the group, make suggestions for future meeting ideas.

Please sign up in advance to join this group- we will call with any changes in schedule. Sign up by calling (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. 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. Thanks to Ed Gottmann, Volunteer Coordinator, and the Sand Bucket Brigade volunteers!

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.

Medical Equipment Donations Needed!

The Senior Center Medical Equipment Loan Closet could use new inventory! We are looking for donations of used or new medical equipment in good and clean condition, especially, wheelchairs, transport chairs, shower chairs and 4-wheeled walkers, with a seat and hand brakes. (Also known as rollators.) We do not need crutches. Thank you very much to all of those who have donated in the past!

Draw Your Home!

Wednesdays, 10:00 AM-12:00 PM
February 17-March 23
\$25

From Instructor Susan Funk: Working from a photo of your home, and a little basic drawing info, our goal is to create a lovely piece of art - with your home as the main subject. We will explore thru pencil work, basic perspective principles as well as composition, shading and a bit of landscape drawing. No worries if you have never done this before. Each week we will work on one of the above mentioned areas to culminate in a final drawing of your home.



Supplies: Sketch book (8 x 10), #2 pencils & erasers, colored pencils, illustration board or bond for final drawing. *Please register in advance



**Lunch and Learn:
Information
You Need to Know**
Thursday, February 25
12:00 PM

In American men, prostate cancer is one the most common cancers and in women it’s breast cancer. Join us for lunch and learn about the two of the most common gender specific cancers with Phyllis Schilp, BSN, RN Sudbury Board of Health Nurse. The discussion will include identification, risk factors, detection and prevention. Enjoy a casual lunch with Phyllis and then learn more with plenty of time for questions.

Please sign up for lunch by Tuesday, February 23 at 11:00 AM. The February lunch menu was not available at press time. Call the Senior Center at (978) 443-3055 to find out what the meal will be and to



Transportation

What do we need for Sudbury's future?

The Sudbury Council on Aging and Senior Center staff are reviewing our current van transportation and researching what is needed now and for the future. We will be doing an informal survey at the Senior Center in late January and early February to get input from our Senior Center participants. A questionnaire will be available at the Senior Center or can be mailed upon request. Please contact Debra Galloway, Director, with questions at gallowayd@sudbury.ma.us.



Current Events Group

1st and 3rd Thursdays, 10:00 AM
February 4, 18

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 events.

Many thanks to Richard Nesmith who volunteered to start this group a few years ago and 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.

Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on Dec. 7, but you may still be able to change plans during 2016.

New: Medicare's 5-Star Special Enrollment Period

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

For those with a Medicare Advantage Plan (HMO or PPO):

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add



Monday Van Trips

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

Monday, February 8 to Market Basket in Hudson

Monday, February 29 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 growing older? Would you like to learn what school is like these days? Sudbury's intergenerational Bridges Together program brings third graders and older adults together for 4 classes at school, and then a celebration at the Senior Center. This program gives older adults to share their wisdom and stories with the students and 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.

You will see current students and volunteers at Bridges Reunions at the Senior Center on February 11, February 12 and February 23 at 10:00 AM.

Medicare, continued...

a supplement (Medigap) at this time.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Please call the Senior Center to make a SHINE appointment at (978) 443-3055.

Be counted! Get a keycard!

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!**



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.



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! Instructor Sandy Wilensky provide s lesson each week, and opportunities to work on your own projects. Both newer and more experienced artists are welcome. Enjoy a relaxing environment, opportunities for sharing, learning new techniques and working on your own or a new project. Space is limited.

Senior Notes: Singing Group
Thursday, February 11, 12:45—2:30 PM

Volunteer Leader Sam Gorfinkle leads this once a month group. Join the group and sing! Singing can be relaxing, energizing, fulfilling and social. Please call to sign up and for more information at (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 (978) 443-3055.

Laughter.. the best medicine!
Laughter Group
Thursdays at 9:30 AM

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.

Legal Clinic
Tuesday, February 9
10:00AM-12:00 PM



Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Denise Yurkofsky of Natick. Call (978) 443-3055 to sign up.

Suggestions Welcome!
Please feel free to drop a note in our Suggestion Box at the Front Desk!


Out-of-Town Subscribers

Keep the *Sudbury Senior Scene* coming to your mailbox throughout 2015. A paid subscription costs **\$7.00** for all eleven issues. Please write a check payable to **Friends of Sudbury Seniors** and mail it **with this coupon** to: *Sudbury Senior Scene*, Sudbury Senior Center, 40 Fairbank Road, Sudbury, Massachusetts 01776. *If you are able, please save paper and sign up for our email newsletter list instead! You can do this at www.sudbury.ma.us where you click on “Subscribe” in the upper right corner.*

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FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Foxwoods Trip 1	2	3	4	5
9:00-3:00 I&R Hours 10:00 <i>Military Blunders</i> (2) 11:00 Fit for the Future No Better Bones 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage No Yoga 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (5)	9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans</i> (5) 10-12:00 <i>Pen and Ink</i> (5) 11:00 Fit for the Future 1-2:30 <i>Bereavement Grp</i> (2) 1:00 Canasta (SP) 1:00 Quilting (1)	9:00-12:00 SHINE 9:30 Tap Dance (3) 9:30 <i>Laughter Group</i> 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>Founding Fathers</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>The First Grader</i> 11:30 or 1:45 - Watercolors (8)
<i>Market Basket Trip</i> 8	9	10	11	12
9:00-3:00 I&R Hours 10:00 <i>Military Blunders</i> (3) 10:00 Stamp Club 11:00 Fit for the Future No Better Bones 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage No Yoga 10-12 Legal Clinic 10:00 <i>Darwin: The Evolution of the Man and his Mind</i> 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (6)	9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans</i> (6) 10-12:00 <i>Pen and Ink</i> (5) 11:00 Fit for the Future 1-2:30 <i>Bereavement Grp</i> (3) 1:00 Canasta 1:00 Quilting (2) 2-4 Teen Tech	9:00-12:00 SHINE 9:30 Tap Dance (4) 9:30 <i>Laughter Group</i> 10:00 <i>Bridges Reunion</i> 12:45 <i>Senior Notes: Singing Group</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) 10:00 <i>Bridges Reunion</i> 11:00 Fit for the Future 12:00 Friday Movie: <i>JFK: Three Shots that Changed America</i> 11:30 or 1:45 Watercolors (1)
15	16	17	18	19
Presidents' Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 12:30-3:30 Bridge 1:00 <i>Valentine's Day Love Songs</i> (\$8) 1:30 <i>Tai Chi for Healthy Living</i> (7)	9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans</i> (7) 10:00-12:00 Draw Your Home (1) 11:00 Fit for the Future 1-2:30 <i>Bereavement Grp</i> (4) 1:00 Canasta 1:00 Quilting (3)	9-12 SHINE No Tap Dance 9:30 <i>Laughter Group</i> 10:00 Current Events 10:00-11:30 <i>Crafty Jewelry Group</i> 12:00 Soup's On! <i>Boost Your Brain!</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 (2) 12:30 Friday Movie: <i>Lee Daniels' The Butler</i>
<i>AARP Tax Help</i> 22	23	24	25	<i>Gym Setup/Election</i> 26
9-2 AARP Tax Help R1 9:00-3:00 I&R Hours 10:00 <i>Military Blunders</i> (4) 11:00 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (4) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 10:00 <i>Bridges Reunion</i> 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (8)	9-2 AARP Tax Help R1 9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans</i> (8) 10:00-12:00 Draw Your Home (2) 11:00 Fit for the Future 1-2:30 <i>Bereavement Grp</i> (5) 1:00 Canasta 1:00 Quilting (4) 2-4 Teen Tech	9-12 SHINE 9:30 Tap Dance (5) 9:30 <i>Laughter Group</i> 12:00 <i>Lunch and Learn with our Board of Health Nurse</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>Selma</i> 11:30 or 1:45 Watercolors (3)
<i>WalMart Van Trip</i> 29	<i>Leap Day is Feb. 29!</i>			
<i>Town Election Today</i> 9-2 AARP Tax Help R3 9:00-3:00 I&R Hours 10:00 <i>Military Blunders</i> (5) 11:00 Fit for the Future * 1:00 Better Bones (2) * 2:15 Tai Chi (5) * *(check on room)	In honor of Black History month and Presidents Day, we are showing movies that have a Black history or Presidential theme.	<i>SHINE—Serving the Health Insurance Needs of Everyone on Medicare—Medicare Assistance</i>	SP-Sudbury Pines Room VH-Van Houten Room R1—Room 1 is next to the gym R3— Room 3 is near the School department wing	AARP Tax Assistance begins on Feb. 22. Most of the sessions will be in Room 1, next to the Fairbank Gym, but a few will be moved to Room 2 or 3, due to other programs/elections. Check with the Front Desk!

Space for Sale SPONSOR THIS NEWSLETTER!!!
For more information, please call

800-888-4574

DVD Series
History's Great Military
Blunders
and the Lessons They Teach



Mondays, 10:00-11:00 AM

January 25 - April 25 (No class Feb. 15, Apr. 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?

Learn more by attending this fascinating series from *The Great Courses*. Please sign up by contacting the Senior Center at (978) 443-3055.

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.

February 5 - The First Grader – 2010 – PG -1.5 hrs

Based on a true story, this inspirational drama profiles the amazing determination of 84-year-old Kenyan Kimani N'gan'ga Maruge, a Mau Mau freedom fighter who wants to take advantage of a new universal education decree by learning how to read.

February 12 - JFK: Three Shots that Changed America -2009 - TV-PG - 3 hrs, 8 mins (10 min intermission)

Using rarely seen primary source materials, this intense History Channel documentary examines the 1963 assassination of President John F. Kennedy, an event that changed not only the course of American history, but that of the world. Television news footage, radio reports, home movies and eyewitness accounts offer in-depth details about the tragic events

Movie and Pizza
Thursday, February 4

Founding Fathers: The Men Who
Shaped Our Nation
2000, NR, 2 hrs



12:00 Pizza; 12:30 Movie

The men (and women) who shaped the formative years of the United States of America did so at great personal risk with little possibility of proportional personal reward. But the men's known political, religious and social beliefs are often only their legendary personas; in this series (originally aired on The History Channel), discover the remarkable, unseen private sides of the men who risked everything for the cause of American independence.

Please call to order your slice(s) of pizza by 10:00 AM on February 4 at (978) 443-3055. \$1.25 per slice.

Friday at the Movies— continued...

February 19 - Lee Daniels' The Butler - 2013 PG- 2 hrs

Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history.

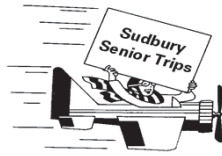
February 26 - Selma - 2014 - PG-13 - 2 hrs

Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it very difficult for blacks to register to vote. In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965.



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!


**Shades of Ireland August 17-26, 2016-
\$3,449 pp double occupancy**

10 day trip touring Dublin, Blarney, Castle, ring of Kerry, Cliffs of Noher, and much more, includes airfare, 13 meals, fees, etc. Collette Tours. \$250 deposit due on Feb. 3 and \$280 insurance highly recommended. Final payment due: June 10.


**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 Irishmen -March 10, 2016- \$91

At the Venus De Milo in Swansea, MA. The Young Irishmen is comprised of eight performers who have Irish traditional music, song & dance running through their veins. \$91 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. Trip guidelines are available on the back of the 2016 Trip Brochure, or by request. Thank you!

Connection Circle - Thursdays, 2:30PM

Join Facilitator Kim Schwartz at the Connection Circle! 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 Feb. 15.


Better Bones, Senior Strength*

Mondays at 1PM; \$56 - 8 weeks
Feb. 22-April 11, no class Feb. 1, 8, 15

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.

Tai Chi for Healthy Living*

Tai Chi for those who prefer a slower pace.
Tuesdays, 1:30 PM; \$15*; March 1-April 19, 8 weeks; (*supported by the Elder Affairs State Grant)

**Tap Dance -Thursdays, 9:30 AM, Jan. 21 –Mar. 24;
no class Mar. 17.**

The latest craze! Good for body and mind!
\$40 for an 8 week session.

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.

#Bring your mat, block and water!

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

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. Foxwoods trips are scheduled on the first month of the month once every 3 months. Call (978) 443-3055 for more information.

Teen Tech Workshop
Wednesday, February 10, 24—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 two Mondays every 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 business 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.

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.

Sudbury Council on Aging and Liturgical Publications Inc. invite you to become their partner in publishing this newsletter. Your support will permit the newsletter to receive this service at no cost.

**For advertising information, call Lisa Templeton at LPi today.
1-800-888-4574 ext. 3450**



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40 Fairbank Road
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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

Valentine's Day Love Songs with Jeannie Mac

Tuesday, February 16
1:00 PM
\$8 at the door

Special Valentine's
treats!

Please sign up in advance, space is limited.



Charles Darwin: The Evolution of the Man and His Mind

with
Instructor Susan Plati

Tuesday, February 9,
10:00 AM

Please sign up in advance, space is limited.



Two new classes...

The Fall of the Pagans and the Origins of Medieval Christianity

Wednesdays at 9:30 AM, *Continues*



History's Great Military Blunders and the Lessons They Teach

Mondays at 10:00 AM, *Continues*



Laughter Group Thursdays, 9:30 AM



Save the Date!

St. Patrick's Luncheon and Entertainment

Thursday, March 17, 12 Noon

Sign up begins on February 1 for Sudbury
residents and on February 15 for all others.

