



Sudbury University: The 30s

Saturday, May 2
9:00-2:30

Back by popular demand: a full day of courses focused on the 1930s, with lunch thrown in. From environmental disasters to shaky economic circumstances and government bail-outs, the 30s is decade that has many resonances with our own.

The Dust Bowl: Looking back at the plight of tenant farmers in Oklahoma and other mid-western states as years of drought caused massive crop failures. With global warming, could this crisis happen again? Join Dr. Lawrence Lowenthal for an exploration of the dust bowl, illustrated with film clips from *The Grapes of Wrath*, John Steinbeck's Pulitzer Prize winning novel.

Nothing to Fear: Franklin and Eleanor Roosevelt's America Roosevelt's New deal initiated a series of federal programs designed to relieve the hardships of unemployment and to restore national prosperity and public confidence. Mrs. Roosevelt, nicknamed "Eleanor Everywhere" by the press, traveled where her husband could not go and reported back to him on the success of his programs. Join Dr. Gary Hylander in his exploration of Roosevelt's promised nation where the goal was "no one left out".

The Thirties on Broadway and in Hollywood: The 1930s was a peak decade for stage and film musicals by major songwriters, and featuring some of the biggest stars of the twentieth century, including Fred Astaire, Ethel Merman, Bing Crosby, Maurice Chevalier, Jeannette MacDonald, and many more. Join cabaret duo Ben Sears and Brad Connor for a showcase of the highlights of this amazing era in popular culture, though film clips, recordings, and live performances.

Tuition for the day's events is **\$50**, and includes lunch. Enrollment is limited to 55. Sudbury residents may enroll immediately; the day is open to all beginning April 13.

*This program is produced in collaboration with Framingham State College
Center for Lifelong learners.*

INSIDE THIS ISSUE	
Walking club	2
Monday meals	2
Religion and politics	3
Independent living	3
Soup's On: Trauma response	4
Eldridge Conference	4
Town meeting	4
Men's breakfast	4
Growing into retirement	4
Economic recovery	5
Calendar	6
Menus	7
Movie: <i>Slumdog Millionaire</i>	7
Join the COA Board	8
Legal clinic	8
Shelley poetry	8
Balance	8
Blood pressure	8
Sudbury Day	9
RISD Museum	9
Trips	10
Services	11
Birthday lunch	12



Walking club
Tuesdays, May 12-June 16
9:30 Free

What do increased strength, better balance, reduced blood pressure, stronger hearts, and improved mood and sense of well-being have in common?

That's easy . . . they are all the side effects of regular exercise. You don't have to be a gym rat to get all these benefits. Just get out and walk. Of course, walking can be a lot more fun when you do it with a group, and that's where the Senior Center comes in.

Beginning **Tuesday, May 12** and continuing at **9:30** every Tuesday morning until June 16, the Walking Club will take the one-mile circuit around Haskell Field, directly across the street from the Fairbank Community center.

The group will be led by Linda Sullivan, RN, Sudbury's Public Health Nurse, courtesy of the Department of Public Health. There is **no cost**, but if you would like your blood pressure taken before you walk, please come early so we can set out right at 9:30. Call to sign up at 978-443-3055.



Monday Meals

Come have your Monday dinner with us at noon; no need to cook a big meal at night! The delicious meals are prepared by Wingate Healthcare, and are **\$3.00** each. We do have a limited ability to offer a meal at no cost as well. Just speak with Kris if you'd like this option.

Here are the choices:

Monday, April 6: Chicken pot pie OR meatloaf with gravy

Monday, April 13: Baked ziti OR baked chicken

Monday, April 27: Baked meatloaf OR cheese ravioli

(No meal April 20 due to Patriot's Day)

Call 978-443-3055 by noon of the Friday before to place your order.

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PUBLIC HEALTH NURSE

Linda Sullivan

MISSION

STATEMENT

The Sudbury Senior

Center is dedicated to

servicing the social,

recreational, health and

educational needs of older

adults in the community.

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Religion and Politics in America
Tuesdays, April 7-28
2:00

In recent years, religion has played an increasingly large role in the American political process. Why has religion seized hold of our political agenda? What lies at the heart of the American social, psychological, historic, and demographic character that allows religion to have such a powerful influence?

Join us for a wide ranging look at this pivotal topic.

April 7: Church-State Separation in America: An Analysis of the basic Controversy

April 14: The God Strategy: How Religion Became a Political Weapon in America

April 21: Ethnic groups and the American Political Process

April 28: The Recent Presidential Election: How the Forces of Religion Played Out

This four-session series will be presented by Dr. Lawrence Lowenthal, the National Senior Advisor to the American Jewish Committee. Dr. Lowenthal has a PhD in English from New York University.

The cost for the series will be **\$35**. Please call 978-443-3055 to reserve your space.

Independent Living Options

What if you needed some help to remain living independently in your own home? The Independent Living Task Force of Wayland and Lincoln is at work to develop a local model of care based on the Beacon Hill Village model, where a non-profit organization will be established to coordinate care for its members.

Everyone is invited to attend a meeting **Tuesday, April 14** from **2:00 to 3:30** in the large hearing room at the **Wayland Town Building**, 41 Cochituate Road, to hear the progress so far toward developing this option.



**Soup's On: Trauma
Response with Dr. Karla
Rose and Tuffy
Thursday, April 9**

Sudden violent events can cause long-lasting psychological damage to survivors, causing flashbacks, depression, anxiety, and a host of physical ills.

Come hear how Sudbury's Dr. Karla Rose and her Cavalier King Charles Spaniel, Tuffy, are helping survivors, including soldiers with post traumatic stress disorder, begin their healing process. Dr. Rose is a clinician for several Critical Incident Stress Management teams, and Tuffy is certified at the highest level of Animal-Assisted Crisis Response. Tuffy is also a certified hospital pet therapist.

Dr. Rose and Tuffy were the first canine team to be sent to Virginia Tech after the shootings there a year ago.

The event is **free** but we must know how many people to prepare food for, so advance registration is required by calling 978-443-3055. We must limit the enrollment to 50.

Promptness is appreciated. We regret that we can't guarantee soup for people who do not sign up in advance.

The kitchen closes at 12:30 as a courtesy to the speaker.

**Senator Eldridge's
Conference
Thursday, April 23
9:00-3:00**

Senator Jaime Eldridge will continue former Senator Pam Resor's tradition of sponsoring an annual senior conference in the spring.

The event this year will be at the Assabet Valley Regional Technical High School, 215 Fitchburg Street in Marlboro. For directions, follow this link:

<http://www.assabettech.com>

This year's conference will feature coffee and donuts, workshops, informational tables, health screenings, a hot catered lunch, entertainment, and door prizes, all **free**.

Some of the sessions will feature paraffin hand wax treatments, computer assistance, belly dancing, Wii Fit, as well as information on property taxes, legal issues, and more. For more information, call Sen. Eldridge's aide Peggy Ayres at 508-786-3040.



Town Meeting April 6

Town Meeting will begin Monday, April 6. If you would like a ride to town meeting, please call 978-443-3055 and someone will pick you up and bring you home again. Thank you to the Friends of Sudbury Seniors for this service!



**Men's Breakfast
Thursday, April 16
9:00-10:00**

Join volunteer chefs Joe Bausk and Barry David for our third in our series of breakfasts for men.

Sudbury Town officials will be invited to join town residents of the male persuasion to enjoy pancakes, fruit, sausages and coffee or tea. There is no formal program, just a chance to meet in an informal atmosphere of fellowship.

The cost is **\$3.00**. Reservations are required by **Monday, April 13**, by calling 978-443-3055.

**Growing Into Retirement
Thursday, April 2
7:00-8:00 PM
Living Situation**

As they think about their post-retirement years, many people consider downsizing.

The range of options for older people is large: condos, 55 and older communities, continuing care retirement communities, assisted living apartments, and for the very frail, nursing homes. What is best for you, and what are the advantages and disadvantages of each?

Come to our **free** evening seminar to find out. A panel of experts will help you understand the choices and answer your questions. Please reserve your space by calling 978-443-3055.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY



**Economic recovery payments coming for people
who receive Social Security and SSI benefits**

The *American Recovery and Reinvestment Act of 2009*, which the President signed into law in February, provides for a one-time payment of **\$250** to people receiving Social Security and Supplemental Security Income (SSI) benefits.

The one-time recovery payments will go out in May 2009 and all payments should be received by the end of May. In April, Social Security will send a letter with additional information to each person who is eligible for the one-time payment. The payments will be sent automatically, meaning **no action is required on the part of the person receiving benefits**. The economic recovery payments will be made separately from a person's regular monthly payments.

All adults who receive Social Security benefits, including adult children with disabilities are eligible for \$250 payment. The legislation also provides for a one-time payment to recipients of Department of Veterans Affairs (VA) and Railroad Retirement Board (RRB) benefits. However, if you receive Social Security or SSI benefits and you *also* receive VA and/or RRB benefits, you will only receive one \$250 payment.

To help in addressing those inquiries, the Social Security Administration has a special section on their website, including the answers to several frequently asked questions. Here's the link to the site: <http://www.socialsecurity.gov/payment/>.

The payments will be made in the same way that regular monthly payments are made. People with direct deposit will receive their payments electronically. Those who receive paper checks will receive their payments in the mail. People who receive regular payments through the *Direct Express* debit card will receive their one-time payments through the card.

To assist in processing the payments as efficiently as possible, recipients are being asked not contact Social Security unless they do not receive their payment by June 4, 2009.

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APRIL 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>8:30 Fit for the Future 9:00-4:00 Tax Help 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons (8)</p>	<p>2</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 9:00-4:00 Tax Help 7:00 Growing into Retirement (5)</p>	<p>3</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (7) 1:30 Frankenstein (5)</p>
<p>6</p> <p>Town Meeting 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (1)</p>	<p>7</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-4:00 Tax Help 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 Religion and Politics in America (1) 3:30 COA Board</p>	<p>8</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-4:00 Tax Help 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons (9)</p>	<p>9</p> <p>9-12 SHINE 9:00-4:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Trauma Response Team</p>	<p>10</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (8) 1:30 Frankenstein (6)</p>
<p>13</p> <p>9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (2)</p>	<p>14</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-4:00 Tax Help 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 Religion and Politics in America (2)</p>	<p>15</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-4:00 Tax Help 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons (10)</p>	<p>16</p> <p>9:00 Men's Breakfast 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Slumdog Millionaire</i></p>	<p>17</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (9) 1:30 The Triumph of Life</p>
<p>20</p> <p><i>Senior Center Closed</i></p>	<p>21</p> <p><i>Ethel Merman trip</i> 8-9:00 BP Clinic 9:00 Cribbage 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 Religion and Politics in America (3)</p>	<p>22</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Birthday Lunch 12:30 Informal Quilters 1:00 Bridge Lessons (11)</p>	<p>23</p> <p><i>Sen. Eldridge's Conference</i> 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends Meeting</p>	<p>24</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (10) 1:30 The Triumph of Life</p>
<p>27</p> <p><i>Van trip to Walmart</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (3)</p>	<p>28</p> <p>8-9:00 BP Clinic 9:00 Cribbage 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 Religion and Politics in America (4)</p>	<p>29</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Bridge Lessons (12)</p>	<p>30</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters</p>	

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal may be made. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
	April 1	April 3
	Chicken Sweet/Sour Sauce Brown Rice Summer veggies Pears	Fish wedge Steamed potatoes Peas Pineapple
April 7	April 8	April 10
Stuffed Pepper/ Tomato Sauce Corn Fresh Orange	Corn Chowder Pork Rib/BBQ Sauce Mashed Potatoes Cake	Seafood Newburg Rice Pilaf Broccoli Peaches
April 14	April 15	April 17
Potato Leek Soup Chicken/Gravy Stuffing Applesauce	Kielbasa Baked Beans Carrots Pineapple	Broccoli Bake Diced Potatoes/ Onion and Parsley Stewed Tomatoes Peaches
April 21	April 22	April 24
Breaded Pork/Gravy Mashed Potato Mixed Veggies Pears	Sliced Ham/Sauce Au Gratin Potatoes Italian Green Beans Peach Crisp Birthday Cake	Chili Con Carne Red Bliss Potato Broccoli Mixed Fruit
April 28	April 29	Monday Meals: See page 2
Mushroom Soup Sweet and Sour Pork Brown Rice Mandarin Oranges	Shepherd's Pie Mashed Potato Carrots Pears	

Movie and pizza Thursday, April 16



Slumdog Millionaire

2 hours

Pizza: 12:00

Movie: 12:30

Rated R: An 18 year-old orphan from the slums of Mumbai is about to experience the biggest day of his life. With the nation watching, he is just one question away from winning a staggering 20 million rupees on India's *Who Wants To Be A Millionaire?*

But when the show breaks for the night, police arrest him on suspicion of cheating; how could a street kid know so much? When Jamal returns to answer the final question, sixty million viewers are about to find out that the lessons learned from his hard-knock life can have real value.

Pizza will be served at **12 noon**, followed by the movie at 12:30. Please call by 10:00 on the day of the showing if you wish to order pizza (**\$1.25** per slice; the movie itself is free).



Help Wanted: Become a member of the Council on Aging

Is the Sudbury Senior Center providing all the programs and services Sudbury seniors could benefit from? Is it prepared to help the wave of baby boomers as they enter their 60s? In challenging economic times, how can the Center be most helpful to the town's older adults?

You can help ensure that the Senior Center continues to be at the forefront of issues like these by joining the Council on Aging. The Board is looking for people with skills and interests that would benefit our understanding of growing older.

This Board meets the first Tuesday of each month at 3:30 PM at the Senior Center. Board members may serve for two three-year terms.

Sudbury adults of any age are welcome to apply. If you are interested, please call the Senior Center at 978-443-3055. We will mail you an application (or e-mail us at senior@sudbury.ma.us and we'll send you an application via e-mail.)

The deadline for receipt of applications is **April 30**, and interviews will be held in early May. The final appointment is made by the Board of Selectmen.



Legal Clinic Tuesday, April 14 10:00-12:00

Elder law attorney Denise Yurkovsky will provide **free** twenty-minute consultations here at the Senior Center on **Tuesday, March 3** from **10:00 AM until noon**.

Please call to make an appointment at 978-443-3055.

Shelley's "The Triumph of Life" Nature and the Spectacle: the Romantic Apocalypse Fridays, 1:30 -3:15 pm April 17-May 1

Join Dr. Eugene Narrett for an in-depth look at Percy Bysshe Shelley's last work. We will examine and discuss the glorious beauties, power, horror and questions of this unique visionary poem. It is perhaps the first apocalypse produced in the modern West. Our three classes will be based on the poem's three main sections each linked by a transitional group of verses which we will overlap in the readings and discussion.

The schedule of readings:

April 17: "The Triumph of Life",
lines 1-190
April 24: lines 190-438
May 1: lines 394-545

The cost will be **\$25** for the series or \$10 for the class. A detailed syllabus is available upon paid registration.



Balance and Flexibility

Come join our next series of eight classes to practice improved balance, **Monday** afternoons from **1:00-2:00**. The focus is on empowering seniors to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture.

The class uses balls, bands, and weights to help participants gain in strength and endurance and decrease stress. Tai Chi and Yoga moves are also included.

Class dates are **April 6, 13, 27, May 4, 11, 18, June 1** and **8**. The cost is **\$50** for the series, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

Free blood pressure clinic

Stop right in to the Senior Center every Tuesday between **8:00** and **9:00**, or again from **noon** to **1:00** to have your blood pressure monitored by Linda Sullivan, Sudbury's Public Health Nurse courtesy of the Sudbury Board of Health.

Plastics Collection

The Earth Decade Committee (Sustainable Sudbury) will accept foam packaging for recycling **Saturday, April 11** from **10-12** at the Curtis Middle School.



The Spirit of 0-1-7-7-6
Saturday, April 4
Noon-5:00 PM
Lincoln/Sudbury
High School

The annual event features free world-class performances, food for sale from area restaurants, a Children's Pavilion for everyone from tots to teens, and exhibits by artisans, businesses, and community organizations.

This year's performances on the "Festival Stage" will offer several unique experiences for participants, including an opening parade lead by the Sudbury Minutemen and Fyfe & Drum Company and the opportunity to learn street dancing. The performances are a mix of local talent as well as national groups. Additional performers include: Sorbonne-educated comedian and acrobat Etienne; the Hip Hop Mamas; the urban dance troupe Losst Unnown; the Dancer's Workshop Performance Group; and Branches Pan Groove Steel Band a group of steel drummers ranging

There will be a rock climbing wall, as well as games of chance and skill. Admission is **\$10** per child, which includes participation in ten individual activities.



RISD Museum Trip
Wednesday, May 6

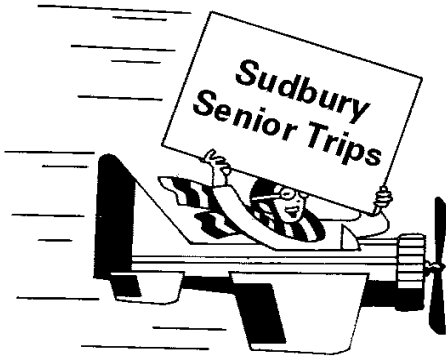
The final cultural trip of the season will be in May when we travel to Providence to view the Rhode Island School of Design Museum. If you haven't been there lately, you'll see a change: the museum has a new entryway and galleries. We will have an hour-long docent led tour, after which we can explore the museum at leisure for another hour. We promise that the museum is of exceptional quality and will become one of your favorites as it is one of ours.

We will then proceed to the cultural trip favorite "Old Canteen" restaurant on Federal Hill before returning to the senior center. Cost of the trip is **\$50**. Bus leaves promptly at **9:45**.

**Do you have a Medicare
 prescription drug plan
 with an annual
 deductible?**

The deductible period begins anew each year on January 1. This year you must spend up to \$295 on your drugs before your plan's benefits will start. Our SHINE Counselor, Kathleen Woehrling, can explain how your plan works. Call 978-443-3055 for a **free** appointment.

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They say April showers bring May flowers. I hope so as I certainly will be glad to see them in place of all the snow we have had this winter. Fortunately it has not had an impact on any of our trips so far. I'm keeping my fingers crossed, however.

As of this writing (March 9) I do not know the status of our **Ethel Merman's Broadway** trip **April 21**. We still need more people to make it a go. I bought 25 spaces on it but unfortunately the other group who had the rest of the bus cancelled out. I will call the people on this trip as soon as I know whether we will go or not.

Remembering the 50's with the Four Aces Tuesday, May 12:

This is definitely a "go" but we will have to call our numbers in very shortly. I understand that one of these gentlemen is a grandson of one of the original Four Aces. If you were planning to sign up please do so very soon as *Best of Times* trips do fill up fast and we do not want to leave anyone out. It is at Luciano's on Lake Pearl and the cost is **\$69** with a choice of stuffed breast of chicken or baked haddock. Both are with all the fixings. It should be a great afternoon for reminiscing and listening to old familiar favorites.

USO Variety Show Tuesday, June 16 should be great fun. *Best of Times* has gone all out to make this a great celebration of their 35 years entertaining seniors. They have so much going on that you will just have to pick up a flyer and "Read All About It". Meal choice is Yankee pot roast or boneless stuffed chicken, at Lantana's in Randolph. The price is **\$69**.

Don't Dress for Dinner

Wednesday, July 15: In my opinion this should be one of our favorite trips this year. The Newport Dinner Theatre show last year had great food, show, ambiance. Unfortunately I missed it due to illness but I WON'T this year. The play sounds great and I know the buffet and the cabaret will be too. Cost is **\$70** and it is well worth it.

Boston Red Sox's, Toronto Blue Jays July 17th-July 20: I have sent the deposits in for the trip. If anyone else is still interested please call me, as I will have to check with the company to see if they still have open spaces. Final payment is due by June 15. If you are a baseball fan this trip should be a lot of fun for you and they have several other enjoyable activities planned as well as the game. Cost is **\$599** per person, double occupancy.

Anything Goes Wednesday, July 29. The Northshore Shore Music Theatre is back in business. We will need to have 25 to make it a go, so please let me know as soon as you can. Musicals at this theatre are always wonderful. Cost is **\$67** and includes

transportation. Lunch will either be at the mall or outside at the theatre. More on that later.

Lighthouse Lover's Lobster Bake, Wednesday, August 26:

Due to the price of lobster the trip is a little more expensive than our usual day trips (**\$89**) but I think it will be well worth it. After a wonderful lobster or chicken dinner at the Clambake Seafood Restaurant in Scarborough we will then enjoy a delightful tour around Portland harbor to view Portland Light and six other lighthouses as well as seals, sea birds, forts and other interesting sights.

Both our **Biltmore**, 6 day trip and our 15 day **Repositioning Cruise** are sold out. We are taking a wait list for both in case of any cancellations.

We are also taking signups for both our **John Davidson** trip, **Thursday, September 24** and our **Dick Contino** trip **Tuesday, October 20**. These gentlemen are superior entertainers and their talent should make for a very pleasant beginning to the fall season. Both trips are **\$69** and include lunch and motor coach.

Please be sure to put your luncheon choice (when needed) on the memo line of your check. We also need a separate check and pink form for all day trips. (Top portion only if this is not your first trip this year.)

Thank you for your cooperation as it does make my job easier.

Carmel

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 9:00 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 9:00 AM to schedule a ride for that day. 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 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. Leave your request on the answering machine, and the coordinator will call you.

Sudbury Senior Access:

Subsidized taxi rides from Sudbury to any contiguous town. Books of coupons worth \$25 in rides are for sale for **\$12.50** at the Senior Center. Rides are available 5:30-AM to 10 PM weekdays and 5:30 AM to 5:30 PM on weekends.

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00**

and **noon to 1:00**. Free blood sugar testing is also provided each **Tuesday from 8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

CONSULTATION

Information and Referral: Debra Galloway, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide 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 9:30 to 2:30**.

Legal Clinic: Denise Yurkofsky, an elder law attorney, is available for free private 20-minute consultations with seniors regularly. Call the Senior Center to make an appointment.

S.H.I.N.E. (Serving the Health Information Needs of Elders): Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Thursdays 9-12**. Please call to make a **free** appointment.

IN-HOME SERVICES

Friendly Visitor Program: Seniors who can't get out to socialize are matched with a volunteer for weekly informal visits.

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 small jobs around the house. Seniors will only be expected to pay for necessary parts and materials.

Grocery Shopping: A volunteer shopper will make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the food.

Books on Wheels: This is a pick up and delivery service for books, DVDs, and audiobooks from the Goodnow Library for seniors and people with disabilities who can't get out.

Lock Boxes: The Senior Center can supply lock boxes at no cost to Sudbury seniors. These are small safes containing a key to the house. Volunteers install the boxes at **no charge**. A donation of **\$60** may be given to purchase a lock box for a senior who cannot afford one.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays, Wednesdays and Fridays at noon. Please call to make a reservation **at least 24 hours in advance**. Menus can be found each month in the *Sudbury Senior Scene* or by calling **978-639-3278**.

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 **\$2.00** a meal is requested.

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>

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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

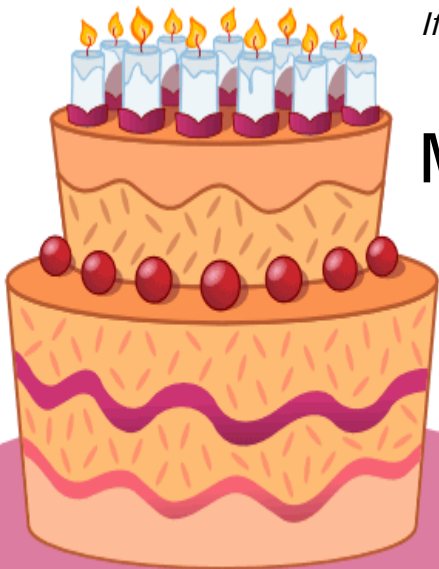
Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Monday through Friday, 8:30 AM to 3:30 PM

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



*If you are a Sudbury senior (aged 60 or older) and
were born in the month of April, be our guest!*

Monthly Birthday Luncheon

Wednesday, April 22

12:00-1:00

Join our regular Wednesday lunch bunch.

If you were an April baby,
the meal and cake are on us.
(For the menu, see page 7)

Call 978-443-3055 to RSVP by 10:00 AM April 21.

(No meal will be available without reservations.)

Not born in April? No problem!

Reserve by 10:00 AM Tuesday, April 21, and you can have lunch for a donation of \$2.00.