



*Please note:  
The day and  
dates of the  
class have  
changed!*

**Bridge Lessons with Sally Sack**  
Advanced Beginner to Intermediate  
**April 23 – June 18, no class May 28**  
**Monday, 9:30-11:30 AM**  
\$30

Join our new eight week series of bridge lessons using the Pavlicek Method. The class will meet on Mondays at 9:30 AM but was originally listed as being on Tuesdays at 9:30 AM.

The general approach is based on Standard American bidding, including strong no trumps, five-card majors, weak two-bids and a strong artificial two-club bid.

Certain essential conventions (Stayman, Blackwood, Gerber, negative doubles, etc.) will be included, but the emphasis is on general principles and how to develop good judgment, rather than a lot of conventions.

Perhaps the most controversial area in bridge teaching is how to evaluate a bridge hand: *point count*. The method is not only simple but amazingly accurate in giving the true value of a bridge hand.

The Pavlicek methods also stress the importance of accurate card play, both as declarer and defender. Bidding ideas may change over the years, but card play will always be the same. If you learn the right technique from the start, you will benefit for life.

Our instructor is Sally Sack, who has been playing and teaching in the area for many years. The series is **\$30** for the eight weeks. The minimum number of students is 12 and the maximum is 36.

Please call the Senior Center at (978) 443-3055 for more information. If you register by phone, please be sure to send your check right away.

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## A MESSAGE FROM THE VICE CHAIRMAN OF THE COUNCIL ON AGING BOARD, ROBERT MAY:

We on the Council on Aging are using April and May to focus on updating our Long Range Plan to help the COA stay focused on the major issues for you, our stakeholders.

Setting priorities is a challenge but is so important in these times of limited resources for everyone. Your inputs are very important to us as are those of our unique supporters the Friends of Sudbury Seniors. Please try to reach out to any of us on the Council, or to Director, Debra Galloway, as we prepare for our planning session early in May. We want to hear what you feel are the critical issues for the seniors in Town. Think of these as some examples: transportation, lifelong learning, health, health care, budgeting and taxes, and relationships of all kinds. This brings me to a great new program in the making.

One of our priorities has been, and most likely will continue to be, long into the future, staying linked with our younger people in the town. To that end we have worked with L-S High School recently on this exciting venture.

The COA is inaugurating an intergenerational experience with Lincoln-Sudbury Regional High School Economics Teacher James Raffel during which seniors with small business start-up and CEO experience will act as advisors to high school students who are working on their year-end class project that represents 20% of their grade. The students are to create and present a plan for a new business they could actually start and run, such as tutoring, coaching sports or drama, babysitting, lawn care, etc. Senior adults will participate in the kick-off to the project by telling the students about their “real world” experience in their own businesses, and then be available to guide the individual students as well as hear their final business plan presentations. For more information about the program, please contact COA member Bob Diefenbacher at [denbrook@verizon.net](mailto:denbrook@verizon.net).

Finally, your Council is very pleased to announce that John Ryan is joining the COA effective immediately. Many of you know that John has been a leader in Sudbury for many years including time on the school board as well as other key positions. We are very excited about John joining us. You will see him around the Senior Center, so please introduce yourself.

Let me re-iterate the message to you that your Board meets on the first Tuesday of all months except July/August, and we welcome your visit and participation. We have two additional openings for the Board at present and are accepting applications now so please if you have an interest in being part of a team that is providing a focal point for the issues of the “New Older Adult”, check out the town website and our Webpage <http://senior.sudbury.ma.us>.

Thank you,

Bob May

Vice-Chair Sudbury Council on Aging

## COUNCIL ON AGING

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David Levington

### BOARD OF DIRECTORS:

John Beeler

Elizabeth David

Robert Diefenbacher

Marilyn Goodrich

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Robert May

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### PUBLIC HEALTH NURSE

Allison Latta

## MISSION STATEMENT

*The Sudbury Senior Center is dedicated to serving the social, recreational, health and educational needs of older adults in the community.*



**MEN'S BREAKFAST**

Wednesday, April 11  
 9:00 AM  
 \$3.00 at the door

Hot pancakes, sausage, fresh fruit, juice and coffee. Chefs Joe Bausk and Barry David will be here early, getting this delicious breakfast ready for you! Call by Friday, April 6 to let us know that you are coming, so that we can purchase enough food.



**From Market to Mouthfuls**

Tuesday, April 24  
 12:30 PM

Is your diet less than ideal? Do you find yourself heating up a frozen entrée or opening the box of cereal again for dinner? Would you like to be inspired to cook something new?

Join Barbara Gold, RD, BayPath Elder Services nutritionist and chef, as she shares strategies for easy, healthy and low cost meals. At this workshop, Barbara will be making soup and salad, offering samples, giveaways and recipes!

Please call the Senior Center at (978) 443-3055 to let us know that you are coming, so that Barbara can prepare food and materials for the group.



*Art Makes Us Human*

Monday, April 2  
 10:00 AM  
 \$5

Art teaches. Art communicates. Art has humor, adventure and passion. Art matters! People are the only living creatures who make art. It is a uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human.

Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Be sure to bring your sense of humor and your sense of Human!

Jane Blair, owner of ArtMatters, Art Awareness programs will lead this educational and stimulating discussion about art, history and us. Ms. Blair, B.F.A. and M.F.A., developed ArtMatters in 2001 to promote and share art in all its many forms. Visit the ArtMatters website at [www.artmatters4art.com](http://www.artmatters4art.com) to learn more.

Please register for this class at the Sudbury Senior Center and pay as you register. For more information, please call the Senior Center at (978) 443-3055.

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**Current Events Group**

April 12 and 26, 10:30 AM

Do you relish a good discussion? Join our Current Events group. Facilitator Richard Nesmith hosts this lively but respectful discussion group on the second and fourth Thursdays of the month at 10:30 AM. Please call the Senior Center to let us know that you are coming at (978) 443-3055.



## **Soups On!**

### **Home Safety with the Sudbury Police**

Thursday, April 26  
 Soup: 12 noon  
 Talk: 12:30 PM

Officers from the Sudbury Police Department will join us to share tips on staying safe in the community and at home. Get your questions answered and hear the scoop on some local stories.

Soup is served at 12:00 noon, our speaker will begin at 12:30 PM promptly. To reserve your space, call the Senior Center at (978) 443-3055. If you also would like to order soup, please call before 4:00 PM on Wednesday, Feb. 15.

New Class!

### **Basic Drawing**

Wednesdays at 10:00 AM  
 April 25 – May 16  
 \$15

This class explores the fundamentals of drawing in a relaxed, informal atmosphere. Whether you are revisiting art or have never ventured close to a pencil and paper, this class will acquaint or introduce you to drawing and sketching. We will study “how to” draw faces, bodies, landscapes, still lifes, and perspective in a non-intimidating manner. Plus, come with a list of what you would like to learn to draw and Sue will work one-on-one with you. Come enjoy the basics of drawing in a class that will inspire you.

Please register by Monday, April 23. Please call (978) 443-3055 for more information.

### **Teen Tech Day**

Wednesday, April 11  
 2:00 – 4:00 PM



Make an appointment to meet one of our amazing L-S high school students! Two students volunteer each month to help with computer, cell phone or other technical issues. Due to popular demand, this month we will offer a focus on Facebook again. There will be two time slots, either 2:00 or 3:00 PM for one hour. Should we not have demand for Facebook help, we may offer help with other issues. Call the Senior Center to schedule for information at (978) 443-3055.

Have you participated in one of our Teen Tech Days? Do you have suggestions? Please leave a message or send an email to Debra Galloway, Director at (978) 443-3055, [gallowayd@sudbury.ma.us](mailto:gallowayd@sudbury.ma.us).

### **Bridges Celebrations**

Sudbury’s award winning intergenerational program, Bridges Together, brings older adults into all of the 4<sup>th</sup> grade classrooms in Sudbury for a special 6 week program. About a month after the 6 week program ends, students and adult participants meet at the Senior Center for a reunion gathering.

Bridges reunions will be happening at the Senior Center during the first two weeks of April. If you are interested in the Bridges program feel free to ask an adult participant about their experience, or you can email [bridges@gmail.com](mailto:bridges@gmail.com), or call Andrea Weaver at (978) 400-6813 for more information.



### **LEGAL CHECKUP**

**Tuesday, April 24**  
**10:00 AM**

Attorney Philip Benjamin will present a program on “Estate Planning Essentials.” The discussion will focus on critical aspects of estate planning, including Wills, Durable Powers of Attorney, Health Care Proxies, Health Care Directives (sometimes called Living Wills or Advanced Medical Directives), Trusts, and generally how to ensure your wishes are carried out, both while you are alive (in case of disability or incompetence) and after your death. There will be plenty of opportunity to ask questions.

Attorney Benjamin is a partner at the law firm of Benjamin & White, P.C. in Framingham, Massachusetts where he has practiced for the last 28 years focusing on estate planning and elder law issues. He is a member of the Massachusetts Chapter of the National Association of Elder Law Attorneys (“NAELA”) and regularly speaks to senior citizen groups.

**Watercolors class – New Session**  
**April 6-June 22**  
**\$80**

**Fridays at 1:00 PM**

Join instructor Cynthia Durost for this popular class. Please pay when you register. Call (978) 443-3055 for more information.

FROM THE DESK OF OUR  
PUBLIC HEALTH NURSE, ALLISON LATTA  
**Dr. Korotkoff, I presume?**

No, he is not the latest and greatest researcher on current treatments for **coronary artery disease, acute stroke or renal failure**. However, thanks to him we have a low-cost, easily accessible method for identifying a **key risk factor** for these three conditions – **high blood pressure**. As one of the “vital signs” blood pressure has been part of the gold standard of health assessment for decades. There are however some tricks to the trade for getting the most out of your blood pressure monitoring:

- Diagnosis and treatment of hypertension should be based on an **average** of blood pressure readings from **different times of day** and over a **prolonged** period of time.
- Blood pressure varies quite a bit throughout the day and is dependent on certain activities. **Exercise, smoking, drinking alcohol and eating large meals** are likely to cause temporary elevations, so avoid having a reading taken within 30 minutes of any of these activities.
- Adults over the age of 65 are more likely to have “**white coat syndrome**”, leading to higher readings at the physician’s office than at home or in the community. Clinical decisions should not be made based on doctor’s office readings alone.
- If you are being treated for hypertension already, or have diabetes or renal disease, **ask your physician what your target blood pressure is and write it down on your log**. It may be different from the standard guidelines.
- Home monitoring is highly encouraged, but not all home monitors are the same! **Bring your monitor next time you come to the Tuesday clinic**. I can check it against the “validated” list of manufacturers and do a quick check for accuracy.
- The automated **machines at drug stores are not always reliable**. The cuff size may not be appropriate for you and the rate of deflation may be too fast, especially if you have a **slow heart rate or an underlying arrhythmia**.
- Have your **pressure taken in both arms every six months or so** to screen for peripheral artery disease, another risk factor for heart and circulation problems.

Allison Latta, the Sudbury Public Health nurse, is available at the Sudbury Senior Center on Tuesdays from 8:00-9:00 AM and from 12:00–1:00 PM. Please feel free to visit at either time to have your blood pressure tested.

## **Be Prepared!**

Winter may be over but severe weather can happen at any time. In the event that we have a snow/ice/rain/electrical storm, there could be power outages and trees down again. It may be difficult for Emergency personnel to get to your home. It is best to be prepared for this scenario, even if it is very unlikely to happen. If you have on hand some supplies to keep you hydrated, nourished, and warm, you will be in a much better place.

Keep in mind not only the basics such as flashlights, batteries, and a radio. But also, clean water, non-perishable food, warm blankets, and extra medication.

Another safety precaution, do not use a generator or kerosene/fuel filled heater inside your home. Generators need to be outside, and kerosene/fuel based heaters are not safe.

If you think you may need assistance in planning for an emergency, the Public Health nurse may be able to provide some guidance. Call the Senior Center and we will have the Nurse call you.

Also, if you need a phone call before/during severe weather, please ask to be added to the Senior Center Emergency Call List. We will do our best to get in touch with you before and/or during an emergency. Call the Senior Center with any questions, at (978) 443-3055.

## **Lockboxes for Safety**

A lockbox, a small key safe (2½x4x2½ inches), can be installed outside your home. Your housekey is placed inside and accessible only to Fire Department emergency personnel in an emergency. A donation of \$65 is suggested to cover the cost. Call the Senior Center for more information at (978) 443-3055.

# APRIL 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>9:00-2:30 I&amp;R Hours 10:00 <i>Art Makes Us Human</i></p> <p>11:00 Fit for the Future 1:00 Better Bones (6)</p>	<p style="text-align: right;">3</p> <p>8:00 BP Clinic 9:00 Cribbage 9:00-3:00 AARP Tax Help 9:40/11:00 Yoga (2) 10:00 <i>Robert Frost</i> (5) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p> <p>3:30 COA Board</p>	<p style="text-align: right;">4</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 10:00-12:30 Bridges Celebration** 11:00 Fit for the Future 12:30 Quilters 2:00 Irving Berlin (4)</p>	<p style="text-align: right;">5</p> <p>9-12 SHINE 9:00-3:00 AARP Tax Help 9:30 Tap Dance (5) 9:30-12:30 Bridges Celebration** 9:45 Thursday Crafters</p>	<p style="text-align: right;">6</p> <p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:00 BYO Lunch and Movie: <i>Alexander's Ragtime Band</i></p> <p>1:00 Watercolors (1)</p>
<p style="text-align: right;">9</p> <p>9:00-2:30 I&amp;R Hours 10:00 Stamp Club 10:00-12:30 Bridges Celebration** 11:00 Fit for the Future 1:00 Better Bones (7)</p>	<p style="text-align: right;">10</p> <p>8:00 BP Clinic 9:00 Cribbage 9:00-3:00 AARP Tax Help 9:40/11:00 Yoga (3) 10:00 <i>Robert Frost</i> (6) 10:00-12:00 Legal Clinic 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p style="text-align: right;">11</p> <p>8:30 Fit for the Future 9:00 <i>Men's Breakfast</i> 9:00 Cribbage 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:30 Quilters 1:00 Zumba 55+ (1) * 2:00-4:00 Teen Tech Help</p>	<p style="text-align: right;">12</p> <p>9-12 SHINE 9:00-3:00 AARP Tax Help 9:30 Tap Dance (6) 9:30-12:30 Bridges Celebration** 9:45 Thursday Crafters 10:30 <i>Current Events</i></p>	<p style="text-align: right;">13</p> <p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:00 BYO Lunch and Movie: <i>Moby Dick</i></p> <p>1:00 Watercolors (2)</p>
<p style="text-align: right;">16</p> <p>Patriot's Day</p>  <p>Senior Center Closed</p>	<p style="text-align: right;">17</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p style="text-align: right;">18</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:30 Quilters 1:00 Zumba 55+ (2)*</p>	<p style="text-align: right;">19</p> <p>9-12 SHINE 9:30 Tap Dance (1)* 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie</p>	<p style="text-align: right;">20</p> <p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:00 BYO Lunch and Movie: <i>Mrs. Miniver</i></p> <p>1:00 Watercolors (3)</p>
<p style="text-align: right;">23</p> <p>9:00-2:30 I&amp;R Hours 9:30 <i>Advanced Beginner Bridge</i> (1) 11:00 Fit for the Future</p> <p>1:00 Better Bones (8)</p>	<p style="text-align: right;">24</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10:00 <i>Legal Checkup</i> 12:00 BP Clinic 12:00 Lunch 12:30 <i>From Market to Mouthfuls - Nutritionist</i> 12:30 Bridge</p>	<p style="text-align: right;">25</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 10:00 <i>Basic Drawing</i> (1) 11:00 Fit for the Future 12:30 Quilters 1:00 Zumba 55+ (3)*</p>	<p style="text-align: right;">26</p> <p><i>Azalea Festival Trip</i> 9-12 SHINE 9:30 Tap Dance (2)* 9:45 Thursday Crafters 10:30 <i>Current Events</i></p> <p>12:00 Soups On: <i>Home Safety with Sudbury Police</i></p> <p>3:00 Friends</p>	<p style="text-align: right;">27</p> <p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:00 BYO Lunch and Movie: <i>South Pacific</i></p> <p>1:00 Watercolors (4)</p>
<p style="text-align: right;">30</p> <p><i>Special Van trip</i> 9:00-2:30 I&amp;R Hours 9:30 <i>Advanced Beginner Bridge</i> (2) 11:00 Fit for the Future 1:00 Better Bones (1)</p>		 <p>* <i>Class will run if enough participants. Please call (978) 443-3055 to check.</i></p>	<p>**Bridges Celebration – a gathering of students and seniors who participated in the Bridges intergenerational program</p>	<p><i>Would you like to receive our newsletter via email? You can join our email subscription list at <a href="http://www.sudbury.ma.us">www.sudbury.ma.us</a>. Click on "Email Lists" and follow the instructions.</i></p>

**LUNCH MENU**

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays. A voluntary donation of \$2.00 per meal is requested. Please call by 10:00 AM the day before to make a reservation. The full five-day menu for home delivered meals is posted at the Senior Center and available on the Senior Center section of the Sudbury Town website.

**Tuesday menus:**

April 3 – Gypsy Soup, Chef’s Salad, Bread, Pears

April 10 – Broccoli Cheese Bake, Stewed Tomatoes, Diced Potatoes, Bread, Fresh Orange

April 17 – Chicken Breast, Brown Rice, Veggies, Bread, Turnover

April 24 – American Chop Suey, Veggies, Bread, Fresh Fruit

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**Friday at the Movies  
With Bring Your Own Lunch Option**

For the month of April, bring your own lunch at noon and stay for a classic movie at 12:30 PM.

April 6 – *Alexander’s Ragtime Band* (part of which was shown in *Irving Berlin* class)

April 13 – *Moby Dick*

April 20 – *Mrs. Miniver*

April 27 – *South Pacific*

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**Sudbury Community Information:**

FILM SERIES continues from the First Parish Faith in Action Team: *Not My Life* – about the global industry in human trafficking and slavery – April 10<sup>th</sup>. Call (978) 443-2043 for more information.

**Movie and pizza  
Thursday, April 19**



***The Ides of March***

2011

Rated R

101 minutes

Dirty tricks stand to soil an ambitious young press spokesman's (Ryan Gosling) idealism in a cutthroat presidential campaign where "victory" is relative. The film, directed by George Clooney, is inspired by the real-life experiences of an aide who worked on Howard Dean's failed 2004 run.

Starring: George Clooney, Ryan Gosling, Marisa Tomei, Paul Giamatti

**Please call by 10:00 that morning if you are coming!** Also please let us know if you want pizza (\$1.25/slice). Pizza will be served at **12 noon**, followed by the movie at **12:30**.

**BALLROOM DANCE?**

We've heard there may be interest in a ballroom dance group on the weekend. If you are interested, leave your name on our list. We are especially interested in two or three people to coordinate the group. Thank you!

**Sudbury Community information:**

The Compassionate Friends-  
Bereaved Parents of Central Middlesex County

A support group for those who have lost a child. For information call the Concord facilitators:  
Carol Holley - 978-263-4531  
Len Rubin - 617-469-9760

## S.H.I.N.E. PROGRAM NEWS

**Medicare Fraud and Abuse**

While most Medicare payment errors are simple billing mistakes, Medicare Fraud and Abuse does exist. Last year, a record amount of nearly \$4.1 billion in taxpayer dollars was recovered from individuals and companies who attempted to defraud seniors and taxpayers or who sought payments to which they were not entitled.

**Fraud** occurs when someone *intentionally* falsifies information or deceives the Medicare Program. A common example of fraud is knowingly billing Medicare for services or equipment that were never provided or received. **Abuse** occurs when doctors or suppliers do not follow good medical practices. These practices may result in unnecessary costs to the Medicare Program for services that are not medically necessary.

You can help stop fraud by reviewing your Medicare statement (Medicare Summary Notice – MSN) to make sure Medicare is not charged for items or services you did not receive. The MSN shows what Medicare was billed, what Medicare paid and what you may owe. If you have a question or concern regarding a Medicare claim, you should discuss it directly with your physician, provider, or supplier that provided the service.

For further assistance with this matter, you can make a SHINE appointment at the Senior Center or 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 SHINE Counselor will call you back as soon as possible.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who help Medicare and MassHealth beneficiaries avoid, detect, and prevent health care fraud. SMP volunteers teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements, recognize scams—such as illegal marketing, providing unnecessary services, and charging for services that were not provided—and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

**Lincoln-Sudbury High School Presents *Footloose!***

The *LSB Players* proudly present **FOOTLOOSE**. Based on the classic 1984 Kevin Bacon film, this musical is overflowing with energy, excitement and DANCE. Featuring the talents of nearly one hundred students on stage, backstage and in the band!

April 11, 12, 13, 14 at 7:30pm - \$8 seniors/students - Tix at [lsbtickets@gmail.com](mailto:lsbtickets@gmail.com) \*\*\* Complimentary tickets for the April 11 show will be available at Sudbury Senior Center on March 30.\*\*\*

*Cultural Trip Committee  
Presents...*

**A Trip to  
The Cape Ann Museum**  
Tuesday, May 8 - \$55



The Cape Ann Museum in Gloucester features works by Fitz Henry Lane, as well as other artists who lived and worked in Gloucester, such as Childe Hassam and Winslow Homer.

We will have a docent led tour at 11:00 AM. After, you are free to explore the museum on your own and their gift shop. At 1:00 PM, we depart for the Seacoast Grill, on the harbor in Gloucester. Lunch is your choice of Caesar salad with chicken, shrimp roll, or baked haddock. Coffee and a "shared dessert" are included.

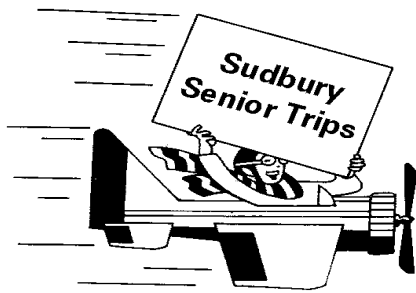
Cost is \$55.00 per person. The bus leaves the Senior Center promptly at 9:45 AM and returns about 3:15 PM. We do need a full bus (26) to run this trip, so please sign up as soon as possible. Please pay the fee when you register and you may call the Senior Center with any questions at (978) 443-3055.

*A special note from Don Oasis on his Art History class:*

If enough people would like me to repeat my lecture on Fitz Henry Lane, please signify this when you sign up and I will try to arrange a mutually agreeable time on May 3, 4, or 7.

*-Donald Oasis*





April Showers bring May flowers and lots of beautiful weather for you to really start enjoying all the wonderful trips that we have planned for you this spring and right through into summer.

April 26-April 30 is our beautiful **Azalea Festival** in Norfolk, Virginia. Although we have already sent our final payments into our travel company there might possibly be a few openings if anyone else is interested. Call me at home (978-443-8320) and I will be happy to check it out for you. It should be a wonderful time of the year in Virginia. Cost is \$699 each (dbl occup.)

**Broadway Tonite**, Wednesday May 16th, cost \$69 at lovely Lake Pearl in Wrentham still has some openings. This trip featuring well-known hits from some of Broadway's greatest musicals with beautiful costumes and choreography should make for a very enjoyable spring afternoon. Luncheon with a choice of Breast of Chicken or Baked Haddock is included. This is a "Best of Times" Trip so gift coupons can be used if you still have one.

It is time to send in our deposit for our "**Hello Dolly Show**" at the North Shore Music Theatre, June 13<sup>th</sup>, so if you have been thinking about it please remember that we

have ordered seats in the premium area (inner circle, \$67 each) and they will be assigned to us as payments are received. Lunch will be on your own at Woburn Mall.

\*Our new addition to our trip schedule "**Dino**" (songs and stories from the Life of Dean Martin) presented by his son Ricky at Foxwoods Casino on June 27 is really a great bargain and an unusual treat for us. The cost is \$53 and includes the full Casino package (see our regular Foxwoods trips) and the show. We will leave here at 8:00 AM and depart from the Casino at 4:45 PM.

PLEASE NOTE: Our July trip to the Arundel Theatre and Kennebunkport has undergone a change. Due to the fact that the Arundel Theatre productions for this summer are two children's classics and a Christmas play, I have decided to return to the **Ogunquit Theatre** instead, where we saw the *fabulous* Music Man production last year. The show for July 26<sup>th</sup> will be announced on March 19<sup>th</sup> (too late for this newsletter) but it promises to be another "Big name Broadway Musical". I will post a new flyer with the name of the show after March 23<sup>rd</sup>. We will still do a morning stop at Kennebunkport for a tour of the area and some browsing with lunch on your own before heading to the theatre. Cost for coach & ticket will be \$72.95.

We have just heard from the owners of the **Schooner Thomas Lennon** regarding our August trip which will be from 10AM-12noon on August 14<sup>th</sup>, followed by a delicious luncheon at the famous

Gloucester House Restaurant right on the Pier. After lunch we will make a short visit to Rockport for a stroll around Bearskin Neck. Cost for the trip will be \$76.95 per person.

\*We need to let the company know ASAP if we want to charter the whole boat or just go as regular "step-on" passengers. Please let us know either by telephone or by stopping by the Center, whether or not you plan to go on this trip... (No need to pay at this time unless you want to). Payments are not due until after May 1, and available until sold out (46).

The final trip this summer is the Twin Luncheon and Show featuring '**A Salute To The Rat Pack Oldies**', Wednesday, August 22. The cost is \$82.95. As our other 2 summer trips are a little more expensive than usual and NO cancellations can be accepted after August 1 for this trip, I am not sure how you all will feel about it. However, there is no minimum number needed to run it and for those who may still have a "Best of Times" gift card to use, this will be your last chance this year to use it.

\*Please do not pay for any of our fall trips until after June 1.

Thanks, **Carmel**  
\*\*\*\*\*

**Tap Dance** - \$36  
New 6 week session beginning April 19, min. 7 students, please call the Senior Center for more information at (978) 443-3055.

**Zumba** - 4 weeks - \$24  
New session begins Wed., April 11, 1:00 PM. Min. 7 students.

## SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

*In addition to our many educational and recreational programs, we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. For information about any of the services described below, call the Sudbury Senior Center at 978-443-3055 (unless otherwise indicated).*

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 3:30 PM.** On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 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 on the last Monday 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 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 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 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 2:30.**

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

**S.H.I.N.E. (Serving the Health Information Needs of Elders):** Free consultations 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

**Friendly Visitor Program:** Seniors who can't get out to socialize can be 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 these small jobs. Seniors will only be expected to pay for necessary parts and materials.

**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.

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

**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 \$65 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

### NUTRITION

**Meals on Site:** A full lunch is served at the Senior Center on Tuesdays at noon. Please call to make a reservation **by 10:00 AM on Monday.** A voluntary donation of **\$2.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town website.

**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.

THE  
SUDBURY  
SENIOR

# SCENE

*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](mailto:senior@sudbury.ma.us)**

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

**General Information Line:** 978-639-3275

**Cancellation Line:** 978-639-3276

**Trip Information:** 978-639-3277



**\$3.00 at  
the door**

## MEN'S BREAKFAST

### Wednesday, April 11

### 9:00-10:00 AM

## Pancakes, sausage, fruit, juice and coffee

**With our Resident Chefs: Joe Bausk and Barry David**