



Collecting Your Thoughts:

What you need to know as you plan the rest of your life

As you move into the “golden years” there are so many things you need to know to be sure that your life moves along according to your hopes and wishes. We’ve organized a four-session information series to give you a head start in thinking about your affairs. All sessions begin at **1:00**.

Tuesday, April 25: *Legal Tools to Manage your Life:* Attorney Denise Yurkofsky will explain everything you need to know about the legal strategies you can use to organize your estate. Wills, health care proxies, trusts, and powers of attorney will be covered, and you’ll get information about estate taxes and probate court as well.

Tuesday, May 2: *Paying for Care:* a panel of three financial experts will help you understand all the financial tools that can be used to organize your estate. Bonnie Powell of Compass Insurance will speak on Long Term Care Insurance, Chris Pazienza will speak on annuities and other investment vehicles, and Dave Peterson of Wells Fargo will speak on reverse mortgages.

Tuesday, May 9: *Getting Ready to Downsize:* If you decide to move from your home of many years, there is so much to think about: getting the house ready to sell, figuring out what to do with all the “stuff” you’ve piled up over the years, and understanding all the new rituals involved in selling a house. Things have changed a lot in the last 20 or 30 years! Marilyn Messenger, a realtor with a specialty in house sales for older people, will provide insights into this emotionally troublesome area.

Tuesday, May 16: *New Places to Call Home:* Is a 55-and-Older community right for you? Would you prefer a Continuing Care Retirement Community? What is an assisted living and who benefits from living there? And nursing homes: when are they the best living option? Our panel will include Elizabeth Weisner from Orchard Hill, and representatives from Brookhaven of Lexington, and Wingate, to tell you all you need to know about these alternative living arrangements.

Each session will feature a question-and-answer opportunity. The cost for the series is \$20. Please call in advance to register, as we expect that seating will be limited!

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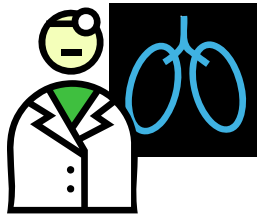
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Alzheimer's: You've gotta have heart

A cardiologist from Emerson Hospital will speak **Thursday, April 27 at 12:30** on the cardiovascular system and the benefits of controlling blood pressure and managing cholesterol, and the wise use of aspirin and other anti-inflammatory medications to benefit your heart and brain.

Call the Senior Center at (978) 443-3055 in advance to register.

This free session is the final installment of a five-part series provided in part through a grant from BayPath Elder Services using Title III Older Americans Act funding.



Health Fair Thursday, April 27 10:00 - noon

Come to our free annual Health Fair sponsored by the MetroWest Medical Center, and coordinated by nurse Dee Graceffa. Screenings will be provided for the following areas:

- **Hearing:** This screening takes about 20 minutes.
- **Blood glucose and Total Cholesterol:** You will be asked to sign a permission form for the blood glucose and total cholesterol as they involve taking a few drops of blood. You do not need to be fasting for the total cholesterol (High density (HDL), low density (LDL) lipids and triglycerides are not part of this total cholesterol test). These tests take about 10 minutes.
- **Bone Density (Osteoporosis):** Please do not sign up for the bone density screening if you have had a heel measurement in the past year, or a total body DEXTRA in the past 5 years. Remember to wear shoes and socks that are easily removable, as you will be putting your bare heel into the machine. Also, be sure to bring your list of medications and supplements with you, as the nurse will review them with you. Lastly, bring the name and address of you physician or health care provider, as a final report will be mailed to him or her. This test takes approximately 10-15 minutes.
- **Blood Pressure (BP)**

Remember that screenings do not diagnosis a disease or condition. It just may mean that you need further follow-up with your physician or health care provider.

Lastly, we will also have the services of a massage therapist who will do a mini chair massage, lasting about 10 minutes.

Please a call ahead to make an appointment at 978-443-3055

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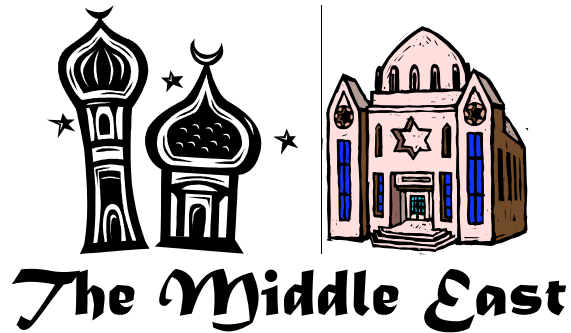
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MISSION STATEMENT

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

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How did things get in such a tangle in the Middle East? Everyone understands that the political and social turmoil in this region has serious implications for the rest of the world, but the path to resolving the problems is far less clear.

This September, our history enthusiasts will offer a 13 week class on the Middle East on Wednesday mornings. Although we plan to address the historical background in the pre-Islamic and early Islamic times, the focus will be on the last 100-200 years of Middle East history. It is this period that has most influenced the current situation. The material covered will be designed to enrich our understanding of the roots of the issues, and classroom discussions will explore the topics in detail.

This year we are planning to devote a significant portion of each class session to the topics covered in the reading assignments. This will include a presentation that expands on the assignment. We will continue to present sidebars that will provide different perspectives on Middle East history and to solicit presenters from those enrolled in the class. To make the class fulfilling for all, there is an expectation that class members will complete the reading assignment for each class.

There will also be two guest lectures by a Mid-East scholar.

Join us for an information session on **Wednesday, May 24 at 9:30** in the Senior Center. Registrations for the class will begin following the interest session. Please call the Senior Center in advance to register for the interest session.

Class Registration

Our classes are growing more and more popular. In cases where classes are likely to be filled to capacity, we ask that you pay your tuition ahead of time in order to reserve your space.

Thank you for understanding!

Digital Photo Enhancement

You're having a great time taking photos with your handy digital camera . . . but then what? Do you know how to fix red-eye, make your pictures look as vivid on paper as the scene looked when you snapped the shutter, or how to get rid of Uncle Ernie's left foot that somehow intruded on the shot?

The ultimate benefit of digital imagery is that it can be manipulated by computer to create truly remarkable outputs. This is a very deep subject which we will begin to approach in these two sessions. Adobe's Photoshop, a standard in the field, will be used for instruction on functions such as layering, cropping, cloning, color adjusting, and formatting.

Join us for *Getting the Most Out of Your Photos* **Tuesdays, April 4 and 11 from 1:30-3:00.**

The instructor will be George Kiesewetter who has had a long time interest in photography, transitioning to digital photography as the technology evolved. His most recent experience has been with the Town of Sudbury where he has worked for the Technology Administrator in both digital still and video assignments.

The cost for the two sessions is **\$20**, and advance registration is required. These are the last installments of our five-part series on digital photography, for people familiar with digital picture taking but not with image processing. If interest warrants there is the possibility of adding a hands-on computer lab session.

Sen. Resor's 26th Annual Senior Conference Thursday, April 20

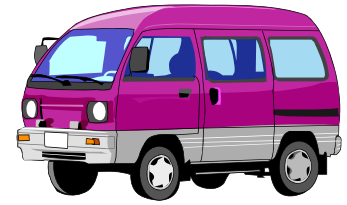
During April school vacation, the halls of Assabet Valley Regional Technical High School will ring with the sounds of a different set of senior voices. State Senator Pam Resor will sponsor her **free** Annual Senior Conference **Thursday, April 20, from 9 AM to 3 PM.**

The morning begins with coffee and donuts and the opportunity to choose three different workshops (a partial list is included below). Health screenings will include vision screenings, blood pressure checks, heart health screenings, and hearing tests.

Workshops will include: "Have a Ball with Fitness", Chi gong exercise, seated aerobics, hot paraffin hand treatments, manicures, navigating the Internet, Health Care Proxy/Homestead Act, family genealogy, preserving your family's story, poetry corner with Walt Whitman, property tax relief option, making sure Medicare works for you, and much more.

A hot lunch prepared by Mary's Catering will be served at 11:30 AM. The Sudbury Strutters will provide entertainment. Door prizes will include gift certificates, museum memberships, and much more.

Tickets for this free event are available here at the Senior Center as well as Senator Resor's District Office located at 255 Main Street, Room 106, Marlborough or by calling the office at 508-786-3040.



Special Monday van trips

Our special Monday van trips are beyond popular! On Mondays the van takes riders to a special destination: the Natick Mall, Ocean State Job Lot, the Christmas Tree Shop, or Walmart, all places that are hard to get to if you don't drive. After shopping, the riders enjoy lunch at a local restaurant.

These trips are so popular that we can't take everyone who would like to go, so we've adopted a new policy.

We will establish a rotating list of "regulars" for each of the special destinations. People can put their names on one or all of the lists. When that destination is scheduled, we'll call those on the list, starting wherever we left off last time. Once the van is full, those who didn't get to go will move up on the list for the next trip to the same destination.

If you want to be one of the regulars for a special Monday trip, please call the Senior Center and add yourself to the list!

Just a reminder: Tuesday mornings the van will take shoppers to the Sudbury Farms plaza. If you want to shop there, please plan your trip for Tuesday morning. Because the van is needed in so many places, it helps to group trips to the same spot.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Adult Day Care

Providing daily care for a spouse, family member or friend can be exhausting and challenging. When someone you care about needs help with activities of daily living or supervision due to confusion, you want to do all you can for them. However, you may have other responsibilities, such as work or family, grocery shopping or appointments. You may find you are unable to provide the best care and you may feel guilty and stressed.

There are a variety of supports available to caregivers in this situation, but one you may not be aware of is Adult Day Care. Offering a welcoming and friendly atmosphere, a hot lunch and programs that provide mental and social stimulation, Adult Day Care is designed to promote health and well-being. Participants may take part in activities such as group discussions, arts and crafts, musical entertainment, holiday celebrations, and gentle exercise. In addition, most centers have a nurse on staff to monitor ongoing health issues. Caregivers have the comfort of knowing that their loved one is being well cared for, while using the time available to do necessary activities.

An Adult Day Care program may be the answer for your loved one if he or she is physically or cognitively challenged, or is unable to be safely alone at home. The cost of Adult Day Care varies depending on the needs of the participant and ranges from approximately \$48 per day to \$95 per day. Van transportation is usually available for an additional fee. The program cost is typically not paid for by Medicare, but may be subsidized by Medicaid, the Veteran's Administration or Bay Path Elder Services in certain circumstances. If Medicaid subsidizes the care, it will usually pay for the transportation as well.

To learn more about local Adult Day Care programs, or other supports for caregivers and their loved ones, please call Debra Galloway at (978) 443-3055.

The Internet and e-mail

Get in on the computer communication revolution. There will be a two-session class on the Internet and using e-mail **Tuesday, April 18 and 25** from **1:00-3:00** at the Computer lab in the Flynn building.

The class will help newcomers to the technology learn how to log on to the Internet, "surf the web" to find information, goods, and services, and send and receive e-mail. Participants need access to a computer at home in order to practice. The cost is **\$20** for two sessions. The lead instructor will be Mary Vivaldi. Class size is limited, and advance registration is required.

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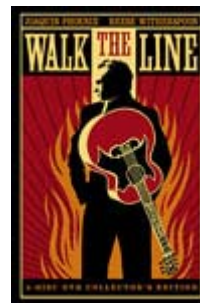
APRIL 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Van trip to Natick Mall/ Olive Garden 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Matter of Balance 5 1:30 Spanish 6</p>	<p>4</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:00-11:30 Quilting 3 11:00 Chair Yoga 6 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30-3:00 Digital Photography 4 7:00 PM COA Board</p>	<p>5</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 Quilters 8 1:00 Canasta 1:00-3:30 Bridge Lessons</p>	<p>6</p> <p>9-12 SHINE 9:30 Tap Class 1 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>Walk the Line</i></p>	<p>7</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 9</p>
<p>10</p> <p>Van trip to Ocean State/ Lotus Blossom 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 12:00 Bridges celebration 1:00 Matter of Balance 6 1:30 Spanish 7</p>	<p>11</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:00-11:30 Quilting 4 11:00 Chair Yoga 7 12:00 Lunch 12:30 Bridge 1:30-3:00 Digital Photography 5</p>	<p>12</p> <p>9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Quilters 1 1:00 Canasta 1:00-3:30 Bridge Lessons</p>	<p>13</p> <p>9-12 SHINE 9:30 Tap Class 2 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:30-3:00 Pickle-ball resumes 12:00 Bridges Celebration</p>	<p>14</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 10</p>
<p>Patriot's Day 17</p> <p>CENTER CLOSED</p>	<p>18</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 State House Tour 12:00 Lunch 12:30 Bridge 1:00-3:00 Internet and E-mail (Flynn)</p>	<p>19</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00-11:30 Golden Tones open rehearsal 11:00 Fit for the Future 12:00 Lunch 1:00 Canasta 1:00-3:30 Bridge Lessons</p>	<p>20</p> <p>9:00-3:00 Senator Resor's Conference: Assabet Valley Tech 9-12 SHINE 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:30-3:00 Pickle-ball</p>	<p>21</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 11</p>
<p>24</p> <p>Van trip to Christmas Tree Shop/ Brittney's 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Bridges Celebration 1:00 Matter of Balance 7 1:30 Spanish 8</p>	<p>25</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:00-11:30 Quilting 5 10-12 Legal Clinic 11:00 Chair Yoga 1 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00-3:00 Internet and E-mail (Flynn) 1:00 Legal tools for long term planning</p>	<p>26</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:30 Quilters 2 2:00 Shakespeare and Scones with Richard Clark</p>	<p>27</p> <p>9-12 SHINE 9:30 Tap Class 3 9:45 Thursday Crafters 10:30 T'ai Chi Practice 10-12 Health Fair 12:30 You've Gotta Have Heart 12:30-3:00 Pickle-ball 3:00 Friends meeting</p>	<p>28</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 12</p>

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at 12 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 4	April 5	April 7
Italian pork roast/ gravy Sweet potatoes Brussels sprouts Brownie	Chili Brown rice Corn bread Pineapple	Cheesy cauliflower soup/crackers Fish tenders Parsley potatoes Mandarin oranges
April 11	April 12	April 14
Vegetable gumbo soup Chicken/gravy Whipped potatoes Mixed fruit	Baked ham/ pineapple Au gratin potatoes Green beans almondine Devil's food	Cheese lasagna/ tomato sauce Peas Pineapple
April 18	April 19	April 21
Veal parmesan/ tomato sauce Rotini Garden veggies Mixed fruit	Yankee pot roast/ gravy Mashed potatoes Carrots Butterscotch pudding	Mulligatawny soup Beef strips/gravy Mashed potatoes Apple cinnamon muffin
April 25	April 26	April 28
Tomato cabbage soup Chicken/tarragon gravy O'Brien potatoes Mandarin oranges	Meatloaf/gravy Mashed potatoes Italian blend veggies Jell-o	Hot dog/roll Vegetarian beans Cole slaw Chocolate chip cookie



**Movie and
Pizza:**

Walk the Line
2 hrs, 15 mins.

When is a musician more like a gun-slinger? Johnny Cash and his guitar had an indelible effect on American culture. With his driving freight-train chords and steel-eyed intensity, Cash, played in this film by [Joaquin Phoenix](#) sang vivid songs full of real life and unlike anything heard before. Cash's life was as tumultuous as his music. In the most volatile period of his life, he evolved from a self-destructive pop star into the iconic "Man in Black", facing down his demons, fighting for the love (June Carter, played by [Reese Witherspoon](#) in this film) that would raise him up, and learning how to walk the razor-thin line between destruction and redemption.

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 (**\$1.00 per slice**).



Golden Tones open rehearsal

All you need to bring is your love of song. The Golden Tones are a lively senior chorus that performs more than 50 concerts a year in local venues. This month they will hold an open rehearsal **Wednesday, April 19**, from **10-11:30** here at the Senior Center.

The Golden Tones will be directed by their founder, Maddie Sifantus, and you are welcome to come and just enjoy the music, or to sing along with them to your heart's content. The open rehearsal is **free**.

Pickle-ball resumes

Kind of like tennis, but on a smaller court. Kind of like ping-pong, but without a table. Kind of like badminton, but played with paddles and a whiffle ball . . . that's Pickle-ball!

The game gives a good work-out, but also involves strategy and teamwork. If you like any of the games listed above, you'll have fun with Pickle-ball.

Our goal is to get a crew of people who play regularly, and even develop a tournament if there is enough interest.

Pickle-ball will be available **Thursdays from 12:30-3:00** beginning **April 13**. If you'd like to give it a shot, call us at (978) 443-3055 to let us know you're coming. There is **no charge!**



Sneak Preview: Music Sampler

Coming in **June and July**: a musical potpourri. Five sessions on Tuesdays beginning **June 13** from **1:00-2:15** will feature the compositions of five different composers, each with both an informational talk and a performance of the music. Participants can sign up for one, several, or all of the sessions.

Topics will include:

Chopin's Nocturnes: The Secret of the Left Hand with instructor: Steven Snitzer on **June 13**

Harry James and Louis Armstrong: A Musical Promise Fulfilled with instructor C. G. Lower on **June 20**

Toscanini and Bernstein: A Passionate Devotion to Music with instructor C. G. Lower on **June 27**

Great Broadway Songwriters: Jerome Kern with instructors: Ben Sears and Brad Conner on **July 11**

Great Broadway Songwriters: Cole Porter with instructors: Ben Sears and Brad Conner on **July 18**

More details will be available in the May newsletter. The cost for individual sessions is **\$10**, or **\$45** for the series. To register, call the Senior Center at (978) 443-3055.

These programs are offered in partnership with Framingham State College, The Center for Lifelong Learners.

It's not too late for Medicare Part D!

Not sure if you should be taking a Medicare Part D Prescription Plan? Are you wondering if Prescription Advantage is right for you? Don't wonder too long! Deadlines are coming up soon for both programs.

Prescription Advantage is holding an open enrollment period now. Your completed application is due no later than April 28. Medicare Part D drug plan open enrollment ends May 15.

The best place to get information on the different Part D plans is on the web at www.medicare.gov. For information by phone, call 1-800-MEDICARE (1-800-633-4227). Please have at hand a list of your drugs and their dosages. You will also need information about any health insurance you have.

Massachusetts can help you save money on your prescription drugs if your annual income is less than \$29,400 (single) or \$39,600 for a couple. Assets do not count. Prescription Advantage will pay all or part of your Medicare Part D premium, your total annual deductible and give you coverage in the gap (donut hole). It will also limit your total out of pocket spending significantly.

This is available to everyone, including those with Medicare Advantage plans, the VA, and Retiree plans. All you have to do is **enroll by April 28**.

Kathy Worhach, our SHINE counselor, can answer your questions. Call for an appointment!



State House Tour Rescheduled

Sudbury seniors are invited to join State Representative Susan Pope for lunch and a tour of the State House in Boston **Tuesday, April 18** from **11:00** to **1:00**.

You'll get a tour of the building (be prepared for walking!), meet some officials from the Executive Office of Elder Affairs, and have lunch with Sue, all at **no charge**.

See how your legislature works for you, and learn a little about how a bill becomes a law (it is quite a complicated process!)

The tour is limited to 25 participants, and is restricted to Sudbury residents.

Please make sure you are at the Sudbury Senior Center by 9:45 so we can be loaded on the bus in time to leave the parking lot by 10:00.

Call the Sudbury Senior Center at (978) 443-3055 by **Wednesday, April 12** to sign up.



Fit for the Future Update

There will be no Fit for the Future classes on **April 12** or **14**, but classes will resume **April 19**.

We offer sessions of this high energy aerobics and strengthening class **Wednesday** and **Friday** mornings at **8:30** and **Monday, Wednesday, and Friday** at **11:00**.

Lois Leav, the instructor, uses an ever-changing variety of peppy music, and helps participants tailor the exercise to suit their individual needs.

The cost is **\$2.00** a class. There is no need to call to reserve a spot, but first-timers are asked to sign a release.

Parmenter Clinic hours in April

Please note that the regular 11:30 blood pressure clinic will not be held on **Tuesday, April 11** and **18**. The morning clinic will be held as usual on those days.

MBTA Senior Discount Cards

Advance notice: Come get your new Senior ID or T.A.P. **Thursday, May 11** from **11:00-2:00** the Sudbury Senior Center.

Even if you already have a card, come in to get the new version. New applicants need a proof of age (the IDs are for people 65 and older, or with a disability).

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Oh, the sunny south . . . the soft breeze, the magnolias in bloom, the restful hiss of waves sliding across talcum powder sands . . . most of us can only imagine how relaxing it must feel. We'll have to check with Carmel to find out more when she gets back. In the meantime, other great adventures are in the works.

Menopause, the Musical and lunch at the Chateau Restaurant in Waltham on **Wednesday, April 26** is sold out. Sometimes there is a late cancellation, though, so call the Senior Center for availability and lunch choices. The cost is **\$79.00** payable to *Sudbury Senior Trips*. Participants should be at the center by 11:45 on April 26 for departure. We plan to return by approximately 6:00 PM.

Foxwoods: Monday, May 1, still has several spaces but they tend to go quickly, so early sign-up is recommended. The cost is \$19.00, and includes the full casino package and lunch. Hours: 7:45 AM-5:30 PM. The next trip will be August 7.

Opryland Trip May 27- June 3 will feature a stay at the Gaylord Opryland Resort, considered to be one of the most elegant hotels in the United States, set on nine

acres, with shops, sightseeing, rivers and waterfalls on the grounds. You can take a Delta Flatboat ride there. The trip also features a tour of Nashville and a performance at the grand Ole Opry, a visit to the Country Music Hall of Fame and an evening of music aboard the General Jackson Riverboat Queen.

On the way back, the trip stops at the Wren's Nest in West Virginia for a fabulous 40's experience, and in Pennsylvania for an Amish feast and the American Music Theater's Summer Spectacular. The complete cost is \$1,049 pp.-dbl or \$1,499 pp. single. Final payment is due by April 21. Insurance is available. Complete details and insurance forms are in our trip rack.

Rogers and Hammerstein, Wednesday, June 21 will feature a luncheon and show at the beautiful Chez Josef's Restaurant in Agawam. Our menu will be chicken marsala, salmon crepe, appetizer, fruit cup and dessert so bring along a good appetite. The cost is \$62 and there are still some spaces available. You don't want to miss this one!

Captain Jack's Lobster Bake and Cruise is accepting reservations. After a lovely morning cruise off Matunuck Beach in Rhode Island, our luncheon will feature lobster or prime rib, steamed clams or shrimp cocktail, clam cakes, clam chowder and dessert. Finally, enjoy a stroll among the quaint shops of Wickford Village. Cost is \$61. Can't you just smell the refreshing sea air?

Old World Prague and the Blue Danube: Our special adventure this year is the European river cruise September 6 - 17, 2006: Cruise through destinations rarely featured on ordinary trips, including Hungary, Slovakia, Austria and the Czech Republic. Pre- and post-trip extensions are available to Budapest and Munich. Included are roundtrip transatlantic air fare from New York or New Jersey, seven nights on a private river ship, three nights in Prague, sightseeing tours, meals, shipboard commentary, and much more. Pick up a flyer at the Senior Center. To book, call Grand Circle Travel at 1-800-597-2452 Option 2. Mention *Sudbury Trip Code GG63433*, or call Carmel O'Connell at 978-443-8340 for more information.

Singing in the Rain: Northshore Music Theater, Wednesday, July 26. Join us for one of the best-loved musicals of all time. Lunch on your own at the theater at either their open-air concession or at their *Restaurant on the Hill* (reservations required). In case of rain, lunch will be at the Mall in Danvers. Cost: \$57. Departs 10:30 AM; returns approx. 6:00 PM.

Foxwoods Casino: Monday, August 7. Includes the full casino package and lunch. Cost: \$19.00, payable to *Sudbury Senior Trips*. Depart 7:45 AM; return approx. 5:30 PM.

Ronan Tynan Show
September 6:
Sold out: Wait list only.

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 **Tuesday** through **Friday** from **9:00 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

F.I.S.H. (Friends in Service Helping): Volunteers drive people needing rides to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Leave your request on the answering machine, and the F.I.S.H. coordinator will return your call.

HEALTH SERVICES

Podiatry: The Senior Center offers a visit from Dr. Bryant Tarr, a Sudbury podiatrist, every other month. Call Dr. Tarr's office directly at **978-443-4878** to schedule an appointment for his next visit. Payment is arranged directly with Dr. Tarr.

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 9:00-9:30** and **11:30 to 1:00**. Free blood sugar testing is provided on the **third Tuesday** of each month **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of a wheel chair, walker, shower chair, commode, transfer bench, cane etc., the Senior Center can provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

Information and Referral: Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. 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**. You may reach her at **(978) 443-3055**.

Legal Clinic: Denise Yurkofsky, an elder law attorney, is available for free private 20-minute consultations with seniors monthly. 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 an 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 like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

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*.

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

EXERCISE

We offer a variety of exercise programs for people of different abilities, including gentle chair yoga, T'ai Chi, tap dancing, Fit for the Future and classes to improve balance.

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

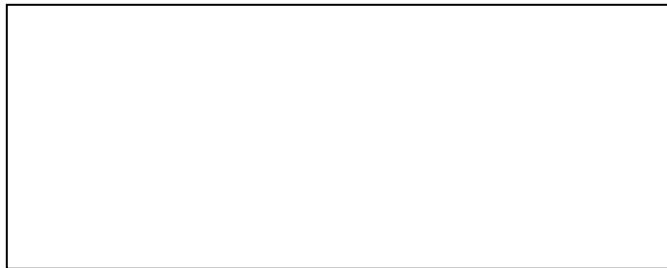
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PRESORT STANDARD

Sudbury Senior Center Phone: (978) 443-3055 Fax: (978) 443-6009 E-mail: senior@town.sudbury.ma.us

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 9:00 AM to 3:00 PM

Shakespeare and Scones:

The Lunatic, the Lover, and the Poet



Eavesdrop on the murmurings of Romeo, the obsessive passions of Anthony and Cleopatra, the deranged musings of King Richard . . .

as Richard Clark performs monologues and soliloquies
from Shakespeare's most famous plays.

Wednesday, April 26

1:30-3:00

Join us for **tea and scones** (coffee, too) at **1:30**,
then settle back and be wafted to Elizabethan England.
Cost: **\$2.00** Reservations required by Friday, April 21.