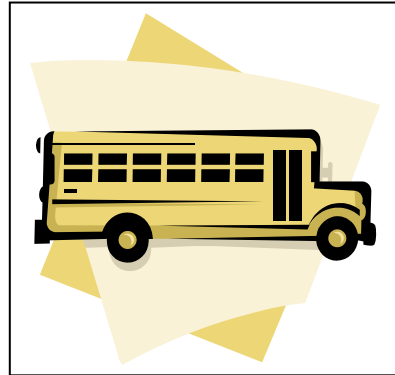


A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE NEW OLDER ADULT



The Montgomery Bus Boycott

Tuesday, January 18, 1:30PM
Cost: \$10

On a cold December afternoon in 1955, Rosa Parks, a black seamstress boarded a city bus after a long day at the sewing machine. Montgomery's Jim Crow laws provided that as the bus filled up, black riders had to surrender their seats to white passengers. Parks refused to move. What followed was a 381 day bus boycott by black riders that drew national attention and introduced the country to an unknown Baptist preacher, Martin Luther King, Jr.

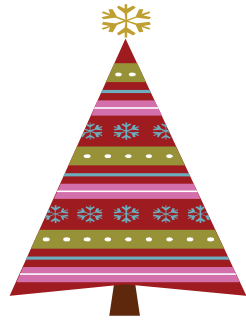
Prof. Gary Hylander has taught many classes at the Senior Center. Class participants rave about his lively teaching style and vibrant rendering of history. Call the Senior Center at (978) 443-3055 to register for this class.

Dr. Gary Hylander is Professor of History at Stonehill College in Easton, MA. Dr. Hylander is a frequent lecturer at historical societies, libraries and professional organizations.

This class is offered in partnership with Sage Educational Services.

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Boxwood Holiday Tree Workshop

**Friday, December 10
10:00**

The Sudbury Garden club, with the leadership of Polly Meltzer, will once again offer their popular workshop to make a boxwood Christmas or holiday tree. These are made with fresh boxwood, and last for weeks.

There is a limit of twelve participants. To register, please bring a check for **\$15** to the Senior Center, payable to the *Sudbury Garden Club*.

The day of the workshop, please bring clippers or scissors with you. The garden club will supply a simple green holder for the tree, or you can bring a suitable holder from home.



Holiday Luncheon at the Senior Center Wednesday, December 15, 12:00-2:00

Celebrate the joyous holiday season with your friends, have delicious turkey dinner with all the trimmings and listen to the joyful sound of the Golden Tones.

Menu

(catered by Wingate Healthcare)

Apple cider
Roast turkey with pan gravy and herb stuffing
Dinner rolls
Butternut squash, mashed potatoes
Cranberry sauce
Apple or Pumpkin Pie

Cost: \$5.00 – Please call to make a reservation, you may pay at the door.

CHAIRPERSON:

Patrick Mullen

BOARD OF DIRECTORS:

Barbara Bahlkow

John Beeler

Elizabeth David

Marilyn Goodrich

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SENIOR CENTER

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VOLUNTEER

COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Linda Sullivan

MISSION

STATEMENT

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



Understanding 2011 Medicare Plans

The **Medicare Annual Open Enrollment period** ends **December 31**. During this time, you can change your Medicare health coverage as well as your Medicare Prescription Drug plans (Part D Plans).

Some Medicare Advantage plans, such as Harvard Pilgrim First Seniority, will no longer be offered in 2011. If you are in one of the plans that are leaving, you must **choose a new plan for 2011**. There are several alternative Medicare Advantage plans available. In most cases if your plan is no longer offered and you do nothing, on January 1, 2011, you will be back in Original Medicare with **no drug coverage**.

Some Medicare Prescription Drug plans, such as First Health Part D - Secure and AARP MedicareRx Saver, will no longer be offered in 2011. Some Part D companies will be enrolling you in similar plans, which they offer. You can still select a different Part D Plan from a different company, which may be better for you.

Even if your plan is not leaving, you need to check that your drugs will continue to be covered by your drug plan and how much they will cost you (co-payments) in 2011. Many plans have increased monthly premiums, but a number of plans have significantly increased **co-payments** also.

The good news is that help is available:

- Call the Senior Center and ask for a SHINE appointment. Specially trained and certified SHINE volunteers offer free, confidential counseling to seniors and anyone on Medicare.
- If there are no more SHINE appointments available at your Senior Center when you call, there are additional counseling appointments at the **Callahan Center in Framingham** (535 Union Avenue). Call (508) 532-5980, ext 4120, for a SHINE appointment there. Appointments are required!
- You can also reach a SHINE counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), and then press or say "3". Once you get the SHINE answering machine, leave your name and phone number. A SHINE volunteer will call you back, as soon as possible. Please be patient. Due to the large volume of calls, you may not hear back for a couple of days.
- Another option is to call Medicare at 1-800-MEDICARE (1-800-633-4227) or MassMedLine at (866) 633-1617. You can also consult the Medicare website at www.medicare.gov.



**Soup's On:
School News: Learn about
Sudbury Public School
Initiatives**

**Thursday, December 9
Soup at noon
Talk at 12:30**

Members of the Sudbury Public School and Lincoln-Sudbury Public School Committees will join us to share information about school initiatives and student accomplishments.

How do Sudbury schools compare to those of other towns? What are some of the challenges? What is new in schools today? How can you stay connected to school news? Come learn more about our fantastic schools.

The program is **free**. Even if you don't want soup, please call to let us know you'll be here. Reservations for soup must be made by 4:00 the previous day.

We regret that we can't guarantee soup for those who do not sign up in advance. The kitchen closes at 12:30 as a courtesy to the speaker.



P.I.L.O.T. Survey Results

Sudbury residents returned more than 140 responses to the survey for the PILOT (Public Independent Living Options Team) program. This new program would work closely with the Councils on Aging in Sudbury, Wayland, and similar local towns to help provide affordable, individualized services to support seniors in remaining independent in their own homes.

Most of those who answered were between the ages of 71 and 79, while the remainder were evenly split between those ages 61-70 and 80 and above. Not surprisingly, more than half said they live alone. Nearly all the respondents thought PILOT was a great idea, and well more than half said they would be willing to pay a small annual fee for the service.

The single most needed service was snow removal, followed closely by heavy chore, handyman help, yard work, major repairs, housekeeping and window washing.

The PILOT program has been incorporated, and is nearing approval as a non-profit entity. The group will seek grants in order to fund a staff person who will be able to work with the Councils on Aging and develop a portfolio of service providers who are affordable, reliable, and agree to provide the services needed. Private citizens from the towns to be served are members of the team. If you would like to help, please call the senior center at 978-443-3055. Someone from the PILOT team will return your call.



Special Monday Van Trips

The Senior Center van will make a special trip on Mondays in December to accommodate holiday shoppers, and will stop at a restaurant for lunch.

Here are the dates and destinations:

Monday November 29: Solomon Pond Mall/Bertucci's

Monday, December 6: Natick Mall/Olive Garden

Monday, December 13: Ocean State Job Lot/Stephen Anthony's

The cost to ride the van for these special trips is **\$4.00**. Please reserve your space in advance by calling 978-443-3055. We reserve the right to return to our regular Monday schedule if fewer than three people sign up for a particular trip.

**Watercolor classes begin again
in January**

Get your creativity in gear with our popular watercolor classes taught by Cynthia Durost. Students learn a lot and have a good time, too. Class is limited to 16 participants, so sign up early. The first class will be Friday, January 7.

The cost for the series of 12 classes is **\$80**.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Broccoli: A Superfood for Osteoarthritis?

You may have hated broccoli as a kid, but maybe mom really did know best! Today, broccoli is being hailed by scientists as a “super food” for joints that could cure those who suffer from arthritis.

Scientists at the University of East Anglia in the UK found that a chemical found in broccoli called sulforaphane blocks the enzymes that cause the joints to weaken and deteriorate in osteoarthritis. The research team is now launching a project that will hopefully lead to a new broccoli-based treatment for millions of arthritis sufferers.

Professor Ian Clark from the University of East Anglia, one of the researchers involved in the study, reports, “We all know broccoli is good for you but this is the first time it has been linked to osteoarthritis,” said Clark.

“We know there is a chemical, sulforaphane, in broccoli that can slow down cartilage destruction and we want to see if this can actually get into the joints and stop the progress of the condition.”

The project will test 30 patients who will be going into joint replacement operations. Those patients will be fed the vegetable before going into the operation. After the surgery, they will be examined to see if the chemical sulforaphane successfully entered their joints.

Clark added, “The results could mean we prevent many, many more needing to go for surgery because progress of the disease will either be slowed down or completely halted.

“It really is a breakthrough project.”

Read more: <http://www.thirdage.com/arthritis/broccoli-superfood-osteoarthritis#ixzz15MmOjOIL>




Source: www.thirdage.com





DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30 Fit for the Future 9:00 Cribbage 9:30-12:00 I&R Hours 10:00 Bridges Celebration 11:00 Fit for the Future 12:00 Lunch 12:00 Wayside Inn Luncheon 12:30 Quilting Studio 1:30 American Art (5)	2 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Holiday Stress Management	3 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:00 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (11) 1:30 The Cold War (5)
6 <i>Special Van Trip</i> 9:30-12:00 I&R Hours 10:30 Bridges Celebration 11:00 Fit for the Future 1:00 Better Balance (3)	7 8-9:00 BP Clinic 9-4 SHINE 9:00 Cribbage 9:40 Yoga (4) 11:00 Yoga (4) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board	8 8:30 Fit for the Future 9:00 Cribbage 9:30-12:00 I&R Hours 10:00 Bridges Celebration 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 American Art (5) (makeup)	9 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Sudbury School Committee Talk	10 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:00 I&R Hours 10:00 Boxwood Tree 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (12) <i>No Cold War</i>
13 <i>Special Van Trip</i> 9:30-12:00 I&R Hours 10:00 Stamp Club 10:30 Bridges Celebration 11:00 Fit for the Future 1:00 Better Balance (4)	14 8-9:00 BP Clinic 9-4 SHINE 9:00 Cribbage 9:40 Yoga (5) 11:00 Yoga (5) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	15 8:30 Fit for the Future 9:00 Cribbage 9:30-12:00 I&R Hours 11:00 No Fit for the Future 12:00 Holiday Luncheon 12:30 Quilting Studio	16 <i>Rockettes Trip</i> 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:30 Movie: Believe in Me	17 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:00 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:30 The Cold War (6) <i>No Watercolors</i>
20 9:30-12:00 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (5)	21 8-9:00 BP Clinic 9-4 SHINE 9:00 Cribbage 9:40 Yoga (6) 11:00 Yoga (6) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	22 8:30 Fit for the Future 9:00 Cribbage 9:30-12:00 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio	23 9:30 Tap Class 9:45 Thursday Crafters	 Senior Center Closed 24
27 9:30-12:00 I&R Hours 11:00 Fit for the Future 1:00 <i>No Balance class</i>	28 8-9:00 Parmenter Clinic 9-4 SHINE 9:00 Cribbage <i>No Yoga</i> 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	29 <i>Rose Bowl Trip</i> 8:30 Fit for the Future 9-12 SHINE 9:00 Cribbage 9:30-12:00 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio	30 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters	 Senior Center Closed 31

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 is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
	December 1	December 3
	Ground Beef Burgundy Mashed Potatoes Carrots Whole Wheat Bread Muffin	Macaroni & Cheese 3 Broccoli Whole Wheat Bread Apricots
December 7	December 8	December 10
Cheese Lasagna w/Tomato Sauce Spinach Italian Bread Apple Crisp	Cream of Broccoli Soup Teriyaki Chicken Brown Rice Whole Wheat Bread Peaches	Autumn Harvest Bisque Roast Pork w/ Onion Gravy Mashed Potatoes Rye Bread Fresh Fruit
December 14	December 15	December 17
HOLIDAY SPECIAL Roast Beef Au Jus Baked Potato w/Sour Cream Green Beans/Almonds Whole Wheat Roll Éclair	Special Holiday Meal with Golden Tones entertainment - Roast Turkey and Fixings from Wingate	Cream of Vegetable Soup Pier 17 Fish Sweet Potato w/ Pineapple Whole Wheat Bread Smoothie
December 21	December 22	December 24
Cheesy Cauliflower Soup Baked Chicken Seasoned Bulgur Wheat Whole Wheat Bread Yogurt	Broccoli Bake Stewed Tomatoes Multigrain Bread Fresh Fruit	Holiday – Center closed
December 28	December 29	December 31
Stuffed Shells w/ Tomato Sauce Italian Blend Vegetables Italian Bread Smoothie	Tomato Cabbage Soup Baked Fish w/Newburg Sauce Brown Rice Whole Wheat Bread Muffin	Holiday – Center closed

**Movie and pizza
Thursday, December 16**



Believe in Me

Rated PG

1 hour 48 minutes

Starring: Jeffrey Donovan, Bruce
Dern, Samantha Mathis

Pizza: 12:00

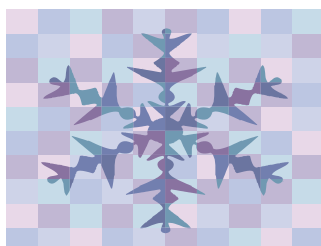
Movie: 12:30

After accepting a job to coach high school basketball, Clay Driscoll (Jeffrey Donovan) is disappointed to discover he's been assigned to the girls' team. But the harder he works his female players, the more he sees that they're just as capable of greatness.

Samantha Mathis and Bruce Dern co-star in this small-town sports drama based on the true story of an Oklahoma coach who led his team to the state championships in the 1960s.

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**.

Please note: The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.



Bad weather policy: If Sudbury schools are cancelled due to bad weather, the Senior Center *will be open* but all events, meals, and classes are canceled. In some cases, bad road conditions mean that the van services will be cancelled. For the latest information, call the recorded **cancellation line** at 978-639-3276.



Holiday Stress Management Thursday, December 2 1:00PM

Linda Sullivan, R.N., our Public Health Nurse, talks about the stresses of the holiday season and stress in general. Stress is inevitable, how do we manage it and maintain our physical and mental health? Linda will share tips and reminders about keeping yourself in balance. How can humor help? What does diet have to do with it? What about exercise, like walking?

Enjoy an interactive discussion that will leave you feeling less stressed right away! Light refreshments will be available – sparkling cider and treats!



Sand Buckets

Our volunteers will deliver a bucket of sand for you to use on your walks and driveways, **free**, just for the asking.

Just call 978-443-3055 and tell us if this is a new bucket or a refill. Pick a place for the bucket to be placed and we'll do the rest.



Medical rides with FISH Volunteers

If you need to get to a doctor or medical treatment and have no other way to get there, please consider using our F.I.S.H. volunteer service. This service is for adults of any age, but it is for Sudbury residents only, to be used when other options like family and friends are not available.

The rides are free! But since drivers use their own cars, we just ask that you pay for tolls and for parking. Please note that even if the driver has one of those Fast Lane transponders in the car, he or she still has to pay tolls. They are deducted from the driver's bank account electronically.

How it works: call the F.I.S.H. answering machine at 978-443-2145, and leave your name, telephone number, and brief details of your appointment. Within 24 hours a F.I.S.H. coordinator will call you back, get a few more details, and let you know when you will hear from the volunteer driver.

The volunteer will call you to make the final arrangements. In most cases the driver will take you to the appointment and wait there to bring you home again.



Bridges Celebrations

On several days in December, our Bridges volunteers and their students will be meeting for a celebration here at the Senior Center. The 4th graders get a grand tour of the Senior Center and then settle in with their senior partners to share memories from their 6 classes together. The children often bring a thank you creation to share with their senior partners.

After the students go back to school, senior partners stay for a luncheon with Assistant Superintendent Bob Milley and Bridges Coordinator Andrea Weaver.

Watch for the morning celebrations on December 1, 6, 8 and 13. You can't miss them – 40 4th graders certainly will make themselves known! They'll even try some senior aerobics!

For further information about this unique intergenerational educational program, please talk with Debra Galloway at the Senior Center or call Asst. Superintendent Bob Milley at 978-443-1058. You may also send an email to sudburybridges@gmail.com.



Honky Tonk Piano

**Monday, January 24
1:30PM**

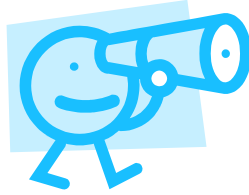
Are you looking for some music to keep you tapping your toes? Gary Landgren presents a lively piano performance from “the good old days” of the early 1920s and beyond. His ragtime music appeals to all ages with lots of hand clapping and toe tapping.

He has been playing the piano for over 30 years. He performs professionally throughout New England and is sure to lift your wintry spirits.

Please call the Senior Center at (978) 443-3055 to sign up for this event. The event is free but we need to know how many are coming to prepare the room.

Senior Yoga Continues

Senior Yoga meets Tuesday mornings at **9:40 and 11:00**. The series is taught by Leslie Worris, and features both chair poses and floor work. Classes this month are **December 7, 14, and 21**.



Looking forward to January and February...

Dr. Donald Oasis will be back to share insights on **American Art from 1850 - ?** Classes will begin the end of January. Look for further information in the January newsletter.

Learn more about an energy healing art called **Jin Shin Jyutsu**, when Kate Smyers visits us for Soups On in February.

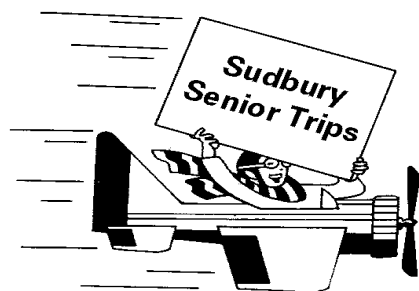
Jordan Rich will be back to talk about “**The Big Events in Radio**” in February.



Card Playing Keeps You Sharp!

Did you know that we reserve our Van Houten room for Cribbage on Tuesdays, Wednesdays and Fridays at 9:00AM. Bridge is the name of the game on Tuesday afternoons at 12:30PM.

Ads



It's time again to wish you all a happy Holiday Season and a wonderful New Year. We are now close to the end of our 2010 trips and I am busily thinking and planning for our 2011 trips.

Our last day trip for 2010 is our Rockettes trip to the Wang Theatre in Boston on December 16. We plan to leave the Senior Center at 12:30 PM. After the show we will be making a short tour around the Boston Common to view the Holiday tree and decorations. We should be back at the center at approximately 6:30PM. A bit of tasty news for everyone on this trip: Wingate at Sudbury has planned "a yummy lunchtime surprise", at no charge, for all to enjoy on the way into the Wang.

A small group of us will be traveling out to "sunny" California for the Rose Bowl Parade, December 29 to January 2. We will be having a pre-trip meeting sometime between December 6-17, I will call you all as soon as I know the exact date. Please let me know if there is any date or time that is not good for you.

We recently had a meeting with our Florida trippers to give them the sad news that our tour company was not able to get enough other passengers to make the trip a go for this year. They are hoping to "tweak" the trip

a little bit and reschedule it for next year.

We also discussed the possibility of replacing this trip with something else, possibly in mid to late March. Some of the possibilities we discussed were: a week or 2 in Aruba, the Bahamas, or St. Lucia, a 10-15 day Western Caribbean cruise, a trip to the Canary Islands and Morocco, or a week or two on the Costa de Sol in Spain. I will explore these possibilities and report back to the group or anyone else that may be interested.

*** PLEASE CHECK OUR TRIP BULLETIN BOARD IN A COUPLE OF WEEKS* - for more information regarding any of these trips.**

February 7, 2011 will be our first Foxwood trip for the New Year. Cost will be \$22.00. This slight rise in price will enable us to slightly reduce the required number needed for the trip from 43 to 40.

We are also at this time sponsoring a few January and February day trips from one of our favorite trip companies. Check our trip rack for more information.

Carmel



Friends!

Watch your mail for a letter from the Friends of Sudbury Seniors. The Friends is a group of people whose mission is to support the Senior Center and its activities in a variety of ways.

For example, the funds raised by the Friends were used to purchase the large blackout shades in the Sudbury Pines rooms of the Senior Center. As you know if you have come to any of our movies or other presentations that use our wonderful projection system, having the room truly dark makes a huge difference. (And by the way, the projection system was also a gift of the Friends.)

Then too, the Friends pay the postage that makes it possible for us to send this newsletter free to every senior-headed household in Sudbury. Without that, people wouldn't know about the many wonderful offerings available here.

Please think about making a donation to the Friends this year. Every donation helps, and it is especially important in these tough economic times.

You can learn more by going to:
www.friendsofsudburyseiors.org

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 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: 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 12:00.**

Legal Clinic: Denise Yurkofsky, 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, **Tuesdays and Thursdays 9-12.** 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 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.** A voluntary donation of **\$2.00** a meal is requested. 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.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

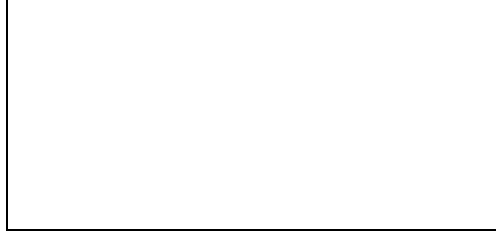
on the web at:

<http://senior.sudbury.ma.us>

Return Service Requested



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Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

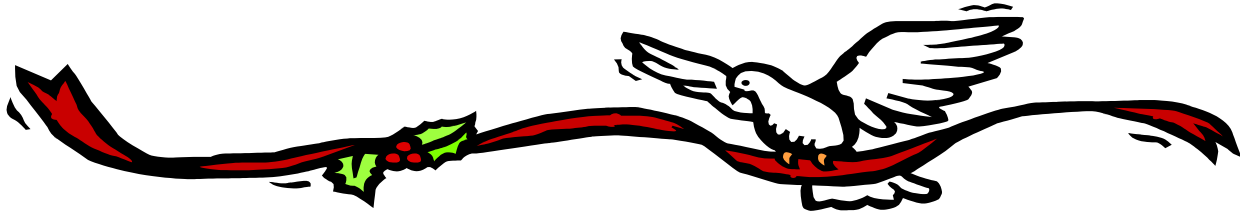
E-mail: senior@sudbury.ma.us

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

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277



Please join us for our

Annual Holiday Party

Featuring entertainment by the Golden Tones
And a delicious Turkey dinner catered by Wingate Healthcare

Wednesday, December 15

12:00-2:00

Cost is \$5.00 - Reservations are required. Details inside.

