

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



The Sudbury Council on Aging cordially invites you to join us for a

Holiday Luncheon and Party

Wednesday, December 20

12:00-2:00



Featuring songs and performances by
The Senior Strutters
and
a holiday sing-along

Music to dine by with Janet Alford

Menu:

Vegetable soup
Finger sandwiches
Green salad
Potato Chips
Birthday cake

Cost: \$4.00



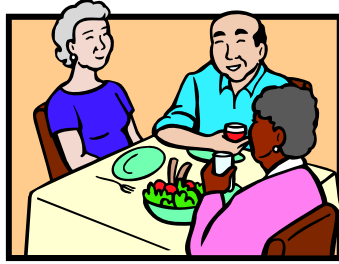
November and December birthdays will be celebrated

Reservations are required by December 15.

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Friends of Sudbury Seniors Annual Appeal

New, comfy chairs for the gym. Rides from school parking lots to Town Meeting at the high school. Attractive new cabinets at the Senior Center. Free newsletters. Matching funds for a new van. What do these things have in common?

It's not a trick question! Each of these things (and a lot more besides) are funded by the Friends of Sudbury Seniors.

Even though the Senior Center continues to serve most of the seniors in town in one way or another during the year, only 62% of the costs of operating comes from the town. The remaining support for our programs and services comes from outside sources, including foundations, program fees, the Executive Office of Elder Affairs, and importantly, from the Friends.

Each year in December, the Friends send an appeal letter to every household in Sudbury, asking residents to contribute in support of the Senior Center and its projects.

The letter goes to all households because the benefits of the Senior Center enrich the entire community. Sons and daughters of seniors call or stop by for free information about services for seniors. Baby boomers come to the center to get acquainted with the resources and services they'll be needing as they grow older. Those who are seniors now come to the center for fun, exercise, classes, cultural activities, health and wellness programs, and much more. And even school children benefit from the support of the Friends, through the Bridges program in the fourth grade classrooms.

But keeping up the high standards of the Sudbury Senior Center costs money. That's why, when you receive your appeal letter we hope you will give generously. Our whole staff is working hard to keep ours among the best Senior Centers in the state, but we can't do it without your help.

Thanks from all of us!



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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.*

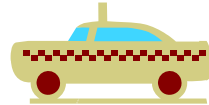
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Computer Classes

Excel: Learn how to make your computer do math and much more using the Excel program. Our four-part series will meet January 17, 24, 31, and February 7 at 10:00 in the computer lab at the Flynn building. The instructor will be Ron Riggert, himself a skilled user of the program. The cost for the four classes is \$40.

Fancy Flyers: Learn how to use your word processing skills to create brochures and flyers. The course will also show you how to import clip art into your work. The class will meet Tuesdays at 10:00 in the computer lab at the Flynn building beginning January 16. The cost for the three-part series is \$15. The instructor will be Kris Kiesel.



You CAN get there from here

Sudbury Senior Access is a program by which Sudbury seniors can get half-price taxi rides from Sudbury to any town that touches Sudbury.

And now, we have a new company joining the program: Tommy's Taxi. Tommy's can provide service seven days a week until 1:00 in the morning, and offers service with a wheelchair lift vehicle if needed.

Natick Cab will continue to offer the service as well.

Seniors and people with disabilities can purchase books of coupons worth \$25 in rides for \$12.50. The ride is subsidized though the generosity of the Sudbury Town Meeting. Contact the Senior Center at 978-443-3055 for more details.



Winter cancellation policy

On days when the Sudbury public schools are cancelled due to bad weather, all Senior Center programs and services, including van trips, will be cancelled.

The Senior Center offices will be open as close to normal business hours as possible. Be sure to listen for school cancellation announcements on your local radio or TV station.

Medicare changes!

All Medicare prescription drug plans (Part D plans), are **changing** their coverage and premiums in 2007. You should have received a letter from your plan with the details.

Even if you were happy with your Part D coverage in 2006, you need to look at how your plan will be changing. The plan you have now may not be the best plan for you in 2007. You can only change your prescription coverage from **November 15 to December 31**, during Medicare's "Annual Coordinated Open Enrollment Period."

Medicare Advantage plans are also changing in 2007. If you are a member of **Harvard Pilgrim** you should have received a packet explaining that they are **dropping their Medicare HMO plan** and offering a new plan called First Seniority Freedom, a Private Fee for Service plan. If you are a member of Harvard Pilgrim Vanguard, you should also have received information about your options for next year.

Other plans will be making changes, too. From **November 15 to December 31** is the **only time you can switch between plans** and/or traditional Medicare. (If you have your coverage through a current or former employer, this timetable may not apply to you.)

How do you decide if you want to change? First, carefully read and save any information you receive from your current plans regarding changes they are making in 2007.

Then, review your options. A good place to do that is on the www.medicare.gov website. There you will find information on all the plans available to you.

Although you have until December 31, we **recommend enrolling as early as possible** (ideally by December 15), so that there will be plenty of time to get covered in your new plan by January 1, 2007.

The good news is that **help is available for you** at the Sudbury Senior Center. Call 978-443-3055 and ask for a SHINE appointment. Kathy Worhach, our specially trained SHINE volunteer offers free, confidential counseling to seniors and anyone on Medicare, covering all aspects of health insurance.

You can help speed up the process by asking for a form to complete showing all the medications you use. This information can be entered into the computer before you get here, saving you a lot of time. We'll be happy to mail you the form, or you can pick one up at the Senior Center.

Class and activity enrollment policy

The Sudbury Senior Center welcomes area seniors to participate in our classes, special events, trips, and educational seminars, but Sudbury residents have first priority.

For the first two weeks after publicity begins for an event, enrollment is open only to Sudbury residents. Subsequently, enrollment will be open to all.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Brrrrrrrr... winter is upon us!

Let's be prepared for anything! As you may know, the Senior Center is focusing on Emergency Preparedness this year. What better time to be prepared than winter?

Having an Emergency Plan and Emergency Kit or "Go" bag on hand will help alleviate your anxiety about what will happen if you are snowed in for a while or you need to evacuate your home temporarily. Your emergency plan should include naming emergency contacts, one in town and one out of state (it may be easier to reach out of state persons, if phone calls are disrupted) and making sure you and family members also have two meeting places – one outside of your home and one outside of your neighborhood. An emergency kit for the car is also a good idea.

What should you do to prepare? Make sure you have non-perishable food, water, as well as batteries, a radio and flashlights. Talk to friends and family about winter storm situations and make sure you have all their phone numbers. Give a house key to a trusted neighbor or friend. Make sure you have at least one phone that is "hard wired" into your home. A cordless phone or phone with an answering machine will not work without electricity.


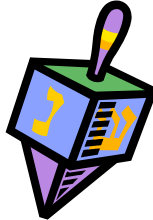

If you may need extra help during an emergency, or if you have no emergency contacts nearby, think about adding your name to the Senior Center's Emergency Assistance list. To add your name to our list, please complete the Emergency Call form available at the Senior Center, Police Station, Fire Station and through our Town Social Worker, Martha Lynn. Complete the form and drop it off at any of the above locations. In the event of a prolonged power outage or severe snowstorm, someone will be calling to check in on you.

Think twice before shoveling snow! Avoid shoveling if you have a heart condition or are at risk for a bone fracture. Shoveling snow is a very strenuous activity itself and is more stressful due to the cold weather. Hire a local child to shovel your snow or get help from the person who plows your driveway. If you are unable to do either of these, call the Senior Center and we will try to find help for you.

Brochures about Family Disaster Plans and Disaster Kits, as well as Winter Storm preparation are available at the Senior Center. Call or drop by the office for more information, 978-443-3055. You may also view the American Red Cross "Disaster Plan" guide online at www.fema.gov/areyouready/basic_preparedness.shtm and www.redcross.org/services/disaster/0,1082,0_500_,00.html

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DECEMBER 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 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 Watercolors 11
4 <i>Van trip to Natick Mall/ Olive Garden</i> 7:45 Foxwoods Trip 9:00 Podiatry Clinic 9:30-2:30 I&R Hours 11:00 Fit for the Future 11:30 Bridges Celebration 1:00 Balance 2 1:30 Water aerobics 2:00 Starry Nights	5 9:00-9:30 Parmenter Clinic 9:00 Cribbage 10-12 Legal Clinic 12:00 Wayside Inn Luncheon 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 3:30 Brownies Carol 4:00 COA Board	6 8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons 1:30 Water aerobics	7 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Healthy Eating/Healthy Living	8 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 Watercolors 12
11 <i>Van trip to Christmas Tree Shop/Brittney's</i> 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 11:30 Bridges Celebration 1:00 Balance 3	12 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	13 8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons	14 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Coffee and chocolate	15 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
18 <i>Van trip to Ocean State/ Kennedy's Pub</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance 4	19 8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	20 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Holiday party and show 12:30 Informal Quilters 1:00 Bridge Lessons	21 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Healthy Eating/Healthy Living	22 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
25 Christmas  Senior Center Closed	26 9-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	27 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 Informal Quilters 1:00 Bridge Lessons	28 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:30 Movie: <i>The da Vinci Code</i> 3:00 Friends Meeting	29 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

LUNCH MENUS

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

TUESDAY	WEDNESDAY	FRIDAY
		December 1
December 5	December 6	December 8
Kale bean soup Chicken/red pepper sauce Mashed potatoes Rice pudding	Italian pork roast Sweet potatoes Green beans Applesauce	Stuffed pepper/ tomato sauce Corn Mandarin oranges
December 12	December 13	December 15
Sloppy Joes Hash browns Genoa veggies pineapple	Baked fish/ Newburgh sauce Rotini Brussels sprouts White cake	Split pea soup Roasted chicken/ herb sauce Whipped potatoes pears
December 19	December 20	December 22
Roast beef au jus Baked potato Green beans Éclair	Spzcial Holiday meal 	Egg drop soup Chicken/sweet & sour sauce Brown rice pineapple
December 26	December 27	December 29
Swedish meatballs/ mushroom sauce Mashed potatoes Peas Apricots	Beef stew Boiled potatoes Green beans Tapioca pudding	Stuffed shells Tomato sauce Italian veggies Pineapple

Movie December 28

12:30



The da Vinci Code

149 minutes

Famed “symbolologist” Professor Robert Langdon (Tom Hanks) is called to the Louvre museum where a curator has been murdered, leaving behind a mysterious trail of symbols and clues. With his own survival at stake, Langdon, aided by a police cryptologist, unveils a series of secrets hidden in the works of Leonardo da Vinci, all leading to a covert society dedicated to guarding a secret that has remained hidden for 2000 years. The quest leads them through Paris, London and Scotland, collecting clues as they attempt to crack the code and reveal secrets that will shake the very foundations of mankind.

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).



Soup's On Chocolate and Coffee: The Good, the Bad, and the Ugly

Thursday, December 14

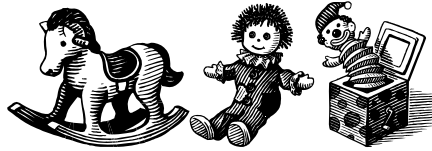
It seems as if dietary advice changes all the time. What was bad for you now is good, and the other way around, nearly every day.

This Soup's On program will let you know about the latest information or the health benefits and risks of drinking coffee and eating chocolate.

With a sense of fun, the program will look at how and why both these foods might be considered part of a healthy diet. Included: specifics to look for when buying chocolate!

The presenter will be Mary Swanson of Kindred Healthcare and Walden Rehabilitation Center in Concord.

Soup, salad, and a dessert will be served at **12:00**, and the talk will begin at **12:30**. The event is **free**, but *please call the Senior Center at 978-443-3055 in advance* to register.



Toys for Tots

Please help us help children who otherwise would have a bleak holiday . . . including children of our service men and women who are stationed abroad.

The Kelly Sullivan Detachment of the Marine Corps League has given us a box to collect toys for tots.

Toys of any age are welcome, but items for older children or young teens are especially welcome. The toys must be new and unwrapped. Bring them to the Senior Center and put them in the special box.

The last pick-up of toys will be December 15, so be sure to get your toys in before that.



Legal Clinic

Elder Law Attorney Denise Yurkofsky, will offer free 20-minute consultations **Tuesday, December 5**, beginning at **10:00**.



Better balance and flexibility

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

Class dates are **November 27**, (but there is still time to join!) **December 4, 11, 18, January 8, 22, 29** and **February 5**. The cost is **\$40** for the series, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

Free sample: Come to a class in the current session to see if this is for you!



Beginning and Intermediate Watercolors

Our popular watercolor class will be offered again beginning Friday, January 12, 1:00-3:00. The class size is restricted to 15, and Sudbury residents have first choice of enrollment.

Instructor Cynthia Durost offers demonstrations and individualized teaching. The cost for the twelve-session series is \$75. Call to sign up, since this class fills up fast!

News about our games



Cribbage

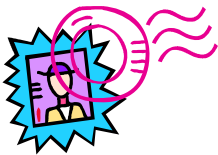
Our cribbage players are always welcoming to new joiners. They play Tuesday, Wednesday and Friday mornings.

Bridge Game

Our faithful bridge crew plays every Tuesday, beginning at 12:30. There is no charge!

Bridge Lessons

Famed instructor Joyce Pearson provides bridge instruction every Wednesday at 1:00. The cost varies depending on how many participants come to each session.



Stamp Club

A small but enthusiastic group of stamp collectors meets the second Monday of each month at 10:00 to work on their collections. You are welcome to join them at no charge.



Pickle-ball Update

Pickleball has been suspended for now. This fast-paced game is played like a cross between tennis and ping-pong. If you are interested in participating, please give us a call. If there is enough interest, we will add it to our schedule.



Coming Attractions

We have some exciting new offerings coming up in spring. Look for these events in the coming months:

The American Justice System

This three-part series with Dr. Gary Hylander will cover three landmark trials: Sacco and Vanzetti, Bruno Hauptmann (the Lindbergh kidnapping case), and Julius and Ethel Rosenberg.

Honkytonk Piano: Come to a rousing performance that will have you dancing in the aisles on April 25 at 1:00.

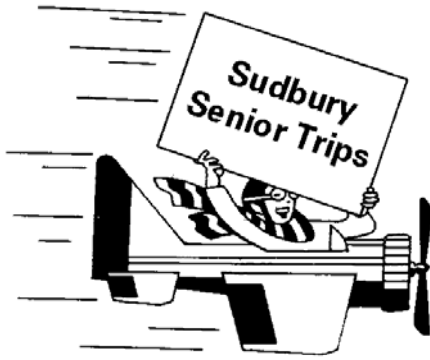
Thinking about films: A five-part series will explore ethical and societal themes in movies. We are planning to show the movies that will be discussed in advance of each week's presentation.

Art and The Italian

Renaissance: Our four-part series will focus on the arts in Italy during one of the most pivotal times for western civilization. Included: Leonardo da Vinci, Vermeer, Rembrandt, and more.

We are also looking to bring back Critical Thinking, a literature course, and, if things go well, a special dance performance. *So stay tuned!*

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Happy Holidays to all our friends.

It's hard to believe, but all our trips for 2006 are finished. I hope that you enjoyed the ones that you went on. I certainly enjoyed planning the trips and being on them with you. Now it's time to prepare for the coming year. We plan to have our new year's brochure ready for you in the January 2007 newsletter.

As trips for the early part of the year need to be planned now, here are details for our first three trips:

Foxwood Casino, Monday, February 5. The cost is **\$19.00**, payable to Sudbury Senior Trips. This includes the full Casino package (buffet lunch or discounted restaurant lunch and betting tickets).

The Incredible Acrobats of China, Tuesday, February 27
Performers from the New Shanghai Circus will appear at the Mohegan Sun Casino. I saw them perform in China and the things that they can do with their bodies are completely astounding. The cost is **\$69.96** payable to Sudbury Senior Trips, and beside the show, includes time at the Casino in the morning, the full Casino package (buffet lunch or discounted restaurant lunch and

betting tickets). *Best of Times* also guarantees a full refund if severe weather should cause the show to be cancelled.

Florida Snowbird Escape: Join Sudbury Senior Trips March 1-16, 2007 for a gala excursion to the sunny state. We have had several people sign up already and hopefully we will have room for more. This year we are planning to spend 10 days at a very nice hotel, *The Dolphin*, situated right on the beach in St. Petersburg. The hotel is situated right in the heart of things and the rooms have amenities for preparing our own breakfasts and lunches (if we choose). The trip includes 18 meals, dinner and a show, a dinner cruise, and trip options. Kathy has planned many wonderful excursions for us at no charge for the use of the bus, only entrance fees when applicable. We can also take time to just enjoy the pool or the seaside.

We will finish our trip with two full days in lovely Savannah before heading for home. There are more detailed flyers as well as the insurance forms in the trip rack.

Please be sure to completely fill out the yellow registration form. The complete cost of the trip is **\$1,799 + \$76.00** for the required insurance (* which is a substantial discount if all take it.)

If you have any questions on any of the above, please feel free to call me at 978-443-8320

Carmel

Cultural trips



Fogg Museum, Thursday, January 25

Tour the Fogg Art Museum and the adjoining Busch-Reisinger Museum at Harvard University with a group of 40 participants, and three docents, including Sudbury's own Ann Read.

Then have lunch at the S&S Restaurant in Inman Square, Cambridge. The S&S is a local institution! Menu choices are: Stuffed chicken breast, sirloin tips, or fish and chips. Please indicate your choice when you sign up.

The cost for the trip will be **\$43**, which includes all costs, including gratuity for the driver. If you are a member of any of the Harvard art museums, deduct \$6 from the cost. Be sure to bring your membership card with you on the day of the trip.

Reservations for Sudbury residents and members of the cultural trip committee will be accepted beginning December 4, and will be open to all beginning December 18. Payment must accompany reservations, with a check made out to *Sudbury Senior Activities*.

Meet at the Senior Center at 8:30 AM for departure at 9:00. Return approximately 3:15.

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 **8:00 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.

Sudbury Senior Access:

Subsidized taxi rides from Sudbury to any contiguous town. Books of coupons worth \$25 in rides are for sale for \$12.50 at the Senior Center. Rides are available 5:30-AM to 1:00 AM weekdays and 5:30 AM to 5:30 PM on weekends.

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly

free drop-in health clinics. Clinic hours are **Tuesdays 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, **Thursdays 9-12**. Please call to make a **free** appointment.

IN-HOME SERVICES

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

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs 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.

Grocery Shopping: Homebound seniors are matched with a volunteer shopper who can make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the cost of the groceries.

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.

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

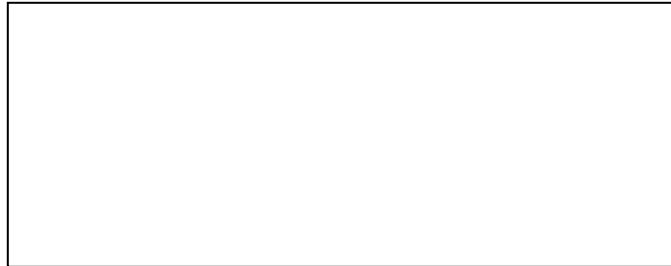
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

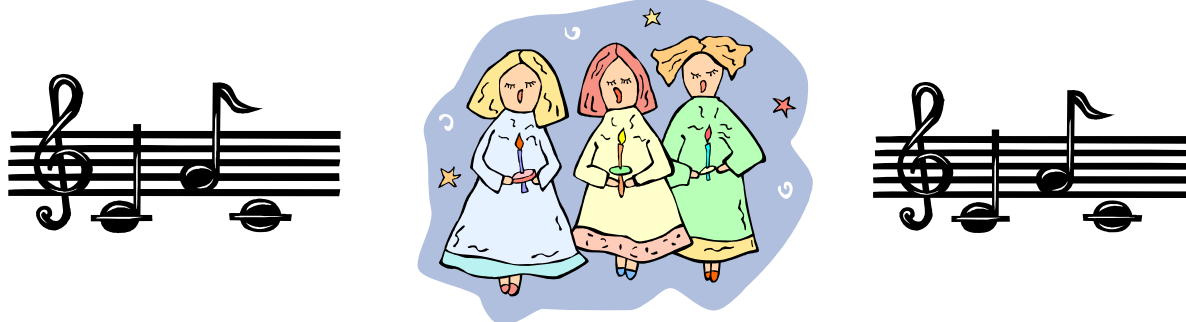
<http://senior.sudbury.ma.us>

Change Service Requested



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, 8:00 AM to 3:00 PM



Brownies Come a-Caroling

Come hear the sweet strains of holiday music **Tuesday, December 5, at 3:30**

Brownies from four Sudbury troops ranging in age from kindergarten to 4th grade are making a special trip to serenade us here at the Senior Center.

The girls will sing for about half an hour, and there will be refreshments for all.

It's free.

Call to reserve your spot at 978-443-3055.