



Walt Whitman
Tuesdays, February 17 to March 24
10:00-11:15

Walt Whitman, poet, essayist, journalist, and humanist, was a part of the transition to realism in American letters. Whitman is among the most influential poets in the American canon, often called the father of free verse. His work was very controversial in its time, but today embodies some of our best-loved verse.

Whitman wrote in the preface to the 1855 edition of *Leaves of Grass*, "The proof of a poet is that his country absorbs him as affectionately as he has absorbed it." He believed there was a vital, symbiotic relationship between the poet and society. This connection was emphasized especially in the epic *Song of Myself*.

Here is the class plan. All poems will be supplied except for *Song of Myself*, for which only certain sections will be discussed.

February 17: Introduction to Walt Whitman, his life and times to put his poetry in context. To be considered: *A Noiseless Patient Spider*; *When I heard the Learn'd Astronomer*, and *Miracles*.

February 24: There will be a video of noted poets reading Whitman's work.

March 3: The Civil War poems: *Vigil Strange I Kept on the Field One Night*; *A March in the Ranks Hard-Prent*, and *the Road Unknown*; *The Wound-Dresser*; and *A Sight in Camp in the Daybreak Gray and Dim*.

March 10: *Crossing Brooklyn Ferry*

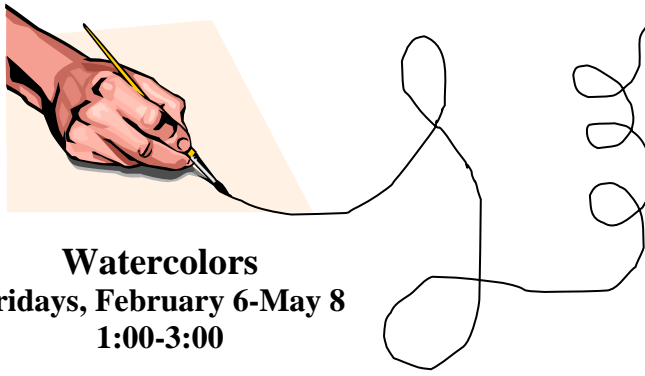
March 17: *Out of the Cradle, Endlessly Rocking*

March 24: *Song of Myself*

Steven Collins is an actor and teacher, who has presented the play *Unlaunch'd Voices, an Evening with Walt Whitman* at many schools, colleges and libraries in New England.

The cost for the series will be **\$55**, or \$10 a session for individual classes.

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Watercolors
Fridays, February 6-May 8
1:00-3:00

Whether you've always wanted to try watercolors but thought they were too difficult, or whether you're an experienced painter who wants to get back in touch with the fun and versatility of watercolors, we have a great opportunity for you.

Join our 12-week course in watercolor painting with instructor Cynthia Durost. We will explore wet-on-wet and wet-to-dry techniques for landscapes, floral still lifes, and much more.

Each class begins with a demonstration on washes, color, value, or composition. Then students get a chance to try their hand. Open discussion and a shared critique round out each session.

Ms. Durost has studied at the Museum School in Boston and apprenticed for three years with a Chinese Brush painter. She has taught watercolor for more than seven years.

The class will be **\$80** for the twelve week series. Sudbury residents may sign up beginning January 15; out-of-towners may enroll beginning January 29. Payment with enrollment, please.



Help Wanted:
Website designer for Friends

Thanks all of you who have contributed to the Friends of Sudbury Seniors annual appeal. In tough economic times, it is heartwarming to know that the generosity of so many continues.

The Friends would like to make even more people aware of their activities in support of the Sudbury Senior Center by developing a link to the Sudbury town website, but none of the Friends have the needed skills.

If you would like to help, please call 978-443-3055 and speak to Kris.

COUNCIL ON AGING

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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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Cultural Competency

Tuesday, February 10 (snow date Feb. 24)

10:00-11:30

Public health research confirms that culture shapes knowledge, beliefs, attitudes, decisions, behavior and outcomes across all stages of life, and perhaps most especially in the senior years.

Each of us cherishes our cultural beliefs and values, but we may unintentionally offend one another when we are unaware of, misunderstand, or disagree with cultural transitions. This workshop will consider the importance of culture to all of us, explore steps to improve cultural competency, and listen to “voices from the community” talking about their own rich cultural traditions.

The workshop is presented **free** by the VNA Care Network with a grant from the MetroWest Community Health Care Foundation, but advance registration is required. Please call 978-443-3055 to enroll.

The value of SHINE . . .

Our SHINE counselor, Kathleen Woehrling, saw 45 seniors in December to consult on their health insurance. By helping them understand their options, she saved them an average of \$500 over the next year in medical expenses. Four people even saved \$1,000! Thanks very much, Kathleen!



Flu news: It's not too late!

If you didn't get your flu shot this year, there is still time. Flu shots are especially important for seniors and anyone with asthma, kidney disease, diabetes, heart disease, lung disease, or a weakened immune system. Flu can be fatal.

Sudbury seniors who would like a flu shot at no cost should call 978-443-3055 to make an appointment with Linda Sullivan, the public health nurse. She will provide a shot during her regular Tuesday noontime clinic here at the Senior Center.



**Advanced beginner to
intermediate bridge
Wednesday, February 11-
April 29
1:00-3:00**

Join our new twelve week series of bridge lessons using the Pavlicek Method.

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 twelve weeks.

The following material will be included (if you are reading this in the online version, you can click on each item to follow the link for more information):

[Point Count](#)
[Opening Bids](#)
[Auctions after One Notrump](#)
[Responses to One of a Suit](#)
[Rebids by Opener](#)
[Rebids by Responder](#)
[Bidding After a Raise](#)
[Overcalls and Doubles](#)
[Coping with Interference](#)
[Weak Two-Bids](#)
[Preemptive Bids](#)
[Strong Opening Bids](#)
[Slam Bidding](#)

Opening at Musketahquid

The Sudbury Housing Authority's apartment complex for seniors at Musketahquid is taking applicants for its waiting list. People over 60 who currently live or work in Sudbury or who are veterans or minorities, are given preference. Non-local seniors and younger people with disabilities are also welcome to apply.

Each apartment has one bedroom, a living room, dining area, kitchen and bathroom. Rent is 30% of income and includes heat and electricity. The maximum income limit for one person is \$46,300 and for two people is \$52,950. There is no asset limit and it is possible to move in while still owning a home.

Applications are available by phoning 978-443-5112.



**Soup's On: Eating Very
Well (like a diabetic)!**
Thursday, February 12
Soup at noon, talk at 12:30

There is new news about managing diabetes: it's all about balancing your carbohydrates. People with diabetes can eat desserts and most other things, so long as the carbs are kept in check for the meal as a whole . . . and getting extra fiber helps with carb balance!

Keeping blood sugar even throughout the day is healthier for everyone, not just those with diabetes. That means eating smaller meals in general, but more of them. Imagine a diet where you are *supposed* to snack! Come hear the latest way to eat healthy, and sample some delicious soup, courtesy of Wingate Healthcare.

The speaker will be Laurine Tetreault, Wingate's dietitian, who will have samples of delicious but carb-smart meals.

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

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

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

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Growing Into Retirement

Thinking about retirement? Perhaps you've done some financial planning but haven't really thought much about other aspects of retirement. At the Senior Center we want to help you about learn about the factors in successful retirement. We are offering a series of five informational programs in March and April that will focus on: healthy aging, legal issues, aging resources, health insurance, and housing.

Healthy Aging Thursday, March 5 – 7:00PM

We all hope for good health in our later years. What are the strategies for aging healthfully? Our first workshop will help you think through the different aspects of what to expect and how to keep yourself well as you grow older.

Health Insurance Thursday, March 12 - 7:00 PM

At any time of life, health insurance is important, but near retirement there are many new things to learn about. Often people turning 65 need to sign up for Medicare as either a primary or secondary health insurer. Do you know the difference between Medicare and MassHealth (Medicaid in Massachusetts)? Find out about both Medicare A and B, and even Medicare C and D at this educational workshop.

Legal Issues Thursday, March 19 – 7:00 PM

What types of legal preparations are essential for middle and older age? Our legal expert will speak about legal planning and the essential documents for this time of life.

Resources Thursday, March 26 – 7:00 PM

What resources are available in the community? Where can you get help if you need it? If you or a relative needs help at home, what's available? Is there financial assistance?


Living Situation Thursday, April 2 – 7:00 PM

Will you be staying in your current home? What are the different options available? Learn about assisted living, continuing care and other living options from our expert panel.

Each workshop will begin at **7:00 PM** and last about an hour. Light refreshments will be available. These events are offered **free of charge**, but space is limited so please reserve by calling (978) 443-3055 or via email at sudburycoa@sudbury.ma.us

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FEBRUARY 2009


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
7:45 Foxwoods Trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 2:00 The Metropolitan Museum: European Painting	8-9:00 BP Clinic 9:00 Cribbage 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio	9-12 SHINE 9:00 Yoga (5) 9:30 Tap Class 9:45 Thursday Crafters 1:30 All Trips Meeting	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (1)
9	10	11	12	13
9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 2:00 The Metropolitan Museum: European Sculpture; Africa and Oceania	8-9:00 BP Clinic 9:00 Cribbage 10-11:30 Cultural Competency 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 All Trips Meeting (snow date)	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Birthday Lunch 12:30 Quilting Studio 1:00 Bridge lessons (1)	9-12 SHINE 9:00 Yoga (6) 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Eating Very Well	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (2)
16	17	18	19	20
President's Day  <i>Senior Center Closed; no van service</i>	8-9:00 BP Clinic 9:00 Cribbage 9:00-3:30 Tax Help 10:00 Walt Whitman (1) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	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 Quilting 1:00 Bridge lessons (2)	9-12 SHINE 9:00 Yoga (7) 9:30 Tap Class 9:45 Thursday Crafters 12:00-3:30 Tax Help 12:30 Movie: <i>The Secret Life of Bees</i>	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:00-3:30 Tax Help 1:00 Cards 1:00 Watercolors (3)
23	24	25	26	27
<i>Van trip to Walmart/ Applebees</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 2:00 The Metropolitan Museum: Ancient New World; Costumes/Textiles	8-9:00 BP Clinic 9:00-3:30 Tax Help 9:00 Cribbage 10:00 Walt Whitman (2) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge Cultural Competency (snow date only)	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Bridge Lessons (3)	9-12 SHINE 9:00 Yoga (8) 9:30 Tap Class 9:45 Thursday Crafters 12:00-3:30 Tax Help 3:00 Friends Meeting	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:00-3:30 Tax Help 1:00 Cards 1:00 Watercolors (4)

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
February 3	February 4	February 6
Cream of Broccoli Soup Chicken/ Lemon Piccata Sauce Rice Pilaf Fresh Orange	Broccoli Bake Brown Rice Stewed Tomatoes Butterscotch Pudding	Liver and Onions/ Onion Gravy Mashed Potatoes Beets Snack n' Loaf Muffin
February 10	February 11	February 13
Stuffed Pepper/ Tomato Sauce Carrots Fresh Orange	Tomato Chick Pea Soup Chicken/Apricot Glaze Whipped Potatoes Birthday Cake	Shepherd's Pie Mashed Potatoes Green Beans Pears
February 17	February 18	February 20
Minestrone Soup Baked Chicken/ BBQ Sauce Whipped Potatoes Mixed Fruit	Meatballs/ Mushroom Gravy Mashed Potatoes Broccoli Smoothie	Ziti/Meat Sauce Genoa Blend Veggies Fresh Fruit
February 24	February 25	February 27
Lentil Kale Soup Roast Chicken/ Tarragon Gravy Mashed Potatoes Peaches	Macaroni and Cheese Stewed Tomatoes Broccoli Apple Turnover	Corn Chowder Fish Wedge Tartar Sauce Carrots Mandarin Oranges

**Movie and pizza
Thursday, January 19**



The Secret Life of Bees

1 hour 50 minutes

Pizza: 12:00
Movie: 12:30

Set in South Carolina in 1964, this movie features the story of Lily Owens, a 14-year-old girl who is haunted by the memory of her late mother. To escape her lonely life and troubled relationship with her father, Lily flees with her caregiver to a South Carolina town that holds the secret to her mother's past. Taken in by the intelligent and independent Boatwright sisters, Lily finds solace in their mesmerizing world of beekeeping, honey and the Black Madonna.

Stars Queen Latifa, Dakota Fanning, Jennifer Hudson

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

Are you looking for a meaningful and challenging volunteer opportunity?

Consider becoming a Certified SHINE (Medicare) Counselor

The SHINE program helps seniors and people with disabilities on Medicare to understand the many and increasingly complex insurance options available to them. The need for trained volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Information Need of Elders) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income health programs. SHINE Counselors also attend monthly meetings where they receive on-going training, support, and opportunities to share their experiences and concerns with other counselors.

SHINE Counselors are expected to work an average of four hours a week meeting with clients and doing necessary follow-up work. They generally counsel in Senior Centers or other public settings that have a private meeting space. Some computer experience is necessary.

SHINE Counselors are intelligent and dedicated individuals, who are truly making a difference in many people's lives.

The next SHINE training will begin in March and run for two days a week over a six-week period at Whitney Place at Natick. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (508) 532-5980 x 4109.

Bilingual, bicultural and minority individuals are encouraged to apply.

SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Councils on Aging, Aging Services Access Points and other local agencies.

And as always, if you are looking for help in understanding your medical insurance options, you can make an appointment with Kathleen Woehrling, the SHINE counselor serving Sudbury. She is available every Thursday morning. This is a **free** service.



Yummmm

What if you could get a delicious, nutritionally balanced meal here at the Senior Center on Mondays? (We serve a hot meal at noon only on Tuesdays, Wednesdays and Fridays right now.) What if the meal was very, very tasty and yet healthy too?

What if the meal could also be delivered to you at home at noon, all hot and ready to eat when you didn't feel like going out?

That's what we're working on! Stay tuned for all the scrumptious details coming in March.



Worcester Art Museum

The fourth cultural trip of the 2008-2009 season will be to the Worcester Art Museum on **Thursday, February 26**. We will have a docent-led tour of the special watercolor exhibit and then highlights of the regular collection.

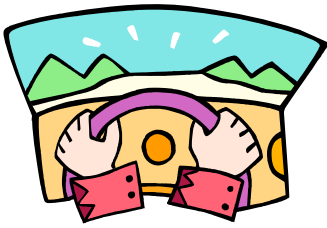
The watercolors are not regularly on display and Worcester has a terrific collection. After the tour and some time on your own to explore the museum, we will go to Maxwell Silvermans for lunch before returning to the senior center.

The bus will leave the Senior Center promptly at 10:15 and will return about 3:30 pm. The cost is **\$45**.

Sudbury residents only may sign up until February 11; the trip is open to all after that. No reservations will be accepted without payment.

Please remember to fill out a trip registration form. It is important for us to know your telephone number and an emergency contact name and number for each person on the trip.





Are you sure your driver's license is valid?

Beginning in November of last year, the Registry of Motor Vehicles stopped sending out driver's license renewal reminders. This change was made to save money (an estimated \$800,000 a year), but it means that unless you remember to renew your license on your own, you may find yourself without a valid license.

Licenses are good for five years, and expire on the operator's birthday. The good news is that you can renew your license up to a year before it is due to expire and still not lose any time remaining on your current license. That is important to know, especially since the Registry is also shortening their open hours. All branches will now open at 9:00 AM (instead of 8:30) and those that are open late on Thursdays will close at 6:00 PM instead of at 7:00.

The bottom line: if your birthday is coming up, be sure to check whether your license is due for renewal. If it is, drop in to the Registry when your travels take you near one. You lose nothing by renewing early.



AARP tax assistance

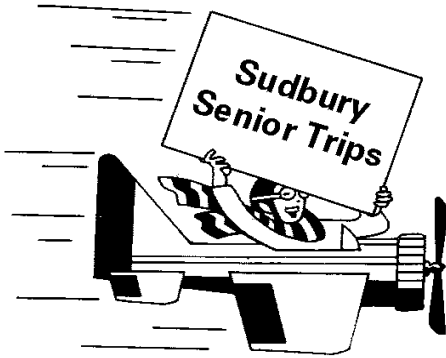
Seniors who need help preparing their 2008 income tax documents can get assistance **free of charge** through the Senior Center. AARP-trained tax preparer volunteers led by Tom Sifferlen are available to assist beginning **Tuesday, February 17**, and until mid-April.

One and a half hour appointments are available from **9 AM to 3:30 PM**, Tuesdays, Thursdays and Fridays. Tuesday, Thursday and Friday assistance will be at the Senior Center, but some help may be in the **Flynn Building**. Call us for an appointment at (978) 443-3055.

Be sure to bring the year-end tax documents mailed to you by banks, pension plans and other sources of income, and *a copy of your last year's tax return* to your appointment. If you used our service last year, please bring your computer disk as well.

We are very grateful to Tom Sifferlen, the coordinator of this assistance project, as well as to Dave Calder and Bill Cole, the other two volunteers. They have received special training in the use of "Taxwise", computer software that is required by the IRS.

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Hopefully by the time you are reading this all our trips will be filling up. We had to postpone our January 7th one-day Trip meeting to January 12 due to bad weather. I do not know how many called into the Center to find this out or used our trip information line but I did explain at the make-up meeting that you can always call me.

As of this writing I also do not know if our multiday trip meeting was held on January 21. Therefore I am going to do a complete wrap up of both types of trips on February 5 at 1:30. Those of you who did not get to either of the meetings are welcome to attend this meeting. Snow date will be February 10, also at 1:30.

At this time we welcome payments from both our Sudbury and out of town friends on all our one day trips (checks only; no cash please) and payable to *Sudbury Senior Trips*. Please use our pink registration form.

We are also accepting deposits on all our multiday trips from all (check our flyers for payment information.) Please use our blue trip forms.

At our multiday trip Meeting of January 21 we accepted deposits for our **Repositioning Cruise November 1-15** (when the

ship returns from its summer itinerary to leave on its winter itinerary). Those that attended and booked a space received an early booking bonus. This was a one-time award. Spaces are limited at the prices shown on our flyer. Prices are \$1145 (inside/double), \$1381 (outside/double) \$1845 (outside balcony/double). Upgrades are available. Please call me at my home for information before making a deposit as there are important forms to be filled out at time of deposit. Make checks to *Tours of Distinction*.

Andy Cooney Tuesday, March 10: He is back and at the Venus De Milo, accompanied by The Celtic Dancers and other Irish entertainers. The cost is **\$69**. Meal choices are corned beef and cabbage or baked haddock with all the fixings. Please note meal choice on the memo line of your check.

Ethel Merman's Broadway, Tuesday, April 21: This smash hit will be at the El Garde Art Centre in Connecticut. We hear the show is on its way to London, but we get to see it first. The cost is **\$63** and includes a pre-trip to the Mohegan Sun in the morning for their casino, buffet and bonus package. We have only 25 seats available at this time.

Boston to Bermuda Trip, May 1-8: If you are interested in this trip with Best of Times you must pay the complete cost before the end of February as this trip will soon be closing out. Please call me at 978-443-8320 before February 23 if you are interested.

Cost is \$999 plus \$300 taxes and fees. Make checks payable to *Best of Times*.

Remembering the 50s, Tuesday, May 12: At Luciano's on Lake Pearl and featuring the Four Aces. Cost is **\$69**. They should bring back memories. They have been noted as "Superb Showmen" since 1950. Our meal choices are stuffed chicken or baked haddock. Please write your choice on your check and on the pink trip form.

U.S.O. Variety Show, Tuesday, June 16: at Lantana's in Randolph. Cost is **\$69**. This should be a really outstanding time as it is Best of Times 35th Anniversary. The show features a great band, star impersonations, talented dancers, special surprises, door prizes and great decorations. You will be laughing, singing and tapping your feet; a show not to be missed. Meal choices are Yankee Pot Roast and stuffed Breast of Chicken. Please note choice on your check and trip form.

Please Note: Time of departure and return for day trips depends on the number going and will be announced by telephone one or two weeks prior to the trip.

Trip flyers for the above trips and all trips through November are available either in the trip rack or from the Senior Center Receptionists.

Happy Valentine's Day to you from me,

Carmel

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 9:00 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for out-of-town trips.

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

Sudbury Senior Access:

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

HEALTH SERVICES

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

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

Medical Equipment Loan Closet:

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

CONSULTATION

Information and Referral: Debra Galloway, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:30 to 2:30**.

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

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

IN-HOME SERVICES

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

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs around the house. Seniors will only be expected to pay for necessary parts and materials.

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

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

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

NUTRITION

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

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

Return Service Requested



Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

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

Monthly Birthday Luncheon Wednesday, February 11

12:00-1:00

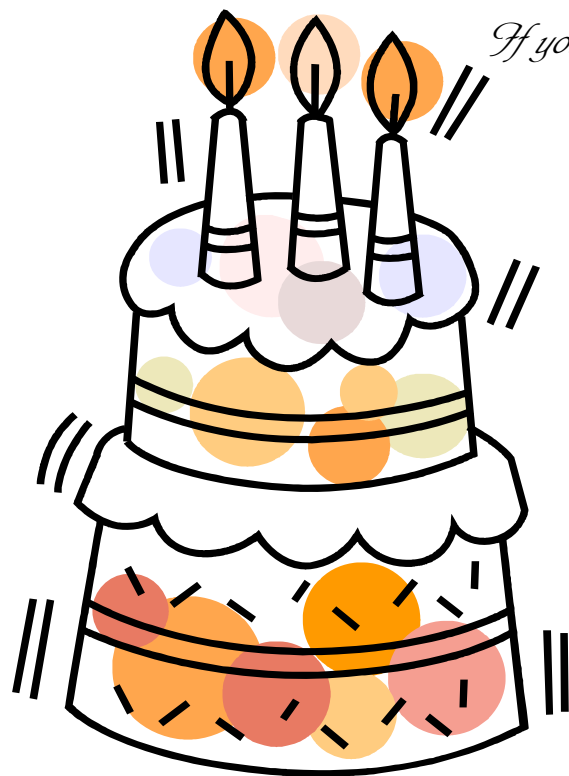
Join our regular Wednesday lunch bunch.

If you were a February baby,

the meal and cake are on us.

(For the menu, see page 7)

Call 978-443-3055 to **RSVP by 10:00 AM February 10.**
(No meal will be available without reservations.)



Not born in February? No problem!

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