



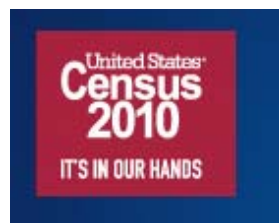
Shakespeare

**Demystifying Shakespeare with Steve Collins**  
Tuesdays, February 16-March 23 at 1:00

Shakespeare is arguably one of the greatest playwrights of all time, but hardly anyone reads him for pleasure these days. Part of the issue is an unfamiliarity with the Elizabethan English of Shakespeare's time. This class will help participants get an in-depth familiarity with the meaning in Shakespeare through the use of paraphrase and from an actor's viewpoint.

The course will not focus on entire plays, but will look at some of the sonnets and soliloquies from several plays. Acting is sometimes "good arguing", and this is especially true in Shakespeare. His characters have the ability to persuade, cajole, seduce, and overwhelm. Participants will get a chance to try some readings and get direction from Steve to increase their understanding and enjoyment of the text. Handouts will be provided.

The class will be \$30 for the six weeks. Advance registration is required by calling 978-443-3055.



**Please help the Sudbury Senior Center  
by filling out the U.S. Census!**

So often we hear that people are pleased with our services, and many ask what they can do to help us. Here is an opportunity to help that costs nothing, and is crucial for the Senior Center.

This year the federal government will be conducting a census to count every resident. Most people will get an easy-to-complete form in the mail. *Please help the Senior Center by filling it out and mailing it in!* The information is kept confidential.

We get special federal funds to help us serve people 60 and older each year. The amount of money we get each year is based on a formula that multiplies the number of Sudbury residents aged 60 and older times a dollar amount (currently \$7.00). The more seniors, the more the funding. Our federal census figures are ten years old, and we know the number of seniors in town has grown.

Please help us get an accurate count by returning your form promptly!

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### Shopper van trips **Tuesday** and **Thursday** afternoons

The new van shopping service is off and rolling.

- Every **Tuesday**, the MWRTA Shopper Van goes to **Market Basket** in Westford.
- Every **Thursday** the van goes to **Price Chopper** in Marlboro.

Arrival time at the stores is about **1:00**, and departure from the stores is at **2:30**. You can ride to each one once a week if you are 65 or older, or younger than 65 with a disability.

This new service is operated by the MetroWest Regional Transit Authority (MWRTA) through its contract with Busy Bee Transportation. The vans can take 8-9 people on each trip, for a round-trip cost of **\$2.00**. You will have an hour and a half at the destination, and can return with as many as five bags of groceries.

*To use the service, you need to register first!* There is a simple application to fill out. We have the application forms here, or we can come to your home to help you enroll. Once the application has been received by the MWRTA, you'll be an officially registered rider, and can use the service as often as you like.

Once you are registered, call the MWRTA at **508-820-4650** to reserve a ride. You should call at least two business days in advance, but if you know you want to go every week you can "subscribe" and claim your space, no extra charge. Of course if you are subscribed and find you can't go on a particular day, you'll need to call and cancel.

Pick up times will vary depending on where the van has to go, but pick ups are at Frost Farm, Musketahquid, and (if needed) Longfellow Glen. Currently the service is for residents of those addresses only. Riders will receive a call from the MWRTA call center the day before their ride with the planned pick up time for that day.

The vans run if at least three people sign up for any given trip. If trips are canceled, you'll get a call.

This is a pilot program for January, February and March. If the trips get enough usage, they will continue or expand. If it looks as if people don't really patronize the service, it will be discontinued.

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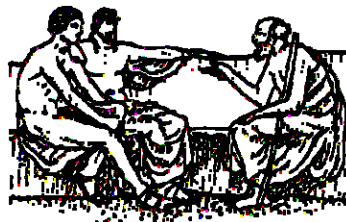
##### PUBLIC HEALTH NURSE

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.*

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**History of Western Philosophy:  
Ancient, Medieval and Modern  
Mondays, February 1, 8, and 22 at 1:30**

Professor Jason Gianetti will return this month with a new series on the History of Western Philosophy.

The first session of this mini-series will explore the origins of philosophy beginning with its embryonic origins with physics, religion, and myth. We will then continue to examine the Athenian world of Socrates, Plato, and Aristotle.

In the second session, we shall examine how philosophy became the “handmaiden” of theology in the medieval period, including a discussion of Boethius, Moses Maimonides, and St. Thomas Aquinas.

Finally we shall discuss the modern trajectory of philosophy, beginning with Descartes, Hume, and Kant and continuing through to philosophers who put into question the very project of philosophy.

The cost for the series is **\$25**; or \$10 for sessions purchased individually. Register early, because we do expect a full house!

Professor Jason Giannetti received his B.A. degree from Binghamton University, a Masters of Theological Studies from Harvard Divinity School, and a Masters of Near Eastern and Judaic Studies from Brandeis University. He has a Juris Doctor degree from Boston College Law School. Currently, he teaches at Regis College in Weston, Massachusetts.

*This program is offered in partnership with Sage Educational Services.*



**Senior Healing Yoga  
Tuesdays through March 23 at 11:00**

Discover the soothing joy of hatha yoga at a gentle, accessible pace.

This class is for seniors and people living with chronic conditions. Postures will be modified as needed, and everyone will be encouraged to build strength and flexibility within their own limits. No need to tie yourself into a pretzel to get all the benefits. Some floor work is included.

Cost: **\$56** for the eight week session. (No class February 23)



**Soup's On  
At the Crossroads:  
When to Stop Driving  
Thursday, February 11  
Soup at 12:00, talk at 12:30**

It is difficult for families and seniors alike to decide when it is time to stop driving. Sometimes changes in ability to drive come on slowly so that people are hardly aware that things are different until there is an accident.

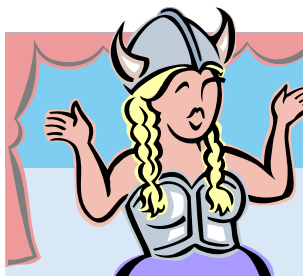
In many ways, a driver's license is the symbol of being a full-fledged "grown up". But although we need to maintain our independence, pride and control we must also be aware of many safety considerations.

Please join us for a positive and productive conversation around driving issues, and share your thoughts and experiences.

The talk will be presented by Susan Rushfirth, RPT, Rehabilitation Services Coordinator at Parmenter VNA.

The program is **free**. Even if you don't want soup, please call to let us know you'll be here so we can set the room up for the expected audience.

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.



**Four Classic Operas:  
Their History and Creation  
Mondays, March 1-22  
1:30**

Join musicologist Marina Katseva as she presents the history and creation of the most popular operas in the world. This four-part series will consist of discussions and video clips.

The discussions will include details of the construction of the score, the evolution of the art form, and some little-known facts about their development. There will be a synopsis of each opera, and video clips of the overture, the main arias, duets, and choral scenes.

Included: Mozart's *The Marriage of Figaro* (1785), Verdi's *Traviata* (1852), Bizet's *Carmen* (1874), and Tchaikovsky's *Eugene Onegin* (1879).

The cost will be **\$35** for the series, or \$10 for individual classes.

Presenter Marina Katseva graduated from the State Kharkov Conservatory (Ukraine) and holds a Master of Music degree in Theory and History of Music. In Moscow, she worked at the Moscow State Drama Institute and as a lecturer at the Moscow State Philharmonic. In 1989, she emigrated to Boston and works at Boston University.

**Cultural Trips**



**Boston Symphony  
Orchestra  
Open Rehearsal and Talk  
Thursday, March 18**

**Mendelssohn:** Overture and Incidental Music to *A Midsummer Night's Dream* and  
**Rossini:** *Stabat Mater*

A pre-Concert Talk will be given by [Helen Greenwald, New England Conservatory](#), at 9:30 AM. Rafael Frühbeck de Burgos, in the second of his two weeks of programs, conducts.

Mendelssohn wrote the Overture when he was just seventeen. Gioachino Rossini "retired" from composing operas in 1829 as the greatest living opera composer. His sacred *Stabat Mater* (1841) is the most magnificent of his late-life works.

The sopranos will be Albina Shagimutatova, Alice Coste. Tenor Eric Cutler and bass, Alfred Walker. The Tanglewood Festival Chorus will be conducted by John Oliver.

Lunch will be at Ken's Steak House in Framingham at **1:00**. The lunch choices are: prime rib, chicken marsala or scrod.

The bus will leave the Senior Center promptly at 8:30.

The cost is **\$50**.

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
DEBRA GALLOWAY

**Safe remedies for colds**

You may already know that chicken soup makes you feel better when you have a cold; but do you know why? Researchers have found that it is not only the steam from hot soup that makes you feel better when you have a cold (although that does help). It appears that chicken soup has some real medicinal properties.

Research by Dr. Stephen Rennard at the University of Nebraska, has shown that chicken soup slows the action of neutrophils (an immune system cell that participates in inflammation). Neutrophils do not move as fast or congregate as much in the bronchial tubes when treated with chicken soup. This suggests that the soup may slow the inflammatory response associated with a cold.

More evidence that chicken soup deserves its reputation as a cold symptom remedy comes from Dr. Irwin Ziment of the UCLA School of Medicine, who reports that chicken soup contains drug-like agents similar to those in cold medicines. Cooking the chicken soup releases an amino acid similar to acetylcysteine, which is a medicine prescribed for bronchitis and other respiratory conditions.

With its heat and steam of course, chicken soup works to loosen congestion. Other hot beverages also work this way. A study at Cardiff University looked at the symptoms of cold sufferers after drinking a beverage both hot and at room temperature. The hot drink was best for alleviating runny nose, cough, sneezing, sore throat, chilliness and tiredness. The same drink at room temperature only provided relief from symptoms of runny nose, cough and sneezing.

Another old-fashioned remedy, the salt water gargle, is among the top recommendations from the Mayo Clinic for helping with cold symptoms, like a sore throat. Other recommendations include fluids, saline nasal spray, chicken soup, and humidity.



Knowing that medicines often have side effects, it's great to know we can get some relief from remedies that have been around for years, even if we know they won't provide a cure! For more information about home remedies for colds or any other questions that you may have, please contact Debra Galloway, Information Specialist at (978) 443-3055 or [gallowayd@sudbury.ma.us](mailto:gallowayd@sudbury.ma.us).

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# FEBRUARY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 1:00 Better Balance 1:30 History of Western Philosophy</p>	<p><b>2</b></p> <p>7:45 Foxwoods Trip 8-9:00 BP Clinic 9:00 Cribbage 11:00 Yoga (2) 11:00 Women's Connection 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge 3:30 COA Board</p>	<p><b>3</b></p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 European Art (2)</p>	<p><b>4</b></p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters</p>	<p><b>5</b></p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (5)</p>
<p><b>8</b></p> <p>9:30-2:30 I&amp;R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Balance (1) 1:30 History of Western Philosophy</p>	<p><b>9</b></p> <p>8-9:00 BP Clinic 9:00 Cribbage 11:00 Yoga (3) 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge 1:30 Florida Trip Meeting</p>	<p><b>10</b></p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Birthday Lunch 12:30 Quilting Studio 1:30 European Art (3)</p>	<p><b>11</b></p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 Florida Trip Snow Date 12:00 Soup's On: At the Crossroads 2:30 Canyons Trip Meeting</p>	<p><b>12</b></p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (6)</p>
<p><b>15</b></p> <p>President's Day  <i>Senior Center Closed No Van Service</i></p>	<p><b>16</b></p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 Tax Help 11:00 Women's Connection 11:00 Yoga (4) 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge 1:00 Demystifying Shakespeare (1)</p>	<p><b>17</b></p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 European Art (4)</p>	<p><b>18</b></p> <p>9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Amelia</i></p>	<p><b>19</b></p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (7)</p>
<p><b>22</b></p> <p><i>Special Van Trip</i> 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 1:30 History of Western Philosophy</p>	<p><b>23</b></p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 Tax Help No yoga 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge 1:00 Demystifying Shakespeare (2)</p>	<p><b>24</b></p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 European Art (5)</p>	<p><b>25</b></p> <p>9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends Meeting</p>	<p><b>26</b></p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (8)</p>
<p><b>Saturday, February 27:</b> <i>Florida Trip Begins</i></p>				

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
<b>February 2</b>	<b>February 3</b>	<b>February 5</b>
Tomato Florentine Soup/Crackers Baked Fish/ Newburg Sauce Red Bliss Potatoes Pineapple	Baked Chicken/ Supreme Sauce Whipped Potatoes Tuscany Veggies Peach Crisp	Stuffed Shells/ Tomato Sauce Italian Green Beans Chocolate Pudding
<b>February 9</b>	<b>February 10</b>	<b>February 12</b>
Ham/Pineapple Raisin Sauce Sweet Potatoes Cauliflower Peaches	Salmon Boat/ Supreme Sauce Brown Rice Pilaf Brussels Sprouts Apple Turnover	Chuckwagon Stew Whipped Potatoes Green Beans Fresh Fruit
<b>February 16</b>	<b>February 17</b>	<b>February 19</b>
Autumn Harvest Soup/Crackers Chicken Fajita Stir Fry Brown Rice Tapioca Pudding	Fish Tenders/ Lemon Dill Sauce Rice Pilaf Cabbage Sliced Peaches	Lasagna Roll-ups/ Tomato Sauce Broccoli Pears
<b>February 23</b>	<b>February 24</b>	<b>February 26</b>
Salisbury Steak/ Onions & Peppers Tater Tots Carrots Cherry Turnover	Portuguese Kale Soup/Crackers Roast Chicken/ BBQ Sauce Mashed Potatoes Fresh Fruit	Vegetable Soup/ Crackers Broccoli Bake Stewed Tomatoes Peaches

**Movie and pizza  
Thursday, February 18**



**Amelia**

111 minutes

Pizza: 12:00

Movie: 12:30

This time for real! (The last time we planned to show this film it had not been released on DVD yet. Now it is hot off the presses.)

After becoming the first woman to fly across the Atlantic, Amelia Earhart was thrust into a new role as America's sweetheart. Yet, even with her global fame solidified, her belief in standing up as her own, outspoken woman never changed. She was an inspiration to people everywhere. In the summer of 1937, Amelia set off on a solo flight around the world that she foresaw as destined, whatever the outcome, to become one of the most talked-about journeys in history.

Stars [Hilary Swank](#), [Richard Gere](#), and [Ewan McGregor](#)

**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**.

**Sustainable Sudbury**, formerly the Earth Decade Committee, is sponsoring a **free** evening winter film series here at the Senior Center. The series will focus on energy, the economy, and the environment. Bring a friend, a snack to share, and stay after the film for discussion if you can. The film on **Tuesday, February 23** will be *The End of Suburbia* (78 minutes) beginning at **7:00 PM**.

## Prescription Advantage Benefit Change for 2010

Due to cuts in the state budget, starting in January, Prescription Advantage no longer helps members pay their Medicare prescription drug plan premium. This is the only change to the program's benefits.

**Important Note:** Your Medicare drug plan will be sending you a premium bill each month. **It is very important that you pay the bill or you could lose your Medicare prescription drug benefits!**

Prescription Advantage will continue to pay for prescription drugs when members reach the gap in the Part D coverage known as the "donut hole".

Questions about your Prescription Advantage benefits? Call 1-800-AGE-INFO (1-800-243-4636), then press 3.

## SHINE counselors needed

The SHINE program helps seniors and people with disabilities on Medicare to understand the increasingly complex insurance options available to them. The need for trained volunteers to educate and provide unbiased information has never been greater. For information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (508) 532-5980 x 4109. The spring SHINE training will begin in March and run for two days per week over a six-week period at Whitney Place at Natick.



## AARP Tax Help

Need some help with your income tax return? Once again this year our specially trained volunteers from the AARP Tax Assistance program will help you with your forms, for **free**. This year for the first time, returns will be filed electronically.

One and a half hour appointments are available Tuesday mornings (9:00-12:00) and all day on Thursday (9:00-3:00). To schedule one, call 978-443-3055.

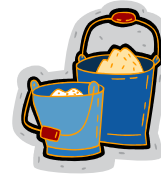
For people who don't have brokerage accounts, help starts **Tuesday, February 16**

For those with brokerage accounts, (including people with stocks) appointments will begin **Tuesday, March 2** because the account paperwork is not mailed until February 15.

Be sure to bring with you the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*.

This year's aides are Dave Calder, Bill Cole, Emil Ragonas, and Fred Taylor.

This service is for Sudbury residents age 50 and older who do not have extremely complex returns.



## Got grit?

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.

## Space Heater Swap

Don't use that old, dangerous space heater! If you are a Sudbury senior with a space heater that should be retired, we'll swap it for a new one, **free!**

We thank HOPEsudbury and Kaz, Inc. of Southboro for making this program possible.

Call 978-443-3055 to arrange a swap. We'll bring the new one to your house!

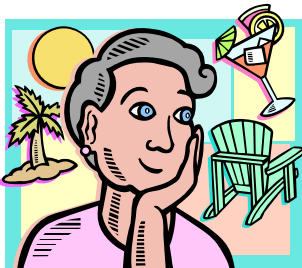


## Women's Connection Tuesdays, February 2 & 16 11:00-noon

Connect with other women to talk about your personal life history and the world in which we live every other Tuesday morning.

The group is facilitated by Sudbury Social Worker Nan Foster, and the aim is to make the group fun and entertaining. Sign up in advance by calling 978-443-3055.





**Growing into Retirement**  
**Thursdays,**  
**March 11-April 29, 7:00**  
**(No class April 8)**

It's a whole new world: the things you need to know about as you begin your journey into the third age (retirement and beyond).

Beginning **March 11** we'll be presenting a **free** seven-part series to help orient baby boomers to the pleasures and challenges of growing older. The series will be presented **Thursday** evenings at **7:00** so that people who are still working have the option of attending.

Topics will include an orientation to Medicare and health insurance for older people; living options for those who want to move; strategies to help as you downsize; healthy aging and how to get it; a panel on financial planning; and an introduction to community resources.

Light refreshments will be served. Please call 978-443-3055 to reserve your space. If you have questions, please call Debra Galloway at the same number.



**Better Balance/  
 Living Stronger**  
**Mondays, 1:00**  
**February 8, March 1-29,**  
**April 5 and 12 (8 weeks)**

Have fun while learning to improve your balance and increase strength. The class uses balls, bands, weights, and incorporates some yoga and tai chi moves.

Leslie Worris, the instructor, helps each participant determine which movements are right for them, and helps each one set goals for themselves. Class member learn how to reduce falls, decrease stress, and gain confidence.

The class is for beginners and for people looking for a change in their usual exercise routine.

The cost for the series is **\$50**. You can try a **free** class **February 1** to see if this is right for you! Call 978-443-3055 to register.

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Are you at least 60 and having a problem with your in-home caregiving services?

Do you know someone who does?

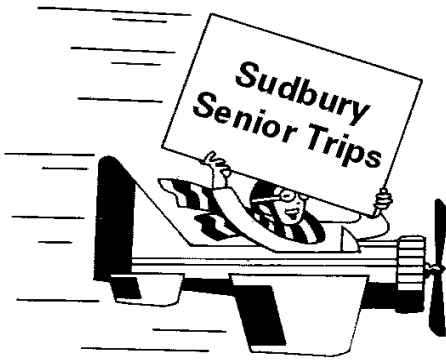
If so, please call us!



**1-800-243-4636**

(1-800-AGE-INFO)

Press #5 to speak to an Elder Services Ombudsman



A new year and a new beginning for our Sudbury Senior trips. By now you have all received our new bright orange trip brochure. I hope you have had time to read it and have picked out a lot or at least a few trips that interest you.

In answer to some of your concerns we made a slight change in our sign-up procedure. We are allowing you to use the same pink form for all the trips that you sign up for at the same time, but we will still need separate checks for each trip.

Please help us by putting the name of each trip on the memo line of your check and if you can squeeze it in, your meal choice would be helpful and save us calling you. If you are buying just one day trip at a time you will need to fill out a new slip with just your name, telephone number, the name of the trip and the check number.

If sending checks by mail, please include all the above info in a cover letter with your check. An emergency name and telephone number is very important! First come, first served for bus and theater seating and we do not enter your name on our list until we have received all the required information.

### **Canyon Trip meeting Thursday, February 11 at 2:00:**

A representative from our trip company will give all the details regarding our September 26 trip. (The snow date will be on January 28 at 10:30.) If you are interested in this trip please call the center so that we can reserve a place for you at the meeting.

### **Florida Trip wrap-up meeting Tuesday, February 9 at 1:30**

(Snow date Thursday, February 11 at 10:30.) The trip company representative will be on hand to give out material and answer questions.

**Celtic Voices:** This trip was completely sold out to centers that had booked and paid for it before we even advertised it. We were lucky to get spaces on **Tuesday, March 16** but you will have to book it very quickly as spaces are at a premium. The cost is **\$69.95** and includes the show and luncheon with a choice of corned beef and cabbage or baked haddock with all the fixings and of course transportation

### **Amesbury Playhouse**

**Wednesday April 21:** Cost is \$61 to see *Do Black Patent Leather Shoes Really Reflect Up* A really funny play about going to school to the nuns in the 50's We will also have our pick from four scrumptious meal choices: queen cut prime rib, chicken cordon bleu, baked stuffed pork chops or baked scallops with all the fixings. It will be a fun afternoon for all at a dinner theater that has sweet memories for one of our Senior Center staff. SHH, it's a secret.

For those of you who went on our wonderful Caribbean cruise in November our **Tuesday, May 11 Tropical Heat** trip at Luciano's in Wrentham should bring back fond memories of the wonderful music of the Islands that you heard. Cost is \$69 and includes a full luncheon with a choice of baked stuffed chicken or baked haddock. You may even feel like doing a Cha-Cha after your meal as you "feel the beat of the Island heat".

### **Pennsylvania Dutch Country trip June 1-3:**

The highlight of the trip will be a visit to the spectacular Millennium Theater's production of *Joseph*, one of the most appealing Bible stories of all time. This trip has so much packed into a wonderful three days that it is unbelievable, and includes an Amish wedding and feast on traditional foods, and tour of a replica of an Amish country homestead. There will be a stop at an Amish farm stand, a production of *Psalms of David* at the Living Waters Theater, and on the way home, a stop at Chocolate World in Hershey, PA. The price is only \$439 per person double occupancy. Pick up a flyer at the Senior Center for all the details.

Signs-ups are now being accepted for all one day trips through July 1, as well as all of the multi-day trips.

Please remember to park in the furthest two rows of the Senior Center lot when participating in a day trip. This helps keep spaces available for those who will be going in and out during the day!

*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 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 2:30**.

**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, **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**. 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

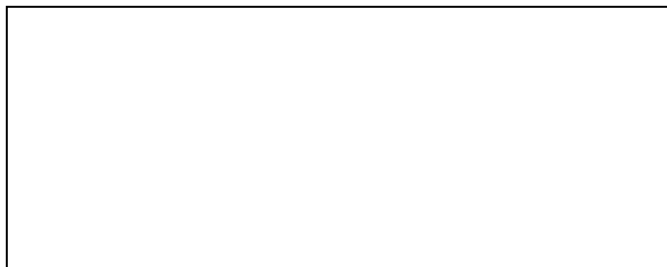
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Sudbury, Massachusetts 01776-1681

*on the web at:*

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Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277



*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 10, 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 9.**

(No meal will be available without reservations.)

**Not born in February? No problem!** You can have lunch for a donation of **\$2.00**; please reserve a spot.

