

**Experiencing Hubble:
Understanding the Greatest Images
of the Universe**

Wednesdays, 10:00 AM
February 20 – March 27
Free

The Hubble Space Telescope has revolutionized our understanding of the universe both near and far. Its stunning images of stars, nebulae, and galaxies have captivated public attention and inspired students of all ages. In this introductory course, the scientific stories behind 10 of Hubble's most spectacular images will be discussed. These ten images were chosen based on their visual beauty and scientific impact and to illustrate the breadth of Hubble Space Telescope (HST) astronomy.

This fascinating lecture series is taught by Professor David Meyer, Ph.D., Professor of Physics and Astronomy, Director of the Dearborn Observatory, and co-director of the Center for Interdisciplinary Exploration and Research in Astrophysics at Northwestern University. In each of these lectures, the HST image is discussed in terms of its broad astrophysical context and the specific implications of its findings. Along the way, these Hubble stories provide an inside look at the history and operation of HST as it is used to attack the most important problems in modern astrophysics. Each lecture is 30 minutes; two lectures will be shown each week for 6 weeks. Please register for this class by calling (978) 443-3055.

Note: Course description excerpted from Course Guidebook.

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A MESSAGE FROM COUNCIL ON AGING MEMBER,
JOHN RYAN

The Future of Fairbank and the Senior Center

Fairbank was a school constructed in the late fifties with interior cinderblock walls supporting a flat, actually "dead-flat", roof. Flat roofs normally have a pitch, a slight one, so that water drains off. The roof at Fairbank has no such pitch. During storms the water will pond in the slightest depression and then enter the building through the slightest hole. There is no dispute that the roof at Fairbank is leaking, in some areas significantly, and that constant repair and patchwork has been unable to keep up with the continuing leaks. There is also no dispute that the building cannot be preserved by a series of temporary repairs. Currently, Fairbank is being used extensively by the K-8 schools, Park and Rec and the Senior Center.

A proposal to replace the roof did not pass at the recent special town meeting. Though the reasons for those who voted *no* may have varied, a principal reason given was that there was no long-term plan in place for the future use of the building. Could it or should it be part of a larger scale Senior/Community Center including the Atkinson Pool with Haskell Field across the street?

In response to that vote, the Board of Selectmen created the Fairbank Task Force to look into what could and should be done with the building. The Task Force is comprised of representatives from the Board of Selectmen, Council on Aging, K-8 School Committee, Park and Rec Commission, Finance Committee and, of course, Jim Kelly, Sudbury's Director of Facilities. The Task Force has received invaluable assistance from an architect and structural engineer who are members of the Planning Board and Permanent Building Committee.

However, Fairbank is not the only capital project facing Sudbury. In the context of its work the Task Force has examined the status of the Police Station, renovations to Upper Town Hall and renovations to the Flynn Building. Should the Town Offices move from Flynn to Upper Town Hall and K-8 move from Fairbank to Flynn? What are the structural, access and financial issues associated with such moves? How much space do Park and Rec and the Senior Center need? What would any new and/or renovated Senior/Community Center look like, contain and cost?

What is the status of our life safety structure in Sudbury, especially in the era of tropical-like superstorms (e.g. Sandy) moving further north to New England? Can the infrastructure of our current police station provide the level of safety needed for an increasing Senior population as well as for our children and their parents? There is an existing plan for a new police station, scaled back, which has never been subjected to a vote of the town. In what order should these projects be done and how would they be funded if they are done?

These are critical issues and the Fairbank Task Force is trying to address them all. The Task Force will be reporting to the Board of Selectmen this winter in anticipation of the spring town meeting. It is important that Seniors, and all residents of Sudbury, pay close attention to the report of the Task Force and to the issues raised by it over the next few months. Those issues will affect and impact our quality of life and the finances of the town.

~ Jack Ryan
Council on Aging

SUDBURY SENIOR SCENE

COUNCIL ON AGING

CHAIRPERSON:

David Levington

BOARD OF DIRECTORS:

Phyllis Bially

John Beeler

Barry David

Robert Diefenbacher

Mary-Lee Mahoney-Emerson

Robert May

Sam Merra

John Ryan

SUDBURY
SENIOR CENTER
STAFF

DIRECTOR

Debra Galloway

ADMINISTRATIVE
COORDINATOR

Claire Wigandt

INFORMATION AND
REFERRAL

Anne Manning

RECEPTIONIST

Jean Taylor

SENIOR COMMUNITY WORK
PROGRAM COORDINATOR

Peg Whittemore

S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald

Sue Foley

Kathleen Woerhling

MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Phyllis Schilp

FRIENDS OF SUDBURY
SENIORS

PRESIDENT:

Catherine Kuras

OFFICERS:

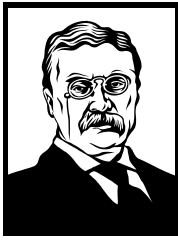
Esther Mann

Joe Bausk

Martha Dow

MEMBERS:

Berthe Lessard, Marie Lupien,
Carol Oram, Ronald Riggert, Jean
Semple, June Allen, Jacqueline
Bausk, Judith Honens, Patricia
Howard, Ellen Morgan, Donald
Oasis, Dorothy Sears



Significant Speeches of the 20th Century

Prof. Lawrence Lowenthal

Mondays, 10:30 AM

February 11, 25; March 4, 18

\$25

Dr. Larry Lowenthal will discuss the historical significance of the following speeches and provide the actual text, the structure and rhetorical effect of each speech:

February 11, 2013 - FDR'S First Inaugural Speech: "The only thing we have to fear is fear itself."

February 25, 2013 - JFK'S Inaugural Speech: "Ask not what your country can for you..."

March 4, 2013 - Martin Luther King: "I have a dream"

March 18, 2013 - Ronald Reagan: "Mr. Gorbachev, tear down this wall"

These programs will be presented by Dr. Lawrence Lowenthal, the recently retired National Senior Advisor to the American Jewish Committee, in partnership with Sage Educational Services. Dr. Lowenthal's wide-ranging experience includes serving a tour of duty in the Israeli army, teaching English and American Literature at Hebrew University in Jerusalem, and offering a variety of courses in the Greater Boston area on Jewish history, film, literature, and humor. Dr. Lowenthal received his Ph.D. in English from New York University.

Please register for this class at the Senior Center and please pay the class fee as you register. Your payment saves your space! You may call (978) 443-3055 for more information.

Current Events Returns

Join Facilitator Richard Nesmith for an enlightening and energetic give-and-take on the topics of the day! Please call to let us know that you will attend at (978) 443-3055. Group limited to 20 participants.

Many Thanks

Thank you to Photographer Art Phipps who has been snapping great photos at many of our events. The excellent photos of the Veterans Luncheon were shot by Art and were published in the Town Crier in November but we neglected to give his name for credit! You also saw one of his Veterans Luncheon photos in the January newsletter.

We are also grateful to SudburyTV Director Lynn Puorro and to videographer Lew Halprin (of our local cable committee). Lynn has been very helpful in finding volunteers to videotape our programs. Lew has been our main volunteer videographer and has done a great job. He was on hand to videotape Captain Thom Kenney who spoke at the Veterans Luncheon, he also taped the "Music and the Military" talk by Richard Travers, and the "West Point Grads: Civil War Enemies" talk by Prof. Lawrence Lowenthal. Look for these tapings on your local cable channel or streaming at www.SudburyTV.org.



The World Was Never the Same: Events That Changed History

February 12, 19, 26

Tuesdays at 1:30

History is made by great individuals, great ideas, and great events. Professor J. Rufus Fears, Ph.D., a master storyteller and celebrated professor, will tell the stories of some of these great events via this DVD series from "The Great Courses". There are 36 lectures in this series that explores world history through the study of great events that have shaped history. We will show the first DVD, two 30 minute lectures each week for three weeks.

In the following months, we will show one DVD each month (there are six). This DVD series was donated by Ivan Lubash. Thank you Ivan!

To register for this course, please call the Senior Center at (978) 443-3055. Free.



Soups On!
Senior Medicare Patrol
Thursday, February 7

12:00 Soup
12:30 Speaker

Do you understand the Medicare Summary Notice (MSN) that comes in the mail? Do have other medical bills that are confusing? Get the scoop on what the Medicare Summary Notice means, as well as your other medical bills. In addition, learn about Medicare health guidelines and Medicare protections for you when you are hospitalized. And, learn how to spot fraudulent claims on your bills and help to keep thieves from stealing from Medicare.

Please reserve your soup and your seat by Wednesday, February 6 by calling the Senior Center at (978) 443-3055. Thank you to all who take the time to reserve, as it helps staff be prepared.



Legal Update
Thursday, February 28
10:00 AM

Get the latest update on legal changes that effect estate planning. Denise Yurkofsky, Elder Law Attorney, will provide key information on any new laws and will answer all of your questions. Please call the Senior Center at (978) 443-3055 to register for this important talk.



Overview of Sudbury's
Real Estate Market
Thursday, February 14
10:30 AM

Is it a good time to sell? A great time to buy? What is downsizing? What types of housing do people look at when they are downsizing? Join Beth Farrell, a Senior Real Estate Specialist with William Raveis Real Estate, as she explains what the current state of the Sudbury real estate market is and what questions to ask to decide whether it's a good time to sell.

Please call (978) 443-3055 to let us know that you are coming.

Looking ahead to March...



Shakespeare
with Stephen Collins
Tuesdays, 10:00-11:15 AM
March 12 – April 16
\$25

Mr. Collins feels that to make sense of the bard, a reader of his works must approach the text much like an actor to make it come alive. In Elizabethan England, the plays were meant to be heard and performed, not read. Mr. Collins works with students to demystify the language, to identify the persuasion, the cajoling, the philosophizing in his work. The class will study some of the famous soliloquies and several of his sonnets.

Please register and pay for this class by March 4. You may call the Senior Center for more information at (978) 443-3055.

~Board of Health Nurse~
Monthly Health Talk



The Heart Truth:
Women and Heart Disease

Tuesday, February 12
11:00 AM

Dress in Red and Join us!

Heart Disease does not care what you wear... it's the #1 killer of women. Unfortunately, we all tend to have a bias when it comes to heart disease. We think this is a male problem and forget that many women also get heart disease.

37.6 million women have cardiovascular disease, mostly occurring after the age of 55.

Since February is Heart Month, wear your red outfit and join Phyllis Schilp, Sudbury Board of Health Nurse, and Parmenter Community Health Public Health Nurse, as she enlightens us with the latest information on Women and their Hearts. Call the Senior Center at (978) 443-3055 to sign up.

Teen Tech
Workshops

Wednesdays
February 13 and 27
2:00-4:00 PM



Lincoln-Sudbury high school students will be here to help you out with laptop, cell phone, software or Facebook questions. Please reserve your 2 or 3PM appointment by calling (978) 443-3055.

FROM THE DESK OF INFORMATION
SPECIALIST, ANNE MANNING

**Bereavement and Loss: Recognize the Difference
between Grief and Depression**

As we age, we experience many losses. Loss is painful – whether it's a loss of independence, mobility, health, your long-time career, or someone you love. Grieving is normal and healthy, even if the feelings of sadness last for a long time. Losing all hope and joy, however is not common.

Is it grief or depression?

Grief is a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. Even when you're in the middle of the grieving process, you may have moments of pleasure or happiness. With depression, on the other hand, the feelings of emptiness and despair are constant.

While there's no set timetable for grieving, if it doesn't let up over time or extinguishes all signs of joy – laughing at a good joke, brightening in the response to a hug, appreciating a beautiful sunset – it may be depression.

Other symptoms that suggest depression, not just grief:

- Intense, pervasive sense of guilt.
- Thoughts of suicide or preoccupation with dying.
- Feelings of hopelessness or worthlessness.
- Slow speech and body movements.
- Inability to function at work, home or school.
- Seeing or hearing things that aren't there.

For information on support services, please contact Anne Manning, LMHC, Information and Referral.

“Help! My new Part D Plan doesn't cover all my medications!!”

If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. [Transition refills](#) may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary **OR** that has restrictions. It is important to understand that a **transition refill is only a temporary solution**. You need to call your doctor right away to talk about switching to a drug your plan does cover **OR** filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

For more Medicare information and assistance, call the Senior Center to make an appointment with one of our SHINE Counselors. Trained volunteers who provided unbiased help.



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**. For the third year, returns will be filed electronically.

One and a half hour appointments are available on Wednesdays (9:00, 10:30, 12:00, 1:30, and 3:00). To schedule one, call 978-443-3055.

For people who don't have brokerage accounts, help starts **Wednesday, February 20**. For those with brokerage accounts, (including people with stocks) appointments will begin **Wednesday, March 6** because the account paperwork is not mailed until after 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, Emil Ragonas, and Fred Taylor.

This service is targeted toward Sudbury residents age 50 and older who do not have extremely complex returns. And, when space allows is available to others with low income.

Please call the Senior Center at (978) 443-3055 to schedule an appointment and for more information.



FEBRUARY 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Would you like to receive our newsletter via email? You can join our email subscription list at www.sudbury.ma.us.</p> 	<p><i>To subscribe: Click on "Email Lists" and follow the instructions. Let us know if you no longer need the paper edition. Thanks!</i></p>			<p>1 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Movie: <i>Carousel</i> 1:00 Watercolors (3)</p>
<p>4 9:00-2:30 I&R Hours 10-11:30 <i>History of Egypt Series</i> (last) 11:00 Fit for the Future 1:00 Better Bones (6) 2:15 <i>Intro to Tai Chi</i> (4)</p>	<p>5 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga /11:00 Yoga (1) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:00 Council on Aging</p>	<p>6 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30-11:30 Drawing (5) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 12:30 Zumba 55+</p>	<p>7 9:00-12:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:30 <i>Current Events</i> 12:00 Soups On: <i>Senior Medicare Patrol</i> 1:30 <i>Beginner Watercolors</i> (4)</p>	<p>8 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Movie: <i>Seven Brides for Seven Brothers</i> 1:00 Watercolors (4)</p>
<p>11 9:00-2:30 I&R Hours 10:00 Stamp club 10:30 <i>Significant Speeches</i> (1) 11:00 Fit for the Future 1:00 Better Bones (7) 2:15 <i>Tai Chi</i> (1)</p>	<p>12 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (2) 11:00 <i>Women and Heart Disease Talk</i> 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 <i>The World Was Never the Same</i> (1)</p>	<p>13 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30-11:30 Drawing (6) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 12:30 Zumba 55+ 2:00-4:00 Teen Tech Help</p>	<p>14 9:00-12:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:30 <i>Overview of Sudbury Real Estate Market – Time to Sell?</i> 1:30 <i>Beginner Watercolors</i> (5)</p>	<p>15 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Movie: <i>American in Paris*</i> 1:00 Watercolors (5) (* No movie if we need room for 1:30 <i>Opera snow date</i>)</p>
<p>18 <i>Presidents Day Holiday</i></p>  <p><i>Senior Center Closed</i></p>	<p>19 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (3) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 <i>The World Was Never the Same</i> (2)</p>	<p>20 8:30 Fit for the Future 9:00-2:30 I&R Hours 10:00 <i>Experiencing Hubble</i> (1) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 12:30 Zumba 55+ 2:00 <i>Jeffrey Moore plays Cole Porter</i> AARP TAX HELP – 9:00 – 4:00</p>	<p>21 9:00-12:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:30 <i>Current Events</i> 12:00 Pizza 12:30 Movie: <i>The Best Exotic Marigold Hotel</i> 1:30 <i>Beginner Watercolors</i> (6)</p>	<p>22 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:30 Friday Movie: <i>Silk Stockings</i> 1:00 Watercolors (6) (Note: Watercolors class numbers changed due to postponed start in January)</p>
<p>25 <i>Special Van Trip</i></p> <p>9:00-2:30 I&R Hours 10:30 <i>Significant Speeches</i> (2) 11:00 Fit for the Future 1:00 Better Bones (8) 2:15 <i>Tai Chi</i> (2)</p>	<p>26 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (4) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 <i>The World Was Never the Same</i> (3)</p>	<p>27 8:30 Fit for the Future 9:00-2:30 I&R Hours 10:00 <i>Experiencing Hubble</i> (2) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 12:30 Zumba 55+ 2:00-4:00 Teen Tech Help* AARP TAX HELP – 9-4</p>	<p>28 9:00-12:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:00 <i>Estate Planning Update</i> 1:30 <i>Beginner Watercolors</i> (7)</p>	 <p>*Teen Tech will be in Room 1 on Feb. 27</p>



LUNCH



A full lunch is served at the Sudbury Senior Center at noon on Tuesdays and Wednesdays. A voluntary donation of **\$3.00** per meal is requested. Please **call by Monday 11:00 AM** to make a reservation for either day.

2/5 - Three C Soup, Cranberry Chicken Salad

2/6 - Friendship Stew, Pasta

2/12 - Pea Soup, Meatloaf

2/13 - Tomato Rice Soup, Baked Fish

2/19 - American Chop Suey, Italian Vegetables

2/20 - Breaded Chicken, Mashed Potatoes

2/26 - Hoppin John, Collard Greens

2/27 - Vegetable Gumbo Soup, Roast Turkey

NEW CHOICE: There will be two choices for Wednesday lunch! One will be a traditional hot lunch (listed above), the other an alternative that will include salad and/or soup. *The menu will be available soon.*

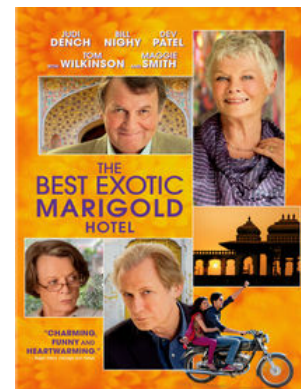
Please note: The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.

**Movie and Pizza
Thursday, February 21**

The Best Exotic Marigold Hotel

2011

Rated: PG-13
2 hours, 4 minutes



To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably. *Comedy.*

Cast: Judi Dench, Maggie Smith, Bill Nighy, Penelope Wilton

Please call (978) 443-3055 by 10:00 that morning if you are coming! And, please let us know if you want pizza (\$1.25/slice).

Pizza will be served at **12 PM**, the movie follows at **12:30**.

Sand buckets



An antidote to icy walks!

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.

Friday Afternoon Movies – 12:30 PM

Theme: Classic Musicals

Thanks to Jacqui Bausk for theme and movie selection!

2/1 – ***Carousel*** – 1956 – 128 minutes

2/8 – ***Seven Brides for Seven Brothers*** – 1954 – 102 minutes

2/15 – ***American in Paris*** – 1951 – 115 minutes

2/22 – ***Silk Stockings*** – 1957 – 128 minutes



As this trip article is being written before our Trip Meeting it is hard to predict how our trips will be doing this year with the economy as it is. However, we are planning to do a few of our trips with the Concord Senior Center. This means that in some instances we will be saving some of our spaces for them. Hopefully, this will keep us from having to cancel a trip if we do not have enough people to pay the higher motor coach fees charged by our new company. I suggest that if you are really interested in a particular trip you do not wait too long to book it. Also, as motor coach costs must be paid by a certain date we will be responsible for the cost even if we have to cancel. **PLEASE be sure to use our signup sheets Pink for regular trips Green for Foxwoods as this is important to us.**

Our first Foxwoods trip, February 4, as of this writing (January 12) has only a few people signed up. As we had to raise our price to \$26.00 it may be too high to be of interest to our usual Foxwoods friends. This first trip this year will let us know whether or not we should continue doing them this year.

Women of Ireland: Friday, March 15 at the Venus De Milo, Swansea, Ma. Price \$79.00 does not need any special number as Best of Times will do 'bus sharing' with us. However we do need to get our numbers into them as soon as we can. This show should be great

as I have heard this group (Women of Ireland) before and they are very good. Please indicate your meal choice on the pink sign-up form (corned beef and cabbage or baked haddock.)

The Don Who Show: Friday, April 19 at Wright's Turkey farm is a real bargain at \$49.00. Don Who is a very talented singer and impersonator who has been entertaining audiences throughout New England and Canada for many years. Price also includes Wrights Farm famous chicken dinner and motorcoach. Concord will be joining us.

Thoroughly Modern Millie Wednesday May 8 at the Stoneham Theatre. Price \$59.00 Winner of the 2002 Tony Awards. Rousing dance numbers and toe tapping music makes this a great Senior Day at the Theatre. A pre-theatre stop for lunch on our own will be made in the morning.

Those Shining Lives: Wednesday, June 12, at the Stoneham Theatre. Another real bargain at \$41.00 per person (Bring a Friend Day). A spell binding true story of 4 very special women who found the courage to stand up to their employers who endangered their lives in their factories. We will make a pre-trip stop for lunch (on our own) before the show.

Trains of The Colorado Rockies: Our first multi-Day trip for 2013-July 12-20, \$2,649pp. double occup. Book early and save \$100. A great nine day trip through some beautiful country. Pick up our full color brochure and read all

about it. Travel from Denver to Pikes Peak. Experience the Cog railway and the Royal Gorge Railroad. A trip not to be missed. Book early and save \$100.00.

Albuquerque Balloon Festival: October 3-7 our second multi-day trip for 2013 also booking now. Cost is \$1639 pp. Double occup. A really great 5 day trip. After our flight to Santa Fe where we will spend 4 nights at the Lodge of Santa Fe we will spend one full morning watching the hundreds of balloons ascend into the early morning sky and one evening complete with fireworks at the close of the festival. We will enjoy sightseeing in Santa Fe and Taos as well. You must pick up our full color brochure to see all that is included. A \$60.00 discount if booked by Feb. 1.

All the above trips can be booked now. Pick up our Golden yellow booklet from our trip rack and view more trips and trip information.

Carmel

LSB Players present...
Urinetown, The Musical

Lincoln Sudbury Regional High School and the LSB Players are pleased to announce their next production ***Urinetown, The Musical***. This Tony Award winning satirical musical comedy features a singing and dancing chorus and live music. Performances will be held in the L-S Kirshner Auditorium on February 6-9 at 7:30 p.m. LSB Players are pleased to offer a limited number of complimentary tickets for seniors for the Wed., February 6, 2013 performance. Tickets will be available for pick up at the Senior Center beginning on Mon., January 28. Additional tickets or tickets for other performances may be reserved by visiting the LSRHS website.

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 8:30 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 3:00 PM to schedule a ride for the *next* 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 our out-of-town trips at the end of each month.

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 8:30-10:30 AM**. **Free** blood sugar testing is also provided each **Tuesday from 8:30-9:30**. 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: Anne Manning, 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 9:00 to 2:30**.

Legal Clinic: 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 with trained volunteers about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare. Please call to make a **free** appointment.

IN-HOME SERVICES

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.

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

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 install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$65 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays and Wednesdays at noon. Please call to make a reservation for either day **by 11:00 AM on Monday**. A voluntary donation of **\$3.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town website.

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 **\$3.00** a meal is suggested. Please call BayPath Elder Services at (508) 573-7200 to ask about starting service.

New Fitness Sessions:

Zumba 55+

Wednesdays at 12:30 PM
February 6, 13, 20, 27



Get into the groove with Zumba! Instructor Susan Craver keeps the music and students (safely) jumping. Drop-in \$4 per class; advance registration \$12.



Senior/Healing Yoga

Tuesdays, 9:40/11:00 AM
February 5 – March 26
\$56

Discover the joys of hatha yoga at a gentle, accessible pace. This class is for seniors or those with chronic illness. Postures are modified as needed, students are encouraged to work within their limits to improve strength, flexibility and balance. Please register by February 4 and pay the \$56 fee to hold your space. 8 weeks. There is a 12 person minimum.

Tai Chi

Mondays, 2:15 PM
February 11 – April 8
8 weeks
\$34



Join Certified Instructor Jon Woodward for an exploration of the art and practice of Tai Chi. Tai chi is well known for improving balance and reducing stress. Please register and pay by Friday, February 4. There must be a minimum of 4 students; a maximum of 14. You may call the Senior Center at (978) 443-3055 for more information.

New Fitness Sessions:

Better Bones/Senior Strength

Mondays at 1:00 PM
March 4 – April 29
\$56



Increase your bone density, prevent falls and improve balance, using free weights, resistance bands, and gentle yoga. Work in a chair, standing and use a mat on the floor. Please register by February 25 and pay the \$56 fee as you register. 8 weeks.

Tap Dance

February 7, 14, 21, 28 – 9:30 AM
4 Thursdays - \$20

The ultimate mind-body exercise! Please register at the Senior Center and pay as you register. Call (978) 443-3055 for more information about any fitness class.



Fit for the Future

Mondays, Wednesdays, Fridays 11:00 AM
Wednesdays 8:30 AM
\$2 Drop-in



Get your heart pumping and build and maintain strength in this ongoing aerobics/strength building class set to lively music. Participants are encouraged to go at their own pace. Experienced instructor Lois Leav keeps everyone moving!

THE
SUDBURY
SENIOR

SCENE

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**SUDBURY SENIOR CENTER AND
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40 Fairbank Road

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on the web at:

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

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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277

Jeffrey Moore

plays

Cole Porter

Wednesday, February 20

2:00 PM FREE



Please call the Senior Center at (978) 443-3055 to let us know you will attend.