

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



Concord Authors in the 19th Century

Local literary luminaries have had a major and continuing influence on American life, culture, and values. The Sudbury Senior Center is pleased to present a four-session series on these eminent authors, **Thursday** mornings at **10** beginning **February 16**. Here's the lineup:

Nathaniel Hawthorne's novels and short stories reflect his life experiences. Three themes found in Hawthorne's writing reinforce this concept: his Puritan heritage, his Salem, Massachusetts, upbringing, and his involvement in contemporary politics. While Hawthorne's name is linked inextricably to Salem, his happiest days were spent in Concord, his final resting place. **Thursday, February 16**

Ralph Waldo Emerson was and is a towering figure in American literature. Philosopher, poet, and essayist, many of his writings seem impenetrable to modern minds. Emerson's theories depend on intuition and "self reliance" to arrive at "truth". He expects his readers to rely on those methods. Although many followers did not understand everything he wrote, general audiences flocked to his lectures and visitors flooded his home in Concord. **Thursday, February 23**

Henry David Thoreau lived a solitary life, most of it in Concord. Among his friends, it was Emerson who said of Thoreau "he never married; he lived alone; he never went to church; he never voted; he refused to pay a tax to the state; he ate no flesh; he drank no wine; he never knew the use of tobacco; and though a naturalist, he used neither trap nor gun." For a man who rarely left Concord except to explore places like the shores of Maine and Cape Cod, his work still resonates widely. **Thursday, March 2**

Louisa May Alcott's fame rest primarily on the enduring popularity of her semi-autobiographical novel, *Little Women*. Seen the world over as the story of a typical New England mid-nineteenth century family, the novel has been made over into an opera and is a musical now touring the country. But there is much more to Alcott. She was anything but typical, as was her family. Growing up in Orchard House in Concord, she was, as Chris Bergeron wrote recently in the *MetroWest Daily News*, "encouraged to challenge conventional notions about social justice, racial inequality, and women's rights". **Thursday, March 9**

The class series is **\$35**, or **\$10** a session. Advanced registration is required.

About the instructor: *As a resident of Framingham for many years, Dr. Mary Murphy has held a variety of positions in government, social, civic, and political organizations. She holds an A.B. from Trinity College, and an M.A. from Boston College and an Ed.D. from Harvard University. She is Professor Emerita of English at Framingham State College where she taught English for 40 years.*

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Soup's On: The Gift of Life

Organ transplantation saves many lives, but not many of us even consider this option. Although upon your death you no longer have need of your organs, they can make a life-or-death difference to someone else.

Please join on us **Thursday, February 16 at 12:30** to hear from Claire Aspin-Sullivan, who is the recipient of a double lung transplant, performed at MGH in 2002. Claire lives in South Boston and is a wife and the mother of two. She is a volunteer speaker for the American Lung Association as well as the New England Organ Bank. She has a fascinating story and she will speak about organ transplantation and advanced directives.

When we die, our body is buried with many valuable "spare parts" that someone else could use. Consider the adolescent with Cystic Fibrosis who is dying from respiratory failure or the middle-aged man with Type I Diabetes who is suffering from kidney failure. These conditions rob people of a lifetime of hopes and the promise of a future.

People often wonder about the ethical and legal ramifications of donating. Although organs need to be "harvested" or removed soon after death, there are strict guidelines in place to prevent premature organ removal. Your religious advisor can help you think through your questions about ethical issues.

Once you have made a decision about whether to become an organ donor. How can you make sure your wishes are followed? Last year, the Terry Schaivo case made headlines around the world. She was the Florida woman in a persistent vegetative state. Her husband maintained that Terry did not wish to live life with a feeding tube, but her parents wanted to keep her alive at all costs. The main focus of the case was that her wishes were never written down and it wasn't clear who should have the final say concerning her care. None of this would have happened if she had an "Advanced Directive". With an advanced directive, one appoints an interested party to make decisions concerning their medical care if one becomes incapacitated. In Massachusetts we use a *Health Care Proxy* to help with this issue. Forms will be available at the talk.

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

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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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Valentine's Day Special

Sweetheart Luncheon and Victorian Tea

with Lady J.

Tuesday, February 14 12:00-2:00

Ladies, gather up your skirts (ankle high only, please); Gentlemen, tip your hats. Mrs. Russell Parsons will escort you on a lively promenade through life as a late 19th century wife and mother.

Learn tea etiquette, fashion, the language of the fan, courtship scandals, and calling card protocols, all in a tongue-in-cheek stroll through life in 1890.

Menu: Vegetable soup, green salad, and wrap sandwiches from Sudbury Farms, with birthday cake for dessert

Cost: \$4.00

January and February Birthdays will be celebrated!

Reservations are required by Friday, February 10. Call (978) 443-3055.

Bridge Update/Cribbage Corner

Our Tuesday bridge game is being revitalized! Dean Machamer has agreed to help get us back on track. Dean runs a very successful group in Boxboro on Thursdays that he calls the "Liar's Club".

Dean plans to have people play with others at the same level of ability, and will be available to help people who are new to the game.

Bridge is played every Tuesday beginning promptly at 12:30, and winding up at about 3:30. Usually six rounds of four hands a round are played, and people change tables. There is no charge. Coffee and snacks are also available.

You can make a game day of it if you like, joining Dean and others at 9:00 to play cribbage until about 11:30, eat lunch at the Senior Center (\$2.00 donation; sign up by noon the day before), and then join the bridge group at 12:30.

For more info, call the Center at (978) 443-3055 or Dean at 978-263-2976.



Beginner's Computers

Catch up with the world of computing with our introductory two-session course **Tuesday, February 14 and 21** from **1:30-3:30** each day.

Designed for beginners, the course will offer an introduction to word processing and help people get on the Internet. An optional third session will be available for those who want more.

The class will be taught in the computer lab at the Flynn building, and class size is limited to five so that everyone can get personal attention. The cost is **\$20** for the two sessions. Please note that students must have access to their own computer and be familiar with the keyboard in order to be accepted for the class.

We are also taking names of those who would like other instruction, including using Excel spreadsheets, more advanced word processing, and PowerPoint, so call if you are interested.

Advance registration is required. Please enroll by calling the Senior Center at (978) 443-3055.



Good Tax News!

Recent state legislative action has expanded and updated the Circuit Breaker law, to help people aged 65 and older with the expense of property taxes.

The maximum assessed value of a qualifying home has increased to **\$600,000** under the new law. As well, your income in 2005 can't be more than \$56,000 for a single head of household or \$67,000 for a married couple filing jointly.

If you and your home qualify under these guidelines, add up your property taxes and water bills for 2005. If this totals more than 10% of your income, you may qualify for a credit of up to \$840 from the state.

Please join Maureen Hafner, Sudbury Assessor, Cynthia Gerry, Assistant Assessor, and staff from the Senior Center **Friday, March 3** at **10:00** in the Town Hall for a presentation explaining all the tax relief options available to Sudbury seniors, including the new rules for the Circuit Breaker.

The session is **free**, but please call (978) 443-3055 to register, so we know how many handouts to make. The session will be taped for broadcast on Channel 8.

We also have a free booklet available that explains each available option.

Better Balance

The cold weather, the early darkness, ice and snow, can make us reluctant to go out for fear of falling, with good reason. Falls leading to injury can cause a permanent loss of mobility and independence. It is estimated that 10 million seniors fall at least once a year in the United States. Luckily, many of these falls are preventable by working to improve your balance.

Come join our next series of eight classes to practice improved balance, **Monday** afternoons from **1:00-2:00**. The focus will be on empowering seniors to maintain mobility and independence. Each session will include exercises to improve strength, flexibility, balance, and posture. The course also provides a workbook and exercises that can be done at home.

Class dates are **February 27, March 6, 13, 20 and 27, and April 3, 10, and 24**. The cost is **\$40** for the series, and there is a limit of 20 participants.

Free sample: Come to a class in the current session to see if this is for you! Classes are Mondays at 1:00. Please call the Senior Center to register.

The classes will be led by Leslie H. Worris, the founder of The Wellness Alliance in Newton. She is an educator and lifestyle coach, as well as an adjunct faculty member at the Massachusetts General Hospital School of Health professions.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Winter's not over yet!

Groundhog Day is February 2, but whatever his prediction is, this is New England, so you know that the winter is not over yet! There will most likely be a few to several more weeks of wintry weather, so we all need to continue to be careful and plan accordingly.

Stock Up for Storms: Big snow storms can stop regular services or transportation out to the store. Be prepared to remain inside for a few days. Make sure you have these items in your home to be best prepared for a big storm:

- Emergency phone numbers and contact information
- Extra medications (prescription and over-the-counter)
- First-aid supplies
- A 3 day supply of non-perishable foods and drinks (1 gallon of water per person, extra for pets)
- Battery operated flashlights, radio, manual can opener, candles, matches/lighter, cash
- Hand sanitizer, paper products, and garbage bags and
- Clean, warm clothes and footwear and blankets/sleeping bags.

Emergency Contacts

Tell a friend, family member, or neighbor where you will be. Ask them to call regularly to check on you. Tell them where an extra key is located. If you have special health needs such as oxygen, contact your police station and let them know you may need assistance if the power fails.

If you have any questions about fuel assistance or planning for emergencies, please call me at (978) 443-3055.



Caring for someone with Alzheimer's disease or dementia?

If you care for someone with Alzheimer's disease or another form of dementia, the Sudbury Senior Center and the Alzheimer's Association can help. The Senior Center has information on local support groups, assistance at home and planning for the future. To reach the Alzheimer's Association helpline call (800) 548-2111 or visit them online at www.alzmass.org. Or call Debra Galloway, the Information and Referral Specialist at (978) 443-3055 for a consultation and free information.

A free seminar designed especially for caregivers will be offered at the Callahan Senior Center in Framingham. Learn how to get a diagnosis, addressing difficult behaviors and how to find local resources on **February 16, 4:30 – 7:00 PM** at the Callahan Senior Center, 535 Union Avenue, Framingham. Call (800) 272-3900 to pre-register.

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FEBRUARY 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		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 Quilts 1:00 Canasta 1:00-3:30 Bridge Lessons	Groundhog Day 9-12 SHINE 9:30 Tap Class 1 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:30-3:00 Pickle-ball	8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 1
6	7	8	9	10
Van trip to Natick Mall and Olive Garden 7:45 Foxwoods trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Matter of Balance 7 1:30 Spanish 1	9:00 Cribbage 9:00-9:30 Parmenter Clinic 9:00-11:30 Quilting 1 11:00 Chair Yoga 5 11:30-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 7:00 PM 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 Quilters 1 1:00 Canasta 1:00-3:30 Bridge Lessons	9-12 SHINE 9:30 Tap Class 2 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>March of the Penguins</i> 12:30-3:00 Pickle-ball	8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 2
13	14	15	16	17
Van trip to Ocean State Job Lot & Kennedy's 9:30-2:30 I&R Hours 10:00 State House Tour 10:00 Stamp club 11:00 Fit for the Future 1:00 Matter of Balance 8 1:30 Spanish 2	9:00-5:00 AARP Tax Assistance: Senior Center 9:00-9:30 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 6 11:30-1:00 Parmenter Clinic 12:00 Sweetheart Luncheon with Lady J 12:30 Bridge 1:30-3:30 Beginning computers: Flynn	8:30 Fit for the Future 9:00-5:00 AARP Tax Assistance: Flynn 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 2 1:00 Canasta 1:00-3:30 Bridge Lessons	9-12 SHINE 9:00-5:00 AARP Tax Assistance: Senior Center 9:30 Tap Class 3 9:45 Thursday Crafters 10:00 Concord Authors 1 10:30 T'ai Chi Practice 12:00 Soup's On: Organ Donation 12:30-3:00 Pickle-ball	8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 3
20	21	22	23	24
President's Day  CENTER CLOSED	8-9:00 Parmenter Clinic 9:00-5:00 AARP Tax Assistance: Senior Center 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30-3:30 Beginning computers: Flynn	8:30 Fit for the Future 9:00-5:00 AARP Tax Assistance: Flynn 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:30 Quilters 3 1:00 Canasta 1:00-3:30 Bridge Lessons	9-12 SHINE 9:00-5:00 AARP Tax Assistance: Senior Center 9:45 Thursday Crafters 10:00 Concord Authors 2 10:30 T'ai Chi Practice 12:30 Alzheimer's Best Bets: Cardiologist 12:30-3:00 Pickle-ball 3:00 Friends meeting	8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 4
27	28	ads		
Van trip to WalMart Hudson & The 99 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Ceramics 1:00 Matter of Balance 1 1:30 Spanish 3	9:00 Cribbage 9:00-9:30 Parmenter Clinic 9:00-5:00 AARP Tax Assistance: Senior Center 9:00-11:30 Quilting 2 11:00 Chair Yoga 1 11:30-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge			

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at 12 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
January 31	February 1	February 3
Egg drop-spinach soup Chicken marsala Brown rice Orange	Italian pork roast/ gravy Sweet potatoes Warmed applesauce Pineapple	Veal/gravy Mashed potatoes Carrots Pumpnickel bread Peaches
February 7	February 8	February 10
Vegetable soup Turkey/gravy Mashed potatoes Cranberry sauce Oatmeal bread Chocolate pudding	Lasagna Italian blend vegg Scali bread Cherry cake/ frosting	Salisbury steak/ jardinière gravy Mashed potatoes Broccoli Multigrain bread Mixed fruit
February 14	February 15	February 17
Sweetheart Luncheon: soup, salad, sandwiches, cake!	Kale bean soup Chicken cacciatore Rotini Peaches	Turkey hot dog/bun Vegetarian beans Carrots Pineapple
February 21	February 22	February 24
Cream of spinach soup Chicken/orange- ginger sauce Brown rice Oatmeal bread Fruited Jell-o	Turkey ham/raisin sauce Sweet potatoes Brussels sprouts Multigrain bread Fresh fruit	Veal parmesan/ tomato sauce Rotini Genoa veggies Italian bread Pineapple
February 28	March 1	March 3
Hamburg/gravy Mashed potatoes Pumpnickel bread Carrots Oatmeal cookie	Macaroni/cheese Stewed tomatoes Multigrain bread Mixed fruit	Broccoli bake Chuckwagon corn Rye bread Peaches

**Movie and Pizza
Thursday, February 9
12:00**



March of the Penguins

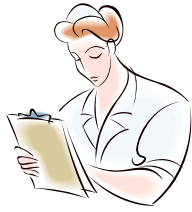
Documentary: 1 hr. 20 min.

Each winter, deep in the most inhospitable terrain on Earth, a truly remarkable journey takes place. Emperor penguins abandon the security of their ocean home and begin a long journey into a bleak corner of Antarctica. Guided by instinct, they head for their traditional breeding ground where they court, mate, and lay a single egg. The male emperors are left behind to guard and hatch the eggs, which they cradle at all times on top of their feet. As the weather grows warmer and the ice floes finally begin to crack and melt, the adults form a tag team to provide food for their growing chicks marching many hundreds of miles over some of the most treacherous territory on Earth. Surprisingly touching!

Narrator: [Morgan Freeman](#)

Pizza will be served at 12 noon, followed by the movie at 12:30. Please call by 10:00 on the day of the showing if you wish to order pizza (\$1.00 per slice).

Ads



Parmenter news

The Parmenter Blood Pressure clinic has shifted its hours slightly. **Tuesday morning** clinics will now be from **9:00-9:30**, except the third Tuesday of each month, when it will be **8:00-9:00**. Glucose screenings will be available on these mornings.

The mid-day clinics will be **Tuesdays from 11:30-1:00**.

The clinics are free, and there is no need to sign up ahead of time. Why not drop in, and meet our new nurse Ruth Mori.

Clinics are also available the first Tuesday of each month at Musketahquid from 1:30-2:00, and the second and fourth Tuesdays at Shaw's Market in Sudbury.

Free!

Find a Medicare Prescription Drug Plan: The Online Search Tool This step-by-step booklet gives you everything you need to know about going on line to find a Medicare Part D plan that's right for you, based on your medications.

You (or your computer-savvy relative) can use this booklet as a guide to self-help. We have copies to give away free. Come in and get one!



Medicare Prescription Drug Program Begins

If you are a MassHealth or Prescription Advantage Member: For those who have either of these plans, your prescription medications are now covered by a Medicare Prescription Drug Plan (Medicare Part D). If you did not select a plan by December 31, 2005, you were automatically enrolled in one on January 1, 2006.

You may have experienced difficulty using your new plan. If you went to your pharmacy without an identification card or an acknowledgment letter from your drug plan, your pharmacist may not have been able to verify your enrollment in the plan. Even for those *with* proof of enrollment there have been problems. The program is complicated and brand new.

The good news is that our state officials have taken steps to make certain that nobody on MassHealth or Prescription Advantage will have to leave the pharmacy without their necessary drugs or pay more than the required co-payments. The pharmacies have been told that if they cannot process your prescription through a Part D plan, they can bill the state, for temporary coverage until the Part D program is up and running smoothly.

If you are not on MassHealth or Prescription Advantage: If you are having problems getting your prescription drugs using your Part D plan, call us at (978) 443-3055 for an appointment with our volunteer SHINE counselor Kathy Worhach*, who will attempt to resolve the matter for you. Kathy can also help you figure out what Part D plan is best for you, and help you understand the benefits of your insurance coverage. Appointments with Kathy are **free**.

Open Enrollment Continues

If you have not signed up for a Part D plan, you can sign up until May 15. You will still be within the Open Enrollment Period and coverage will begin the month after you enroll.

If you are not satisfied with the plan you are on, you can *change* plans one time between now and May 15 (MassHealth members can change plans any time during the year.) There is also an Open Enrollment Period each year (November 15 to December 31), during which anyone can enroll in a Part D Plan.

**SHINE (Serving the Health Information Needs of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with Councils on Aging and other local agencies.*



Tour the State House!

Sudbury seniors are invited to join State Representative Susan Pope for lunch and a tour of the State House in Boston **Monday, February 13** from **11:00 to 1:00**.

You'll get a tour of the building (be prepared for walking!), meet some officials from the Executive Office of Elder Affairs, and have lunch with Sue, all at **no charge**.

The tour is limited to 25 participants, and is restricted to Sudbury residents. First priority is given to those who have not taken advantage of this offer in previous years.

The bus will depart from the Weston Senior Center, Alphabet Lane, at **10:00**. Our van will be available to take people to and from Weston, if desired.

Call the Sudbury Senior Center at (978) 443-3055 by **Wednesday, February 8** to sign up.

Help Wanted!

Become a volunteer SHINE counselor, and help seniors with their health insurance questions. Training provided! Call Doreen Nemeth at 508-532-5980 extension 4109.



Tax help!

Seniors who need help preparing their 2005 income tax documents can get assistance **free of charge** through the Senior Center. AARP-trained tax preparer volunteers Tom Sifferlen, Dave Levington and Ben Stahl are available to assist beginning **Tuesday, February 14**, and until mid-April.

One and a half hour appointments are available from **9 AM to 3:30 PM**, Tuesdays, Wednesdays, and Thursdays. Tuesday and Thursday assistance will be at the Senior Center, while Wednesday help will be at the computer lab 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.

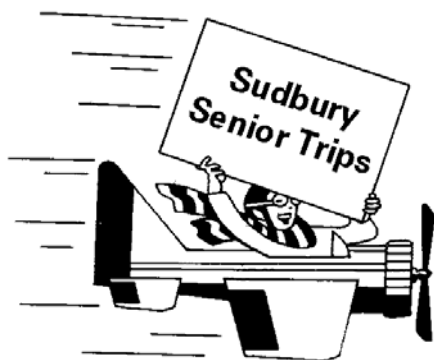


Got Grit?

No more slippery walks if you use our sand bucket service!

We'll deliver a big bucket full of sand for your use in sprinkling on walks or drives, or bring a sand refill if your bucket is empty. Call (978) 443-3055 for more information.

Ads



It's time for me to breathe a sigh of relief! Our trips for 2006 are now on their way to what we hope will be a very successful year. I have already had some wonderful comments from folks who have dropped by the center.

We had a most successful meeting on January 11 at which time I went over all the trips that we had published for 2006 and answered all questions to the best of my ability. At the January 18 meeting, we chose **Old World Prague and The Blue Danube** as our European river cruise **September 6-17**. Prices start at \$2,495 double per person (plus tax). If you do not have a booklet please come to the center and pick one up. Call me at 978-443-8320 for other important information as soon as possible. A deposit of \$500 must be received by **February 24** in order to hold our spaces.

Here's the rest of this year's lineup:

Foxwoods: Monday, February 6, Cost **\$19.00** payable to *Sudbury Senior Trips*. Includes the full casino package and lunch. Dep., approx. 7:45 AM-return 5:30 PM

Note: The **August** Foxwoods trip will be on the 7th, not the 1st!

Snowbird Escape: Thurs., **March 2- Fri., March 17** (16 Days) Final payments were due January 20, and you'll receive your final information sometime this month. There may still be a few spaces available. Call me at 978-443-8320 and I'll check for you. The total payment of \$1,599 would be due immediately. Trip insurance is available and recommended. Departure and return TBA.

Forever Irish with the Andy Cooney Band, is booked for **Friday, March 17** at the Venus De Milo in Swansea. Your trip leader will be Joe Bausk, "Mr. Sudbury", as I will just be getting back from Florida that day. The price includes a traditional corned beef and cabbage dinner or baked haddock. *Early sign-up is suggested.* Cost is **\$61.00** payable to *Sudbury Senior Trips*. Depart: approx. 10:00 AM Return: approx 5:30 PM.

Menopause, the Musical: Wednesday, April 26 at the Stuart Street Playhouse, Boston.

Tickets must be purchased by February 28. This 90 minute show celebrating women is the funniest, most high-spirited show you have ever seen. Lunch at the Chateau Restaurant in Waltham after the show. Choose sirloin tips, broiled scallops or chicken parmesan when signing up. The cost is **\$79.00** payable to *Sudbury Senior Trips*. Depart: 12:PM, return: approx. 6:00 PM.

Foxwoods: Monday, May 1, Cost \$19.00 Includes the full casino package and lunch. Hours: 7:45-5:30.

Opryland: Nashville Tennessee **Saturday, May 27- Saturday, June 3** (8 days) The trip includes 7 nights deluxe hotels (3 at the Opryland Resort), 7 breakfasts, 6 dinners, tour of Nashville, the Country Music Hall of Fame, The Wild Horse Saloon, General Jackson Dinner Cruise, Grand Old Opry, an evening at the Wren's Nest Supper Club in West Virginia, an Amish Feast and the "2006 Spectacular" at the American Music Theater in Lancaster. The cost is \$1,049 each double, \$1,029 each triple, \$1,429 single. Insurance is available and recommended. We must have your **\$100 deposit** by **February 20**, payable to *Scout tours*. Final payment by April 21. Depart & return TBA

Ronan Tynan and The Impossible Dream: Wednesday, September 6 at the Mohegan Sun Casino. This marvelous tenor from Ireland was one of the Three Irish Tenors on PBS, and will most likely be the best you have ever heard. The cost is **\$62** payable to *Sudbury Senior Trips*, and includes a \$30 casino package with lunch, plus a \$1,000 prize drawing. **Book this trip ASAP!** Our first group of tickets will be purchased shortly after February 1, to guarantee the best seating. Depart: 7:45 AM, return approx. 6:30 PM.

Payment Reminder: Please remember that payment for all trips must be by check or money order. We do not accept cash for security reasons.

Happy trails!

Carmel O'Connell

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Tuesday** through **Friday** from **9:00 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

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

HEALTH SERVICES

Podiatry: The Senior Center offers a visit from Dr. Bryant Tarr, a Sudbury podiatrist, every other month. Call Dr. Tarr's office directly at **978-443-4878** to schedule an appointment for his next visit. Payment is arranged directly with Dr. Tarr.

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

free drop-in health clinics. Clinic hours are **Tuesdays 9:00-9:30** and **11:30 to 1:00**. Free blood sugar testing is provided on the **third Tuesday** of each month **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of a wheel chair, walker, shower chair, commode, transfer bench, cane etc., the Senior Center can provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

Information and Referral: Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays** from **9:30 to 2:30**. You may reach her at **(978) 443-3055**.

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

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

IN-HOME SERVICES

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

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

NUTRITION

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

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

EXERCISE

We offer a variety of exercise programs for people of different abilities, including gentle chair yoga, T'ai Chi, tap dancing, Fit for the Future and classes to improve balance.

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

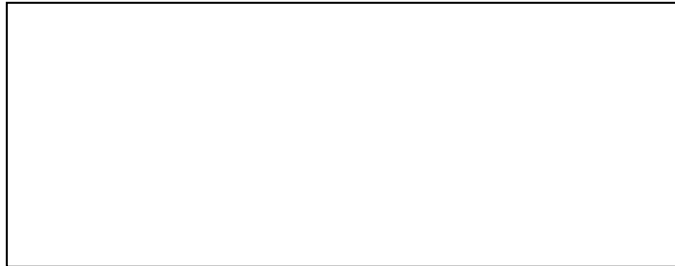
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

http://sudbury.ma.us/services/department_home.asp?dept=SeniorCenter

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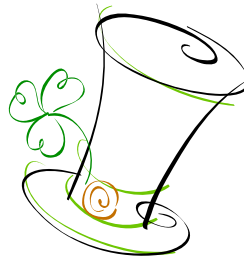
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Sudbury Senior Center Phone: (978) 443-3055 Fax: (978) 443-6009 E-mail: coa@town.sudbury.ma.us

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 9:00 AM to 3:00 PM

COMING ATTRACTIONS!

St. Patrick's Day Luncheon and Party



Mark your calendar for **Wednesday, March 15**
join us for our annual

Corned beef and cabbage shindig

featuring the sensational **Senior Strutters**
and talented musicians from the **Curtis Middle School**

March and April Birthdays will be celebrated.

Cost: \$2.00



Sneak Preview: Sudbury Senior Access!

Pssst . . . don't tell anyone!

We are hard at work on a new
transportation choice for Sudbury
seniors and people with disabilities.

Watch the newspapers and Channel 8
for more details, coming soon.