

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



American Art Wednesdays January 26 – February 23 1:30PM

Join Dr. Donald Oasis as he concentrates on artists from the latter half of the 19th century, beginning with Winslow Homer and Thomas Eakins. Homer chronicled the Civil War at first through etchings and later in oils. Born in Boston, many of his greatest works feature locations in the New England area. Eakins lived in Philadelphia and may have been our most illustrious portraitist. His group painting, **The Gross Clinic** (see above) is unsurpassed in American art.

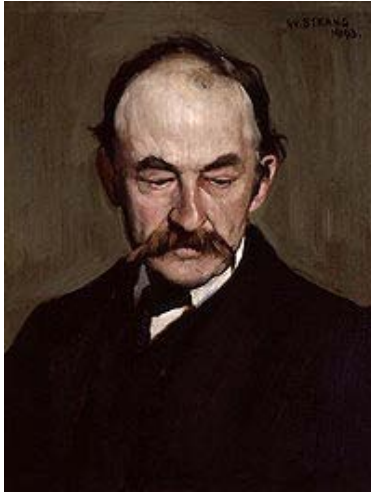
Artists under consideration for the remainder of the classes are: Fitz Henry Lane, Albert Bierstadt, George Caleb Bingham, Thomas Hovenden, Eastman Johnson, William Sidney Mount, George Bellow, Martin Johnson Heade, John Singer Sargent and Child Hassam. Class participant's opinions will be considered in deciding which artists to focus on. Special emphasis will be placed on the political situation and also the effect of impressionism on American art.

There will be 5 weeks of classes, please register in advance and make your **\$30** check payable to the Friends of Sudbury Seniors.

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**The Poetry of
Thomas Hardy
With Stephen Collins**

**Six Wednesdays
February 2 – March 9
10:30AM**

Thomas Hardy's reputation as a man of letter is firmly established by his novels. However, he had told his good friends that he wanted to be remembered first and foremost as a poet. He was writing poetry while writing the novels but his first book of poems wasn't published until 1898 when he was 58 years old.

He is often considered to be the first modern poet. He looks unsentimentally and unflinchingly at the world and reports what he sees.

This poetry does not *tell*, it *shows* what it often means in a world indifferent to suffering. His war or anti-war poems are among the best ever written. His love poems, or elegies, written after his wife's Emma's death, are, according to D.H. Lawrence, some of the very best in the English language. During this seminar, we will study and examine some of his greatest work.

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

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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.*

Can You Change Your Medicare Plan Now?

- **Yes, if you were a member of a Medicare plan that ended on December 31, 2010 and you did not pick another plan for 2011-**
Between **January 1 and January 31, 2011**, you have a **Special Enrollment Period** to choose a Medicare plan. The plan you choose will begin on **February 1**. After January 31, most people will not be able to make any changes until the next Medicare Open Enrollment Period, which in 2011 is moving to October 15 - December 7.
- **Yes, if you are unhappy with your Medicare Advantage Plan-**
Between **January 1 and February 14, 2011**, you can drop your Medicare Advantage plan, return to Original Medicare and enroll in a Part D drug plan, which will begin the first of the following month. If you wish, you may also enroll in a Medicare Supplement (a Medigap) plan. Coverage will begin on the first of the following month.
- **Yes, if you are a member of Prescription Advantage, the state pharmaceutical assistance program, or are eligible to join Prescription Advantage**
At **any time during 2011**, you have **one additional chance** to change your Part D drug plan or Medicare Advantage plan or to add a Part D drug plan, if you have none (a penalty may apply). In 2011, Prescription Advantage will continue to help most members with the cost of drugs in the “donut hole.”
- **Yes, if you have MassHealth or if you qualify for “Extra Help” (LIS)**
Every month, you can change your Part D drug plan or Medicare Advantage plan.
- **Yes, if you are first becoming eligible for Medicare, or if you lose your current health insurance**
Special rules will apply.

If you need help on any aspect of your health insurance, **SHINE** offers free counseling at your Senior Center. Call your local COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

S.H.I.N.E. – Serving the Health Insurance Needs of Elders (and others with Medicare)



Honky Tonk Piano With Gary Landgren

Monday, January 24
1:30PM
FREE

Beer Barrel Polka, Ain't She Sweet, When You're Smiling... If these are some of your favorites, you will be thrilled to hear the lively renditions of these and other favorites at Gary Landgren's live performance at the Senior Center. What a great way to whisk away any winter doldrums!

Come celebrate with us! You are guaranteed to be humming and feeling chipper when you leave.

Call us to reserve your space at (978) 443-3055. Seating will be limited to 50.

Assistance with Winter

Don't get caught on ice! Call us to have a volunteer deliver a bucket full of sand for your walkways.

And if you are holding on to an ancient space heater that may be unsafe, let us know. New, safe space heaters donated by Kaz, Inc. are still available. We can swap your old space heater for a new, safe one.



Soup's On:

What Does Medicare Cover?

Thursday, January 13
Soup at noon
Talk at 12:30

What does Medicare cover? When you move from the hospital to rehabilitation at a skilled nursing facility, what costs will Medicare pay for? And for how long? What about when you move from the facility back home? Will Medicare pay for the Visiting Nurse? What about the physical therapist?

For a detailed look at what Medicare and supplemental insurance covers for rehabilitation and other skilled care, come to our January Soup's On with staff from Wingate Healthcare. Enjoy delicious homemade soup, salad, followed by the talk.

The program is **free**. Even if you don't want soup, please call to let us know you'll be here. Reservations for soup must be made by 4:00 the previous day.

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.

A Special Thank You to Supporters of the Wayside Inn Luncheon on Dec. 1!

Thank you to Joe and Mark Chammas, owners of Sudbury Pharmacy located at Sudbury Farms Plaza who generously covered the cost of a delicious luncheon for over 90 people. Thank you to Wayside Inn staff who were gracious hosts and provided a fantastic salmon or pot roast meal to each participant.

Additionally, local town businesses contributed door prizes for those at the luncheon. We gratefully acknowledge contributions from: Wingate Healthcare, Sudbury Farms, Hill's Jewelers, Starz Salon, Bulfinch's Cooking School, MacKinnon's Wine Warehouse, Kappy's Liquors, Learning Express, Knit Purl, Russell's Garden Center, Dunkin Donuts, and Salem 5 Bank.



Bad weather policy: If Sudbury schools are cancelled due to bad weather, the Senior Center *will be open* but all events, meals, and classes are canceled. In some cases, bad road conditions mean that van services will be cancelled. For the latest information, call the recorded **cancellation line** at 978-639-3276.



FROM THE DESK OF THE
INFORMATION AND REFERRAL SPECIALIST

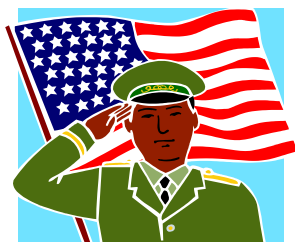
Veterans Financial Scams

Older veterans who are disabled and have low incomes may be eligible for veteran's benefits that pay for some care at home. Unfortunately, there are now financial advisers, often calling themselves "veterans advocates", who are offering to make veterans instantly eligible for benefits by overhauling their financial portfolio. AARP reporter Sid Kirchheimer recently wrote about this phenomenon, calling it a scam in AARP magazine.

Although the majority of financial advisers are helpful and honest, Mr. Kirchheimer identified some that are offering advice that may not be sound or may be harmful in the long run. There are cases where advisers have talked families into moving their assets into either irrevocable trusts or annuities that are not appropriate for older veterans. If assets are moved into a trust and the veteran needs MassHealth (Medicaid) within the next few years, he or she may be ineligible due to the transfer. With some annuities the payout may not come for 10 or more years and the money may be needed sooner.

Keep in mind, some of these sales agents operate as or work with a "front" organization, falsely claiming they have a veteran affiliation and nonprofit status. Others present themselves as "Certified Elder Planning Specialists" offering free "Senior Financial Survival Workshops". The purpose of the free workshops is to convince people to invest in their products, which may or may not be wise. To inquire about the activities of persons issuing or selling securities or giving investment advice, please contact Secretary William F. Galvin's office at (617) 727-3548 or (800) 269-5428. Visit his website at www.sec.state.ma.us/sct/sctabt/abtidx.htm.


You can get credible information on how to qualify for veterans benefits by contacting the Town of Sudbury Veteran's Agent Brian Stearns at (978) 639-3357 or at (978) 568-9635 in Hudson. For more information about Veterans benefit eligibility contact Brian Stearns or the state Veterans agency at (800) 827-1000 or online at www.mass.gov/?pageID=veteranshomepage&L=1&L0=Home&sid=Eveterans.





JANUARY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>9:30-12:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance</p>	<p style="text-align: right;">4</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:40 Yoga (7) 11:00 Yoga (7) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p style="text-align: right;">5</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-12:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters</p>	<p style="text-align: right;">6</p> <p>9-12 SHINE 9:30 Tap Class</p>	<p style="text-align: right;">7</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (1) 1:00 Cards 1:00 General Trip Meeting 1:30 The Cold War (7)</p>
<p style="text-align: right;">10</p> <p>9:30-12:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance</p>	<p style="text-align: right;">11</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:40 Yoga (8) 11:00 Yoga (8) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board</p>	<p style="text-align: right;">12</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-12:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Trip Meeting – General Trips 2:00 San Antonio Trip</p>	<p style="text-align: right;">13</p> <p>9-12 SHINE 9:30 Tap Class 12:00 Soup's On: What does Medicare cover?</p>	<p style="text-align: right;">14</p> <p><i>No Cold War</i> 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (2) 1:00 Cards</p>
<p>M. L. King Day</p> <p style="text-align: right;">17</p> 	<p style="text-align: right;">18</p> <p>8-9:00 BP Clinic 9:00 Cribbage 11:00 Yoga (1) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Montgomery Bus Boycott</p>	<p style="text-align: right;">19</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-12:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters</p>	<p style="text-align: right;">20</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: Taking Chance</p>	<p style="text-align: right;">21</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (3) 1:00 Cards 1:30 The Cold War (8)</p>
<p style="text-align: right;">24</p> <p>9:30-12:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Balance 1:30 Honky Tonk Piano</p>	<p style="text-align: right;">25</p> <p>8-9:00 BP Clinic 9:00 Cribbage 11:00 Yoga (2) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p style="text-align: right;">26</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-12:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:30 American Art (1)</p>	<p style="text-align: right;">27</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends meeting</p>	<p style="text-align: right;">28</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (4) 1:00 Cards 1:30 The Cold War (9)</p>
<p><i>Special Van trip</i></p> <p style="text-align: right;">31</p> <p>9:30-12:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance</p>				

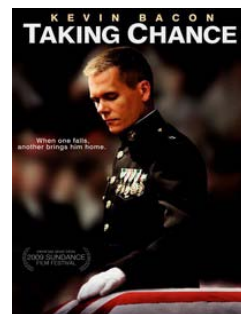
LUNCH MENUS

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 is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
Split Pea Soup 4 Roast Turkey w/ Gravy Whipped Potato Whole Wheat Bread Cherry Turnover	Cheese Lasagna 5 w/ Tomato Sauce Broccoli Italian Bread Orange Julius Artic Ice	Chicken Tetrazzini 7 Carrots Whole Wheat Bread Fresh Orange
Shepherds Pie 11 Green Beans Rye Bread Smoothie	Chicken Breast 12 w/ Mediterranean Sauce Whole Wheat Penne Pasta Lentil Spinach Soup Italian Bread	Cream of Vegetable 14 Soup Crunchy Potato Fish Spinach Whole Wheat Bread Muffin
Roast Chicken 18 w/ Coq A Vin Sauce Sweet Potatoes Hot Spiced Apples Multigrain Bread Pineapple	Meatloaf 19 w/BBQ Sauce Portuguese Kale Soup Whipped Potato Crusty Roll Cutie Pie	Broccoli Bake 21 Stewed Tomatoes Home Fries Whole Wheat Bread Tapioca Pudding
Minestrone Soup 25 w/ Crackers Turkey & Cheese Wrap Carrot Cole Slaw Cherry Snack Loaf	Stuffed Shells 26 w/ Marinara Sauce Broccoli Italian Bread Artic Ice Smoothie	Macaroni & Cheese 28 California Blend Veg. Whole Wheat Bread Apricots

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, January 20**



**Taking
Chance**

Not Rated

2008

1 hour 18 minutes

Starring: Kevin Bacon, Tom Aldredge, Nicholas Art

Pizza: 12:00

Movie: 12:30

Based on an article by Marine Lt. Col. Michael Strobl, this HBO original film tells the story of Strobl's emotional experience traveling across America as a volunteer escort officer for the body of fallen 19-year-old marine Chance Phelps. Along the 2004 journey to Phelps' hometown in Wyoming, Strobl (portrayed by Golden Globe winner Kevin Bacon) witnesses -- and is moved by -- acts of respect by everyday Americans.

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**.



The Montgomery Bus Boycott of 1955

**Tuesday, January 18,
1:30PM**

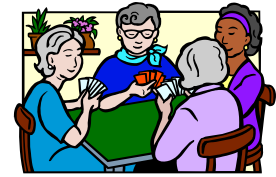
On a cold December afternoon in 1955, Rosa Parks, a black seamstress, boarded a city bus after a long day at the sewing machine. Montgomery's Jim Crow laws provided that as the bus filled up, black riders had to surrender their seats to white passengers. Parks refused to move. What followed was a 381 day bus boycott by black riders

that drew national attention and introduced the country to an unknown Baptist preacher, Martin Luther King, Jr.

Prof. Gary Hylander has taught many classes at the Senior Center. Class participants rave about his lively teaching style and vibrant rendering of history. Call the Senior Center at (978) 443-3055 to register for this class. Cost is \$10, because we expect the program to be fully enrolled and we must limit audience size to 50, we ask that you pay as you make your reservation.

Dr. Gary Hylander is Professor of History at Stonehill College in Easton, MA. He is a frequent lecturer at historical societies, libraries and professional organizations.

This lecture is offered in partnership with Sage Educational Services.



Bridge

Create new brain connections, challenge your mind and meet new people. Play Bridge at the Senior Center! Whether you are learning or an experienced player, this is the place to play here at the Senior Center on Tuesdays at 12:30PM.

Dean Machamer, our Bridge Coordinator, an experienced player, is involved in Bridge programs at several locations. He can offer tips and help you to find a group that suits your skill level. Call the Senior Center or drop by on Tuesdays for more information.

⇒⇒⇒ Out-of-Town Subscribers ⇐⇐⇐

Keep the *Sudbury Senior Scene* coming to your mailbox throughout 2011. A paid subscription costs **\$7.00** for all eleven issues. Please write a check payable to **Friends of Sudbury Seniors** and mail it with this coupon to: *Sudbury Senior Scene*, Sudbury Senior Center, 40 Fairbank Road, Sudbury, Massachusetts 01776.

Name

Address

City **State** **Zip code**

Please note that free copies of the *Sudbury Senior Scene* are usually available at the Senior Center. You can also get the newsletter **early** and **free** on line by subscribing to our email list.

For Caregivers: Messages to Live By

Adapted from the National Family Caregivers Association at www.nfcacares.org

We all have lessons to learn throughout our lifetimes. Life evolves and sometimes our journey takes us through turbulent waters and other times the waters remain still. These journeys become a part of us and make us who we are. We are here to learn from one another and through these lessons we can heal our relationships and sometimes ourselves.

Becoming a family caregiver for someone you love is one of those heart wrenching and at times enlightening life lessons. Your role as a family caregiver can happen abruptly or creep in slowly-unnoticed until one day you realize you are caring more for someone else than you are for yourself.

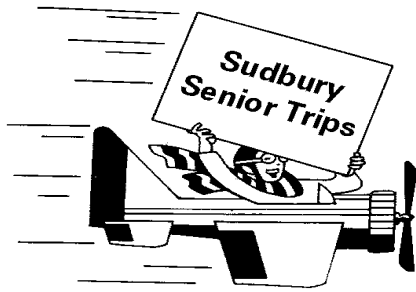
You find yourself beginning to struggle with the day to day demands and somewhere along the way you realize you have lost your identity and have allowed the caregiving role to define who you are. Your new role as a family caregiver can become as frightening as the initial diagnosis. The journey can be a difficult when traveled alone; however, it does not have to be that hard and you do not and should not have to travel the road alone.

Believe in Yourself: NFCA stresses the importance of trying to maintain a positive attitude by recognizing your strengths and limitations. By believing in yourself and recognizing your strengths and limitations you increase your ability to set goals and boundaries for yourself and for your loved one.

Protect Your Health: It is critically important to maintain your physical and emotional health and well being - if you don't who will? Your good health is the greatest gift you can give your loved one and your entire family.

Reach Out For Help: Reaching out and asking for help is never a sign of weakness; rather, it demonstrates strength and a keen awareness of your own abilities and sense of self.

Speak up for your Rights: NFCA encourages and stresses the importance of arming yourself with vital information regarding your loved one's diagnosis and treatment options. Having the proper information is the gold standard in achieving the ability to advocate for your loved one and developing strong self advocacy skills. By keeping the goal of receiving quality healthcare and making it a priority, you can avoid future medical problems and create a superior quality of life for all involved.



HAPPY 2011 to all of our traveling friends and to all of you who just enjoy reading about our travels. It seems hard to believe that we have been doing our Sudbury Senior Trips for almost 19 years. Many of you have been with us for most of that time. We certainly appreciate you and hope that you have enjoyed traveling with us.

Our new itinerary is enclosed. Our brochure is as complete as it is possible to make it at this time. If the actual details of a trip are not listed, it is because some of our favorite companies or theaters have not announced the complete details of a trip. We will notify you via our monthly newsletter when they become available for sign up. There will be a General Trips meeting on January 7 at 1 o'clock to go over all our 2011 trips.

A SPECIAL TRIPS ALERT

We have just received the following information from 2 of the companies that I recently contacted for 2011 multi-day tours: San Antonio Getaway, April 11-16 cost \$1579.00+\$60.00 (.ins.) and Three Continents Holy Land Cruise complete cost starting at \$2985.00 (inside) to \$3539.00 (balcony). Deposit deadlines for both of these trips have past but the companies have agreed to slightly extend them for us. The new deadline for the San Antonio trip

deposit of \$250.00+ \$60.00(Ins.) is January 14th. See our new 2011 brochure for the deadline for the 3 Continents Holy Land Cruise deposit. You may pay both your deposits and final payments for these 2 wonderful trips by credit card directly to our trip companies. Please call me at 978-443-8320 before Dec.29 or after Jan.2 if you need more information.

We ask that you carefully read the Trip Guidelines section and keep the brochure handy so that you can refer to the Guidelines if you have any questions. Of course you can always call me or one of our professional Senior Center staff. My home phone is 978-443-8320. The Center phone is 978-443-3055. Either Jean Taylor from about 9:30-12:45 or Claire Wigandt from about 12:45-3:45 Mon.-Fri. can assist you.

Copies of your Trip Registration forms for the above trips must be filled out and left with us at deposit time (see * below). Brochures for all our 2011 trips will be available on our trip rack or at the front desk.

We are also asking you to PLEASE use our registration slips when signing up for our one day trips. This year we have made a few changes to make filling them out a little easier for you.

If you are signing up for only one trip at a time, please use our regular bright PINK Slip. You must fill out all the information asked for on the *first* one-day trip that you take in 2011. This is to make sure that your Emergency Contact information is up to date. If you are signing up for 2 or more trips at the same time, our new registration slip for this is a bright LIME GREEN. You use it

the same way as the pink one but you can list all the trips that you are paying for on that single sheet. Please paper clip your check to it. If you would like, you can ask our staff to give you 3 or 4 extra registration slips to take home and then you can fill them out at your leisure. You may have more at any time as we do not want to make going on our trips too much work for you when you come into the Center.

Any day trips taken the rest of the year only need the starred areas on the registration slips filled out. We *do* need to have you sign a slip for each one-day trip you take in 2011. Please paper clip your check to your registration slip - no staples please.

Please note that if a trip involves a "Ticket", you own that ticket. If you need to cancel the trip within the appropriate time frame as stated by the trip company, usually 1-2 weeks prior to the trip, we can only refund your motorcoach fee, not your ticket cost, unless we can resell it. No refunds can be issued one day trips if cancelled on the last week before the trip. Most flyers should have a cancellation time printed on them.

Also, if you want a friend to sit with you at a ticketed affair you must let us know at sign-up time so the tickets can be together. We accept checks only for one day trips (no cash or credit cards).

* Please note that we no longer use our Senior Center sign-up sheets for *multi-day* trips as we ask our trip companies to include them on their flyers. These forms, as well as the correct "Passport Spelling" of your whole name are a MUST on all multi-day trips.

With all of that said, let's have a wonderful "Trip Year 2011"!

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 12:00**.

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, **Tuesdays** and **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**. A voluntary donation of **\$2.00** a meal is requested. 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.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

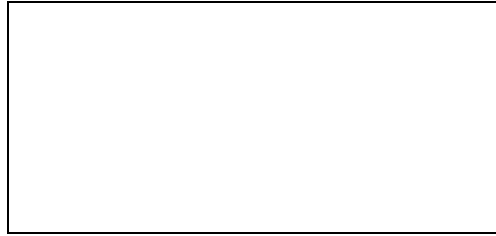
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

Return Service Requested



U.S. POSTAGE
PAID
Sudbury, MA
PERMIT NO. 141
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



Honky Tonk Piano

With Gary Landgren

Monday, January 24

1:30PM

Look for details inside!