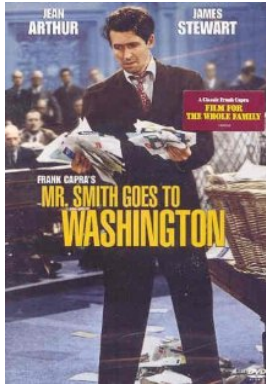


A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW OLDER ADULT*



**Great American Film Classics:**  
*What They Tell Us About America*

**Movie Dates: 1/20, 1/27, 2/10, 2/17**  
**Class Dates: 1/25, 2/1, 2/15, and 2/22: \$25**

Dr. Lawrence Lowenthal will discuss four American films: *Mr. Smith Goes to Washington*, *Crossfire*, *On the Waterfront* and *Annie Hall*, in this four part series. The films are brilliant explorations of some major challenges in American life, all of which remain relevant today – corruption in government, anti-semitism, organized crime and male-female relationships.

Films will be shown on the Friday preceding the class. The film will start at 12:30 PM, but all are invited to Bring Your Own lunch at noon before viewing the film. Class members *and others* are welcome to bring lunch and view the movie. Registered class members will attend class the following Wednesday to discuss the film. To register, please call or visit the Senior Center and make your \$25 check payable to Sudbury Senior Activities.

*Dr. Lowenthal is the retired National Senior Advisor to the American Jewish Committee. His 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. This series is offered in partnership with Sage Educational Services.*

**First Film:**  
**Friday, January 20, 12:30 PM**  
**Class Begins:**  
**Wednesday, January 25, 10:30 AM**

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**A MESSAGE FROM THE CHAIR OF THE COUNCIL ON AGING BOARD,  
DAVID LEVINGTON:**

**What do Seniors Want??**  
(Besides lower property taxes, of course.)

We want a town that is comfortable for everyone, attractive, supportive and convenient. We at the Council on Aging are working hard at learning how to advocate to make Sudbury a better place to live for everyone.

We've been inviting different Town Officials to our monthly Board Meetings, and I'd like to invite you to join us. I know about "Bored Meetings", but we're trying to make it interesting. Every month we learn about a different town department, and how we can support actions that will help seniors in Sudbury.

We've learned a lot. Last month the Fire Chief came, told us about the travails of dealing with downed power lines, and also about ambulances, EMT's, Paramedics, and other services we have come to rely on. Very impressive. In January, the head of the Planning Board will be with us, so we can learn to be better advocates for more affordable senior housing.

Here's something I learned; "Affordable Housing" is developed with subsidies so that it can be offered to residents at less than market rate. This translates into eligibility requirements that include income limits. For example, one of the new affordable housing proposals, the Coolidge at Sudbury, is a 64 unit apartment building proposed for the corner of Landham Road and Route 20. The expected income limit is about \$38,000 for a household of one.

We'll be inviting other Town Department Heads to our meetings. We meet the first Tuesday of each month at 3:30 PM at the Senior Center. Come visit and learn about Sudbury! There's a lot of give and take, so you can speak out also. Our guests are first on the agenda, and you can leave when they do!

\*\*\*\*\*  
**A MESSAGE FROM DIRECTOR, DEBRA GALLOWAY**

Welcome to a new year! We hope to continue to offer the fun, informative, educational and recreational activities that you enjoy, as well as the services that help you when you need information, assistance, in-home fix-it, transportation and more.

Many activities are planned for January and February to keep you warm and remind you that spring will come! Enjoy a tour of Massachusetts towns at *From Purgatory to Podunk* on January 18, share Pizza and a Movie with friends on January 5, get to know Lincoln-Sudbury High School students and learn about your tech devices at Teen Tech Day on January 11, stimulate your brain with *Mind Games for Memory* at Soups On – January 12, and study some of our *Great American Film Classics* with Dr. Lawrence Lowenthal beginning Friday, January 20 and Wednesday, January 25. Your input is valuable – please feel free to use our Suggestion Box or talk with me about your ideas for classes and programs!

**COUNCIL ON AGING**

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David Levington

**BOARD OF DIRECTORS:**

- John Beeler
- Elizabeth David
- Robert Diefenbacher
- Marilyn Goodrich
- Mary-Lee Mahoney-Emerson
- Robert May
- Sam Merra

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SENIOR CENTER  
STAFF**

**DIRECTOR**

Debra Galloway

**ADMINISTRATIVE**

**ASSISTANT**

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**RECEPTIONIST**

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**VAN DRIVER**

Linda Curran

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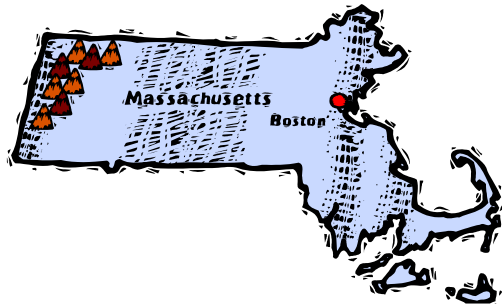
Ed Gottmann

**PUBLIC HEALTH NURSE**

Allison Latta

**MISSION  
STATEMENT**

*The Sudbury Senior Center is dedicated to serving the social, recreational, health and educational needs of older adults in the community.*



**From Purgatory to Podunk**

**Wednesday, January 18**

**1:30 – 3:45 PM**

Did you know that of the 351 towns of Massachusetts, 20 were named by Gov. Francis Bernard? That 13 towns retained their Native American names? Can you name the 5 town names that end in "...mouth"?

Take a tour of our own state: Massachusetts! Debbie and Pete Lincoln, both retired teachers, decided to take a grand tour of Massachusetts by visiting each of the 351 towns in 2007. They have created a fun and informative presentation about their travels.

This lively presentation is free, but requires a minimum of 25 people so sign up early! Call (978) 443-3055 for information.

***Soups On!***

**Mind Games: Techniques to Boost Your Memory**

**Thursday, January 12**  
**12:00 Soup; 12:30 Talk**

Debbie Elliot, Speech and Language Pathologist from Emerson Hospital Home Care will be here to teach you new skills to keep your mind sharp and your memory strong. Enjoy hands-on exercises that are both therapeutic and fun.

Soup is served at 12:00 noon, our speaker will begin at 12:30 PM. To reserve your space, call the Senior Center at (978) 443-3055. If you would like to order soup, you must call before 4:00 PM on Wednesday, January 11. Free.

*Coming in February...*



**Eating Healthy, Living Healthy**

**Tuesdays, February 7 and 14, 2:00 PM**

**\$15**

Nutritionist Sheila Wolfson will present a two part series on Eating and Living Healthfully. The first workshop will focus on what our bodies require as we grow older and how to insure our bodies receive the proper nutrition. The discussion will include: how to live healthfully and optimally; how to support our immune and nervous systems; how to reduce the risk of disease or to live optimally with chronic disease; how to choose healthy foods and snacks for entertaining family members and friends.

The second workshop looks at what health is. It is not simply the absence of disease. It is about balance. Ms. Wolfson will explore what it means to be in balance-physically, emotionally and spiritually. How can we balance what compromises our health with what enhances it? We will discuss exercise, meditation, social support, healthy food, spiritual well-being and more.

Sheila Wolfson, Med, LDN, CNS is a licensed nutritionist who has been in private practice for over 25 years. She has presented programs and facilitated wellness workshops for large and small groups in many settings. This program is offered in partnership with Sage Educational Services.

**Watercolors – Starts January 6**



Instructor Cynthia Durost will be back in January with the next session of her Watercolor painting class. It will begin on Friday, January 6, 2012 at 1:00 PM. Please make your check out to Town of Sudbury for \$80 for the 12 classes.



## Zumba!

**January 4 – February 22**

A lively aerobics class with vivacious music – Zumba 55+ is held every Wednesday at 1:00 PM. Drop in for \$5 or sign up for the next 8 week session for \$32 payable to the Town of Sudbury.



## Senior/Healing YOGA

**January 24 – March 13**  
**\$56 for 8 weeks**

Discover the joys of hatha yoga at a gentle, accessible pace. This class is for seniors or those living with chronic illness. Postures are modified as needed and students are encouraged to work within their limits to build strength, flexibility and endurance. Each class incorporates breath work, relaxation and meditation. Try a free class January 10 or 17.

Please register early and make checks payable to the Town of Sudbury. Call (978) 443-3055 for more information.

## Keep Your Grip!

Call us for a Sand Bucket delivery. Let us know your name, address and phone number, whether you need a refill or a new bucket and where you would like it placed.



## Sometimes you need a little help...

Our Medical Equipment Loan Closet has many items available for loan, including: walkers, wheelchairs, canes, crutches, sock pullers, walkers with seats, commodes, raised toilet seats and more. Just call (978) 443-3055 and leave a message with our Receptionist about what you need. Ed Gottmann, Volunteer Coordinator, will call you back.



## Support Your Local Orchestra!

Lincoln-Sudbury Civic Orchestra  
Sunday, January 8  
4:00 PM

*Mozart: Overture to the Magic Flute*  
*Mozart: Piano Concerto No. 21*  
*Tchaikovsky: Symphony No. 4*

Lincoln-Sudbury Regional High  
School Auditorium  
Admission Donation: \$10 Adults;  
\$5 Students/Children/Seniors  
Handicapped Accessible



## Teen Tech Day

Wednesday, January 11  
2:00-4:00 PM

Once a month, two students from Lincoln-Sudbury High School, visit the Senior Center to meet with seniors who need a little help with their computers, laptops, cell phones or ipods. Seniors can sign up for ½ hour time slots.

Students are here to help with simple questions, such as how to use the camera on your cell phone or how to use Facebook or how to set up an email account.

The Senior Center has a computer and a laptop available for use. Please call (978) 443-3055 to make your reservation.



## Public Computer and Laptop are Available

Surf the web or check your email! Please feel free to utilize our Public Computer donated by the Friends of Sudbury Seniors. We also have a laptop donated by Bob Diefenbacher that is available for use. Just sign out for computer time at the Front Desk.

## Interested in Computer Classes?

Let us know what you would like to learn. Call (978) 443-3055 or email us at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

**FROM THE DESK OF INFORMATION SPECIALIST – ANNE MANNING**

**State Chartered Banks Can Save You Money**

For many older adults in Massachusetts, dealing with finances in retirement can be stressful. Social Security, pensions, and savings only go so far, and as the cost of living goes up and up, that money does not go as far as it used to. One way to stretch those dollars a little further is to sign up for what we in Massachusetts call an “18-65” bank account, which does not charge monthly fees for people ages 65 years and old, or 18 years and younger. These accounts are available at local, state-chartered community banks across the state, and each person can open one checking account and one savings account.

Accounts covered by the “18-65” law are not subject to minimum balance requirements, have no charges for deposit or withdrawal, or fees for basic lines of checks offered by the bank. The Division of Banks has capped the fee for insufficient funds at \$5 on these accounts.

With no fees, these accounts are a great way for older adults to save money. If your current bank account costs you \$10 or more a month, you would save well over \$100 annually by switching, while also taking advantage of the great customer service that is the hallmark of our state-chartered banks here in Massachusetts.

A full list of all Massachusetts state-chartered banks is available by visiting the Division of Banks website at [www.mass.gov/dob](http://www.mass.gov/dob) or by calling the Division of Banking at (617) 956-1501.

We encourage you to take advantage of these wonderful accounts, which will help you reduce your monthly bills and help you stretch those dollars a little bit further.

Ann L. Hartstein  
 Secretary  
 Executive Office of Elder Affairs

Barbara Anthony  
 Undersecretary  
 Office of Consumer Affairs and Business Regulation

**⇒⇒⇒ Out-of-Town Subscribers ⇐⇐⇐**

Keep the *Sudbury Senior Scene* coming to your mailbox throughout 2012. 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 at [www.sudbury.ma.us](http://www.sudbury.ma.us).

# JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><i>New Years Day Holiday</i></p>  <p><i>Senior Center Closed</i></p>	<p>3</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>4</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Zumba 55+ (1)</p>	<p>5</p> <p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Midnight in Paris</i></p>	<p>6</p> <p>9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 BYO Lunch and Movie – <i>Evita</i></p> <p>1:00 Watercolors (1)</p>
<p>9</p> <p>9:00-2:30 I&amp;R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Bones (5)</p>	<p>10</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 10:00-12:00 Legal Clinic 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>11</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Zumba 55+ (2) 2:00-4:00 Teen Tech Help</p>	<p>12</p> <p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Soups On: Memory and Mind Games</p>	<p>13</p> <p>9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 BYO Lunch and Movie – <i>Les Miserables</i></p> <p>1:00 Watercolors (2)</p>
<p>16</p> <p><i>Martin Luther King Jr. Holiday</i></p>  <p><i>Senior Center closed</i></p> <p><i>No Fit for the Future This Week</i></p>	<p>17</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:00-2:30 2012 All Trips Planning Meeting</p>	<p>18</p> <p>8:30 <i>NO Fit for the Future</i> 9:00 Cribbage 9:00-2:30 I&amp;R Hours 11:00 <i>NO Fit for the Future</i> 12:00 Lunch 1:00 Zumba 55+ (3) 1:30-3:45 <i>From Purgatory to Podunk</i></p>	<p>19</p> <p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters (12:00 Soups On snow date)</p>	<p>20</p> <p>9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 11:00 <i>NO Fit for the Future</i> 12:00 BYO Lunch and Movie – American Film classic – <i>Mr. Smith Goes to Washington</i> (paired with Wed. 1/25 Film class) 1:00 Watercolors (3)</p>
<p>23</p> <p>9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 1:00 Better Bones (6) 2:00 <i>An Afternoon of Jazz</i> – Bob Pilsbury on Piano</p>	<p>24</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:00 National Parks Trip Planning meeting</p>	<p>25</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 10:30 American Film Classics (1) (see Friday 1/20 movie) 11:00 Fit for the Future 12:00 Lunch 1:00 Zumba 55+ (4)</p>	<p>26</p> <p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters</p> <p>3:00 Friends</p>	<p>27</p> <p>9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 BYO Lunch and American Film Classic – <i>Crossfire</i> (paired with Wed. 2/1 Film class) 1:00 Watercolors (4)</p>
<p>30</p> <p><i>Special Van trip</i> 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 1:00 Better Balance (7) (2:00 <i>An Afternoon of Jazz</i> – snow date)</p>	<p>31</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>			<p><b>Legal Clinic</b> January 10 with Elder Law Attorney, Denise Yurkofsky</p> <p>Sign up for a free 20 minute session</p>

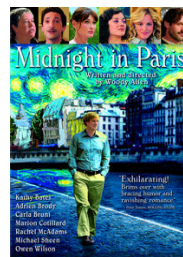
### LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays and Wednesdays. 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	
Butternut Macaroni and Cheese	3	Vegetable Gumbo Soup Chicken w/ Coq Au Vin Sauce	4
Stewed Tomatoes		Egg Noodles	
Rye Bread		Whole Wheat Bread	
Pineapple			
Beef Tips Burgundy	10	American Chop Suey	11
Red Bliss Potatoes w/peas and onions		Broccoli/Cauliflower Blend	
Brussel Sprouts		White Bread	
Whole Wheat Dinner Roll		Butterscotch Pudding	
Cutie Pie			
Lasagna with Meat Sauce	17	Chicken/White Bean Chili	18
Green Beans		Brown Rice	
White Bread		Whole Wheat Bread	
Pineapple		Mandarin Oranges	
Tomato Cabbage Soup	24	Roast Pork/applesauce	25
Chicken Salad w/Cranberries		Sweet Potato	
Brown Rice/Pea salad		Spinach	
Small Sub Roll		Rye Bread	
		Chocolate Pudding	
Vegetable Soup	31		
Bagel Bites(4)			
Warm cinnamon applesauce			
Snack'n Loaf			

**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 5<sup>th</sup>



### Midnight in Paris

2011

Rated PG-13  
94 minutes

In this bittersweet dramatic comedy, legendary director Woody Allen focuses his lens on a young engaged couple (Owen Wilson and Rachel McAdams) whose experiences traveling together in Paris make them begin to question the kind of life they want to live as a couple.

Starring: Owen Wilson, Rachel McAdams

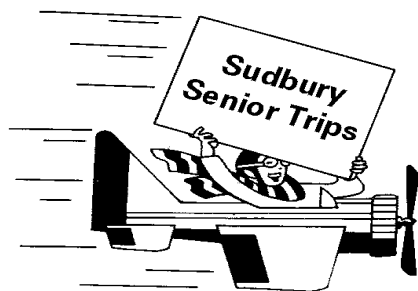
**Please call by 10:00 that morning if you are coming!** Also please let us know if you want pizza (\$1.25/slice). Pizza will be served at **12 noon**, followed by the movie at **12:30**.

XX

### Friday at the Movies

Fridays in January, bring your own lunch and we'll supply the drinks! Stay for a classic movie at 12:30. You'll notice that the January 20 and 27 films are classics that will be discussed in our American Film Classics class (see information about the class on Page 1). Bring your lunch at noon, movie at 12:30 PM.

- January 6 – *Evita*
- January 13 – *Les Miserables*
- January 20 – *Mr. Smith Goes to Washington*
- January 27 – *Crossfire*



Enclosed with this newsletter is the 2012 Sudbury Senior Trips brochure. We hope that you will enjoy reading about the different trips that we have planned for the coming year. We will be having a meeting to go over all our trips on Tuesday, January 17 from 1:00 - 2:30. We will also be having a short meeting on Tuesday, January 24 at 1:00 PM for those who are interested in our September National Parks Trip.

As you know, Sudbury residents can sign up for any of our One Day Trips (through June) anytime now. Our out of town Trip friends can sign up for these trips after January 14. There is no wait time for multi-day trip signup.

You may cancel a trip if it does not involve an actual ticket up to 2 weeks prior to the trip unless the Trip Company has a different cancellation policy stated on their flyer. Please do pay attention to this as we must abide by it.

As I have stated many times before it is "very important" that you fill out the "pink one-day forms" for each individual trip you go on during the year. We have endeavored to simplify them a bit. This information is important for our records and to assist our volunteer typist in making out our spreadsheets. If you are signing

up for more than one day trip at a time you may use the special "green form". I suggest that you take home extra pink and/or green forms so that you can fill them out before you come in. I realize that some of you consider the sign-up forms a bit of a nuisance but it is important to us, especially the emergency contact section.

Also, as you know, due to security reasons we must ask for checks or postal orders for payment "NO CASH PLEASE". We will be glad to hold a space for you for a few days if you do not have your checkbook with you.

Above all "Read and enjoy our trips either physically or vicariously." *Carmel*



### Specialized Yoga Classes Available in January

Sudbury Park and Recreation will offer: Chair Yoga, Yoga for People with Multiple Sclerosis and Yoga Therapy for Stroke. Yoga Theapist and Registered Yoga Teacher Melanie DeNittis will teach these specialized yoga classes beginning in January.

Caregivers may participate in the classes with their loved one. Cost is \$146 for 8 weeks; scholarship may be available. Call Park and Recreation at (978) 639-3233 for more information.

### Can I still change my Medicare Plan?

The 2011 Medicare Open Enrollment period ended on December 7, but there are still a few changes you can make, if you qualify.

For those with a **Medicare Advantage Plan**: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add Medicare supplemental insurance at this time.

For those with a **Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011**: If you did not select a different Medicare drug plan for 2012, then you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment.

For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month, if needed.

Call the Senior Center to schedule a SHINE appointment for free, confidential Medicare counseling.



## 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 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:** 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:** 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**

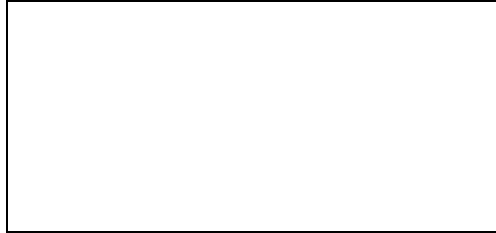
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**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

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

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

**General Information Line:** 978-639-3275

**Cancellation Line:** 978-639-3276

**Trip Information:** 978-639-3277



Snow date: January 30

## an AFTERNOON OF JAZZ

**WITH BOB PILSBURY  
ON PIANO**

**MONDAY, JANUARY 23 2PM**

The acclaimed pianist with the renowned New Black Eagle Jazz Band, Bob Pilsbury presents a solo concert of classic jazz, including swing, traditional jazz, and boogie woogie.

Please register and pay by Friday, January 20 at the Sudbury Senior Center. Make your \$10 check payable to Sudbury Senior Activities. You may call (978) 443-3055 for more information.