



## Basic Conversational Spanish

*¿Como esta usted?*

More and more, we live in a multilingual world. Instructions for new gadgets come in several languages. Telephone voice mail systems often offer you a choice of languages to conduct business. Wonderful new foods with unfamiliar names are showing up on menus and in the grocery store.

For many of us though, our high school language lessons are far in the past.

By popular demand, the Sudbury Senior Center is offering a 10 week course in conversational Spanish for seniors.

The course will be offered **Mondays, February 6** through **April 10**, from **1:30-2:45** each day, and with a special **free** introductory interest session **Monday, January 30** at 1:30.

The course is geared to acquiring a basic understanding of conversational Spanish. At first, the students will learn Spanish as they learned English: through observation, listening, and imitation. As the classes progress, some reading and writing will be introduced.

The instructor is Mark Perlmutter, who has 35 years experience teaching at the high school and college level, the past 16 years for Framingham State College. He received his BA degree from Boston College and his MA degree from Suffolk University.

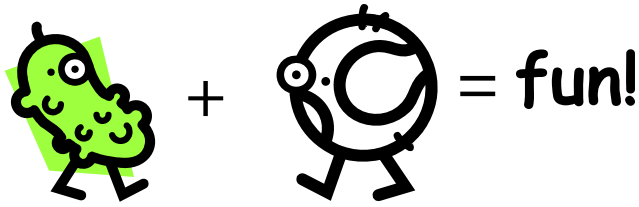
The **cost for the 10 week course will be \$40**, and a minimum of 30 students is required. Please call the Senior Center at (978) 443-3055 to register for the course or for the introductory interest session.



*This program is offered in partnership with Framingham State College  
The Center for Lifelong Learners.*

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**Pickle-ball**

Here's a great new game named after a dog!

Pickle-ball is our new import from Florida, where it is the latest word in active fun. The game uses light-weight wood paddles and a plastic perforated ball for a tennis or badminton-like game with an emphasis on coordination, patience, and strategy rather than strength or brute power. But there's plenty of action!

Played on a smaller court than tennis, Pickle-ball can be played in a singles or doubles format, using a low net. Points are scored on volleys only, and like ping-pong, can be learned quickly and has a lot of action. It is an aerobic activity, and a perfect way to tackle the post-holiday waistline.

Where does the dog come in? According to the game's inventor, U.S. Representative Joe Pritchard, it is named after his cocker spaniel, Pickles, who had a habit of running away with the ball.

Curious? Want to learn more, or even try the game? We will offer Pickle-ball on **Thursday afternoons**, beginning **January 19**, from **12:30-3:00** in the Fairbank gym. Council on Aging President Joe Bausk will be on hand to help people learn the simple rules. If you want to play doubles but don't have a partner, come anyway and we'll find one for you. There is no cost to play, but please call the Senior Center at (978) 443-3055 to let us know you are coming.

**Veterans of Foreign Wars**

Perhaps you've read in a recent local newspaper about the decline in membership of some veterans organizations. This is not true of The Veterans of Foreign Wars Post in Sudbury. The Post has had a constant membership in the neighborhood of twenty-five to thirty members for the last ten years. The Post does not have a clubhouse with a bar, but holds its monthly luncheon meetings at Longfellow's Wayside Inn.

Under new leadership, the members of the post have approved a plan to increase the size of the Post by attracting new members including veterans of World War Two, the Korean and Vietnam Wars as well as Desert Storm and other recent conflicts. Interested veterans should contact the Post Commander, Charles Pepper, at 978-443-2756 or the Post Adjutant, Donald Somers, at 978-443-2860 for more information.

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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.*

ads



### Alzheimer's Best Bets for Staying Sharp: Exercise

You knew that regular exercise was good for your heart and your waistline, but new research is beginning to show that it can be good for your brain as well! But put aside the image of grueling marathons. There are plenty of active things people can do to benefit their brains without going to extremes.

Everyone can benefit from consistent physical activity. The best activities are those you can fit into your life on a regular basis, and having a variety of physical outlets is better yet.

Join us **Thursday, January 26** at **1:00** as we welcome Lois Leav, as she talks about the benefits of regular exercise for both body and brain. Lois is also known as our peppy Fit-for-the-Future class leader, and she has years of experience in adapting exercises for individual needs. This session is the fourth in a series of five talks on brain health and lifestyle changes that may be able to delay or prevent Alzheimer's disease.

The series will conclude on **Thursday, February 23**, when a cardiologist from Emerson Hospital will speak on heart-healthy changes you can make to improve your cardiac health and benefit your circulatory system;

*This series is made possible by a grant from BayPath Elder Services.*

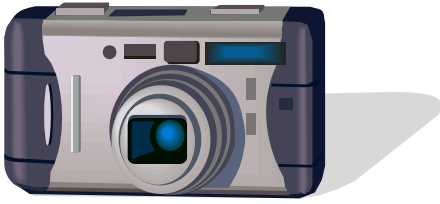


### A word about our new look

Beginning with this issue, the *Sudbury Senior Scene* has a new, lighter look. We expect to continue to offer our usual mix of coming events, educational items, and computer links to sites of interest.

The *Sudbury Senior Scene* is available on the Town website at <http://sudbury.ma.us/> usually before the printed copy reaches people's homes. In the web version, the links are "live", meaning you can click on them and go directly to another site.

As always, we are pleased to get feedback about what you like and what you don't like about this publication and the Senior Center in general. Talk to anyone on staff, or leave a note in the suggestion box!



## Digital photography interest meeting

So you got a new digital camera as a gift . . . what's next?

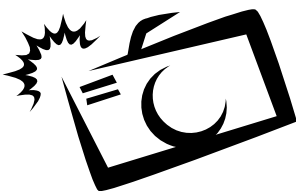
Or you know you'd like a digital camera, but how do you figure out which one is best for you?

Or perhaps you are comfortable with your camera, but know there are many ways to make your photos look even better using a computer, but you aren't sure how to do it.

We plan to offer a course or two in different aspects of digital photography, but we need to know what your interests are, so we can shape the classes to meet your needs.

Come to a Digital Photography interest meeting **Tuesday, January 24 at 1:00**, to give us your input. You'll meet George Kiesewetter, who will be the instructor for the classes, and get a chance to tell us what subject matter and which days and times work best for you.

The meeting is **free**, but please call (978) 443-3055 to let us know you are coming.



## A Matter of Balance *A series to help keep you on your feet*

Grrr, winter! Snow, ice, freezing rain, and sand liberally sprinkled over everything. Getting around outside can be a challenge.

The fear of falling alone is enough to keep people stuck indoors, and experiencing an actual fall can be a serious event. Falls leading to injury can cause a permanent loss of mobility and independence.

Luckily, many falls are preventable through working to improve your balance, flexibility, and posture.

We are pleased to sponsor **A Matter of Balance**, a series of eight classes on **Monday** afternoons at **1:00**. The focus is on empowering seniors to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture.

The first two classes were offered in December, but the remaining class dates are **January 9, 17, 23, 30** and **February 6** and **13**. The cost is **\$30** for the rest of the series. Please call the Senior Center to register.

The classes are 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.

## Out-of-Town Subscribers

It is time to renew your subscription to receive the Sudbury Senior Scene in 2006, (eleven issues).\*

Please write a check for \$5.00, payable to **Friends of Sudbury Seniors**, and mail it with the coupon below.

Name: 

Address

City, State, Zip

### Mail to:

*Sudbury Senior Scene*  
Sudbury Senior Center  
40 Fairbank Road  
Sudbury, Massachusetts 01776

\* Please note that free copies of the newsletter are usually available at the Senior Center front desk.



## *Invitation to all!*

The very proud children of **Clay and June Allen** invite their parents' friends, neighbors, and associates to join them in the celebration of their 60th Wedding Anniversary. An open house will be held on **Sunday, January 22nd, from 11 AM to 2:00 PM**, at the Sudbury Senior Center. We hope you can take a few moments to stop by to wish them well, and celebrate their remarkable accomplishment. There will be light refreshments, sparkling cider for toasting, and a guest register to create a lasting memory in honor of their very special union. (*Snow date*: Sunday, January 29, 11-2, and please, no gifts).

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
DEBRA GALLOWAY

**Early eye treatment is key to preserving sight**

It's an uncomfortable fact, but by age 65 one in three Americans has some form of vision impairing eye disease. There are often no warning symptoms and some seniors may assume poor sight is a natural part of growing older. The most common causes of vision loss among older adults are age-related macular degeneration, glaucoma, cataracts and diabetic retinopathy. In fact, diabetics are at greater risk for not only diabetic retinopathy, but also glaucoma and cataracts. Since *all of these conditions are treatable in the early stages*, detecting and treating eye disease early through dilated eye exams is the key to helping you preserve your vision.

If you are age 65 or over, it is recommended that you have a complete eye exam with an ophthalmologist every one or two years. Those who do not have insurance coverage for this care may benefit from assistance from the EyeCare America Program. This program is designed for people who are U.S. citizens or legal residents, are age 65 or older, have not seen an ophthalmologist in three or more years, and do not have eye care insurance through an HMO or the VA. Those eligible receive a comprehensive, medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam (excluding eyeglasses, medications, and hospital services). Call the toll-free helpline at **800-222-EYES (3937)** anytime, for yourself or a family member to request free eye care educational materials and to determine if you qualify for care from a volunteer ophthalmologist.

For more information about eye health resources, please call Debra Galloway at the Senior Center at (978) 443-3055.

ads






**Soup's On: Debt Management**

When your debts are mounting up, it's hard to know how to manage your creditors. These debt collectors can be intimidating and unrelenting! But you do have some rights. Join us **Thursday, January 19** at **12:00** to hear Attorney Betsy Soule speak on how to become "judgment proof", and what to do if you are called into court over a debt.

Betsy will also talk about the new, tougher, bankruptcy laws, and ways to avoid running up large credit card bills to pay for things like medicine and food. Betsy is a Supervising Attorney with South Middlesex Legal Service, and holds a degree in law from The Catholic University of America in Washington, DC.

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.

# JANUARY 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>New Year's Day Holiday 2</p>  <p>CENTER CLOSED</p>	<p>3</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge 7:00 PM COA Board</p>	<p>4</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilts 1:00 Canasta 1:00 Bridge Lessons</p>	<p>5</p> <p>9-12 SHINE 9:30 Tap Class 5 9:45 Thursday Crafters</p>	<p>6</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta</p>
<p>9</p> <p>Van trip to Natick Mall 9:30-2:30 I&amp;R Hours 10:00 Stamp Club 11:00 Fit for the Future 12:00 Tai Chi 1:00 Matter of Balance 3</p>	<p>10</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 11:00 Chair Yoga 1 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>11</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-11:00 Dr. Tarr 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilts 1:00 Canasta 1:00 Bridge Lessons 2:00 Trip Meeting</p>	<p>12</p> <p>9-12 SHINE 9:30 Tap Class 6 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Cinderella Man</i></p>	<p>13</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta</p>
<p>Martin Luther King Day 16</p>  <p>CENTER CLOSED</p>	<p>17</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 10-12 Legal Clinic 11:00 Chair Yoga 2 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge 1:00 Matter of Balance 4</p>	<p>18</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Canasta 1:00 Bridge Lessons 2:00 Trip Follow-up Meeting</p>	<p>19</p> <p>9-12 SHINE 9:30 Tap Class 7 9:45 Thursday Crafters 12:00 Soup's On: Debt Management 12:30-3:00 Pickle-ball!</p>	<p>20</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta</p>
<p>23</p> <p>Van trip to Christmas Tree Shop 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Tai Chi 1:00 Matter of Balance 5</p>	<p>24</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 3 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge 1:00 Digital Photography interest meeting</p>	<p>25</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilts 1:00 Canasta 1:00 Bridge Lessons</p>	<p>26</p> <p>9-12 SHINE 9:30 Tap Class 8 9:45 Thursday Crafters 12:30-3:00 Pickle-ball 1:00 Alzheimer's Best Bets: Exercise 3:00 Friends Meeting</p>	<p>27</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta</p>
<p>30</p> <p>Van trip to Walmart 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Cardiac Medications You Should Know 12:00 Tai Chi 1:00 Matter of Balance 6 1:30 Conversational Spanish Interest Meeting</p>	<p>31</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 4 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>			



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 3	January 4	January 6
Sloppy Joe Whipped potatoes Carrots Hamburger bun Peaches	Tomato-Cabbage soup Crunchy fish wedge Diced parsley potatoes Pumpnickel bread Mixed fruit	Cream of broccoli soup Yankee pot roast/gravy Mashed potatoes Oatmeal bread Applesauce
January 10	January 11	January 13
Chicken fajitas Onions, red peppers and mushrooms Brown rice Mexicali corn Pita bread Mandarin oranges	Vegetable-kale soup Roast turkey/gravy Cranberry sauce Mashed potatoes Pumpnickel bread Pineapple cake	Macaroni and cheese Stewed tomatoes Whole wheat bread Mixed fruit
January 17	January 18	January 20
Minestrone soup Cheese lasagna/tomato sauce Broccoli Pumpnickel bread Mixed fruit	Beef rib patty/mushroom gravy Mashed potatoes/chives Genoa style blend Multigrain bread Cherry muffin	Meatloaf/gravy Whipped potatoes Beets Whole wheat bread Smoothie
January 24	January 25	January 27
Baked fish fillet/spinach Florentine sauce Rotini Brussels sprouts Multigrain bread Mixed fruit	Tomato-rice soup Broccoli bake Corn Rye bread Fig bar	Turkey ham/mustard sauce Mashed potatoes Country style veggies Multigrain bread Pears
January 31	February 1	February 3
Egg drop-spinach soup Chicken marsala Brown rice Sourdough bread Orange	Italian pork roast/gravy Sweet potatoes Warmed applesauce Whole wheat bread pineapple	Veal/gravy Mashed potatoes Carrots Pumpnickel bread Peaches

Movie-and-Pizza

January 12  
12:00



Cinderella Man

Drama  
2 hrs. 24 minutes  
Rated PG

During the Great Depression, a common-man hero, James J. Braddock--a.k.a. the "Cinderella Man" <http://www.jamesjbraddock.com/>--was to become one of the most surprising sports legends in history. By the early 1930s, the impoverished ex-prizefighter was seemingly as beaten-up and out-of-luck as much of the rest of the American populace. His career appeared to be finished, he was unable to pay the bills, and he was even forced to go on Public Relief. But deep inside, Jim Braddock never relinquished his determination. In a last-chance bid to help his family, Braddock returned to the ring. Fueled by something beyond mere competition, suddenly, the ordinary working man became a mythic athlete. The underdog Braddock chose to do the unthinkable: take on the heavyweight champ of the world, the unstoppable Max Baer.

Starring [Russell Crowe](#) and [Renee Zellweger](#); Directed by Ron Howard

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).

**Podiatry Visit**

Wednesday, January 11  
9:00 – 11:00

Dr. Bryant Tarr of Sudbury Podiatry will be at the Senior Center **Wednesday, January 11** from **9:00 to eleven.**

Please call Dr. Tarr directly for an appointment at (978) 443-4878. Payment is made directly to Dr. Tarr.



**Ceramics**

Bowls, figurines, ornaments and more . . . to make for yourself or as gifts! Our Monday Ceramics class will resume meeting from **1:00-3:00** on **Monday** afternoons in **February** if there is enough interest. The cost is \$5.50 a session, plus the cost of materials.

If you're interested, please call (978) 443-3055 so we can plan the class!

**Friends Appeal**

If you've already responded to the annual fundraising appeal from the Friends of Sudbury Seniors, *thank you for your generosity.*

If you haven't yet contributed, it's not too late! The Friends are a significant source of support for the Senior Center and our programs. For example, you receive this **newsletter free**, because the friends pay the postage!

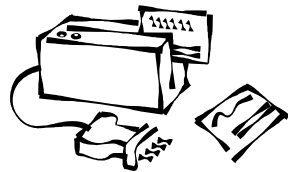


**The Council on Aging seeks new members**

Help pilot the Senior Center into the future, and ensure that the programs and services we offer continue to need the needs of our residents aged 60 and older.

There will be three openings on the Council on Aging, the policy-making Board for the Senior Center, beginning in May. Meetings are held the first Tuesday of each month at 7:00 PM. Sudbury adults of all ages are welcome to apply. Members may serve two three-year terms.

If you are interested, please call the Senior Center at (978) 443-3055. We'll mail you an application.



**Get your card!**

It's free . . . a new bar-coded card is available for anyone who uses the Senior Center regularly. No more signing in at the front desk. You just swipe your card, and we know you're here!

This new innovation will save us hours of computer work, so we thank you for helping by getting your card.

Just fill out a simple form, and the next time you come in, your card will be waiting for you!



**Chair Yoga**

Want to improve your flexibility, equanimity, and balance? Our gentle Chair Yoga could be the answer for you.

Yoga is a physical practice designed to increase flexibility, strength, balance and the ability to relax. Deep breathing exercises, postures and flowing movements help to limber and strengthen the body. The class is accessible to most people, including those who have physical limitations or haven't stretched in a while!

Certified instructor Debra Galloway begins with warm-up exercises in a chair, proceeds to standing poses using the chair for balance, and ends with a relaxation period.

Not sure it's for you? Try the first class for free. The next six-week session begins on **Tuesday, January 10** from 11:00 -12:00, and costs **\$25.00**. Please register at the Senior Center Front Desk both to try the first class or to sign up for the six-week series.

Need more information? Call the Senior Center at (978) 443-3055 and Debra will call you.

Further series will be **February 28 - April 11** and **April 25-June 13.**





**The Thursday Crafters**  
from Martha Dow

The Friends of Sudbury Seniors and The Thursday Crafters, want to thank everyone for their help on our Holiday Bazaar.

This year a number of the Crafters traveled to Egypt and we learned new techniques in the bazaars of Cairo. We got back on the Saturday before the bazaar, and it was a rush to get all the items in place, but we made it!

Vera Gazza produced her popular baskets for the Raffle. If you didn't win one, keep it in mind for next year for the hard-to-shop-for people on your list. Our amazing knitters, Kitty Sawin, Yvonne Fox and Rosemarie Hseih, insured that we will be warm and cozy this winter.

The bakers made mountains of cookies which sold down to the very last colorful Italian sprinkle. The Victorian Raffle Doll was made by Rose Olivo and the Apple Butter Dolls were made by Vera Gazza.

The kids from the Curtis After School Program operated the bowling, fish pond, face painting and bean bag toss with lots of energy. The art of making animals and flowers with balloons was taught by older students to younger.

Of course, everybody loves ads  
Grandma's Attic featuring treasured items that have been gently used and well loved. A whole party could have been put on with these things: everything from the invitations to the punch bowl.

As usual some craft items were on sale after the fair, but very little was left.

The Crafters will assemble on the first Thursday after New Years (January 5) to begin work on items for next year's Bazaar.

If you have some crafty talent, or just want to help organize and enjoy the congenial company, please do join us!



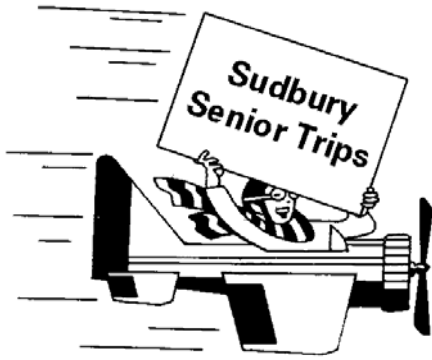
**Watercolors!**

A new 12-week series of our popular watercolor class will begin **Friday, February 3**, from **1:00 to 3:00 PM** in the Senior Center. The instructor, once again, will be Cynthia Durost.

Beginners and returning students are welcome. The class size is limited to 15 participants and sign-up will be restricted to Sudbury residents only until January 16.

The cost for the series is **\$75**. A list of materials and supplies needed for the course is available at the Senior Center front desk.





*Happy New Year to all our friends who travel with us both physically and those who travel with us in spirit!*

Our new 2006 Travel Brochure is enclosed. I hope that you will be as enthusiastic as we are about the lineup, and that you will find many trips that interest you.

In January and February we will only accept payments for *day trips* that are scheduled through June. After March 1, we will be happy to accept payments for day trips scheduled from July through December. The one exception is the Ronan Tynan show September 6. In order to get good seats, we want to get our payment in early! Please note that payment for the day trips in our brochure should be by check, payable to *Sudbury Senior Trips*.

The procedure for deposits for multi-day trips will follow the guidelines of the sponsoring travel companies. These vary depending on the company we are using. Remember, that insurance is always available and recommended for these trips.

The Villa Roma was the mini-multi day trip selected most often by those who responded to the

questionnaire. That's a good choice! I hear it is a lovely place and fall should be a great time to go there. My thanks to all of you who took the time to review and check off our two trip questionnaires. Europe, especially Eastern Europe and the River Cruises of Europe seemed to be the most popular choices.

We will hold a trip preview meeting for everyone who wants more details about this year's plans on **Wednesday, January 11 at 2:00 PM** in the Senior Center. At the conclusion of the meeting, I will give out booklets describing the European trips to those who might be interested in joining us on one of them. They will probably be scheduled in the summer, possibly in late July or early August. We will then have a follow-up meeting on **Wednesday, January 18 at 2 PM** to decide on the trip that seems to be the most popular.

Reminder: **Foxwood Casino: Monday, February 6**, our first trip of 2006! Cost: \$19 payable to Sudbury Senior Trips.

Please be sure to read the *trip guidelines* section of our 2006 brochure. Becoming familiar with our standard policies and procedures will save all of us from potential trip problems.

In general, please remember to be at the Senior Center **fifteen minutes before** the publicized departure time for each trip. This is a courtesy to our fellow travelers, and helps ensure that the trips can leave the parking lot on the dot.

Also, please be aware that trip details may change. Although we do our best to provide good information, some changes are beyond our control . . . especially for trips that have been scheduled well in advance. Please read this column of the *Sudbury Senior Scene* for possible changes as they come up. You can also call the Senior Center at (978) 443-3055 a few days before your trip just to reconfirm the start time.

Trip fliers are usually on the trip racks days or even weeks prior to announcing trip details in our newsletter. Check at the front desk if the flyer isn't available on the rack.

**By the way:** The center is planning to initiate two other trip groups in 2006: a "Cultural" and a "Sports" group in order to provide a wider selection of local travel opportunities for you. I will not be coordinating these, but we will work together to avoid conflicting travel dates. More information will soon be available regarding these added trips. In the meantime, please fill out one of the green questionnaires with your interests for the Cultural trips group. They are available at the Senior Center front desk.

I am looking forward to another great year for Sudbury Senior Trips!

Carmel O'Connell  
Trip Coordinator



## 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 **3:00 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9:00 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 8:00-9:00** and **noon to 1:00**. Free blood sugar testing is provided on the **first 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. Appointments on Thursday.

### 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 the like. 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 may be made.

### 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*

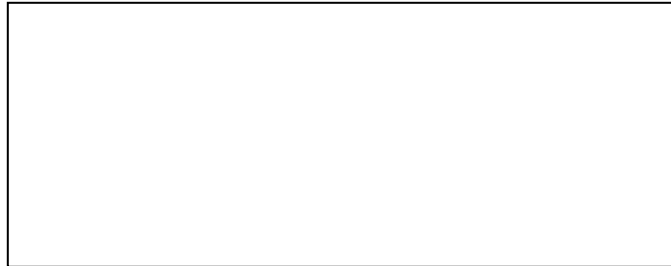
SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road  
Sudbury, Massachusetts 01776-1681

*on the web at:*

[http://sudbury.ma.us/services/department\\_home.asp?dept=SeniorCenter](http://sudbury.ma.us/services/department_home.asp?dept=SeniorCenter)

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



*Please join  
the Sudbury Senior Center*

*for our*

*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 19<sup>th</sup> 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.

Watch our February newsletter for more details.

*January and February birthdays  
will be celebrated!*

