



Growing Into Retirement

7:00 PM, Thursdays, March 5-April 2; Free

Thinking about retirement? Perhaps you've done some financial planning but haven't really thought much about other aspects of retirement. At the Senior Center we want to help you learn about how to get ready for a successful retirement. This series of five informational programs in March and April is detailed below:

Thursday, March 5: *Healthy Aging* We all hope for good health in our later years. What are the strategies for aging healthfully? This workshop will help you think through the different aspects of what to expect and how to keep yourself well as you grow older. Speaker: Kristin Kiesel, MS, Director of the Sudbury Senior Center.

Thursday, March 12: *Legal Issues* What types of legal preparations are essential for middle and older age? Denise Yurkofsky, Elder Law Attorney, will speak about legal planning and the essential documents for this time of life.

Thursday, March 19: *Resources* What resources are available in the community? Where can you get help if you need it? How can you design a package of services from various sources to help you remain independent and in your own home? Is there financial assistance? Speakers: Monica Alley, Director of Client Services at BayPath Elder Services and Nancy Foster, Sudbury Town Social Worker

Thursday, March 26: *Health Insurance* At any time of life health insurance is important, but near retirement there are many new things to learn about. People turning 65 usually need to sign up for Medicare as either a primary or secondary health insurer. Do you know the difference between Medicare and Medicaid (MassHealth in Massachusetts)? Find out about Medicare A B, C and D at this educational workshop. Speaker: Bob Read, Regional SHINE Counselor.

Thursday, April 2: *Living Situation* Will you be staying in your current home? What other options are available? Learn about assisted living, continuing care and other living options from our expert panel, including Katie Sullivan, Orchard Hill; Lance Chapman, The Groves in Lincoln; Kelley Johnson, Wingate Healthcare; and Maribeth Boisvert, Thorndike Development.

Each workshop will begin at **7:00 PM** and last about an hour. Light refreshments will be available. These events are offered **free of charge**, but space is limited so please reserve by calling (978) 443-3055.

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Religion and Politics in America
Tuesdays, April 7-28
2:00

In recent years, religion has played an increasingly large role in the American political process. Why has religion seized hold of our political agenda? What lies at the heart of the American social, psychological, historic, and demographic character that allows religion to have such a powerful influence?

Join us for a wide ranging look at this pivotal topic.

April 7: Church-State Separation in America: An Analysis of the basic Controversy

April 14: The God Strategy: How Religion Became a Political Weapon in America

April 21: Ethnic groups and the American Political Process

April 28: The Recent Presidential Election: How the Forces of Religion Played Out

This four-session series will be presented by Dr. Lawrence Lowenthal, the National Senior Advisor to the American Jewish Committee. Dr. Lowenthal has a PhD in English from New York University.

The cost for the series will be **\$35**. Please call 978-443-3055 to reserve your space.

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STATEMENT

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

Town Elections/Town Meeting

Town elections will be held **Monday, March 30**.

Town Meeting will begin **Monday, April 6**. If you would like a ride to town meeting, please call 978-443-3055 and someone will pick you up and bring you home again. Thank you to the Friends of Sudbury Seniors for this service!

Sing Along

Join guitarist Duncan Arden **Thursday, March 26 at 1:00** for a sing-along of lively tunes, including some Celtic melodies, some Elvis, Beatles, and Beach Boys. It's **free**, and will be a lot of fun. Our own Marilyn Goodrich, herself an accomplished guitarist, may sit in.

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Mardi Gras

in films and recordings

Wednesday, March 11
2:00

Celebrate the energy and color of Mardi Gras with musician John Clark who will present a lecture and discussion of elements of New Orleans jazz and musical culture **Wednesday, March 11**.

The presentation will be illustrated with films from Preservation Hall, a traditional jazz funeral, and well-known examples of the style in Hollywood films, television broadcasts, and documentaries.

John Clark, a clarinetist and saxophone player performs regularly with Dixieland bands including Tucker's Hot Cat Jazz Band of Connecticut and the Back Bay Ramblers.

The cost for the event is **\$10**, and please register in advance because space is limited.

This program is offered in partnership with the center for Lifelong Learners, Framingham State College.

Monday meals

Here's a new concept: a choice of delicious hot meals to eat here or at home on Mondays. If you are one of our regular home delivered meals clients, you can choose from the selections below. If you are a Fit for the Future participant or anyone else who would like a hot meal here at the Center, please join us. The cost per meal is **\$3.00**, and you'll need to phone in your order by noon each Friday before your Monday meal. The food will be prepared by Wingate, and taste tests assure us that it will be delicious. All meals come with sides and all the fixins.

Monday, March 2: Baked meatloaf OR cheese ravioli

Monday, March 9: Chicken pot pie OR meatloaf with gravy

Monday, March 16: Baked ziti OR baked chicken

Monday, March 23: Fried chicken OR liver and onions

Call 978-443-3055 by noon to place your order.



**Soup's On:
Low vision and aging
Thursday, March 12
Soup at noon, talk at 12:30**

Everybody finds that their vision changes as they get older. Some changes are normal, but some changes are associated with age-related diseases, like macular degeneration, glaucoma, cataract, or diabetic eye disease.

In this program, you will learn more about these conditions, as well as benefits and services available through the Commission for the Blind and other agencies. You will have an opportunity to learn about helpful and interesting aids and devices.

The presenter, Andrea Schein of the Massachusetts Commission for the Blind, is a public education consultant for the BRIDGE Elder Blind Program at the Massachusetts Commission for the Blind.

The event is **free** but we must know how many people to prepare food for, so advance registration is required by calling 978-443-3055.

Promptness is appreciated. We regret that we can't guarantee soup for people who do not sign up in advance.

The kitchen closes at 12:30 as a courtesy to the speaker.



**Johannes Brahms
Monday, March 23
2:00**

Brahms was an enigmatic character, and a star of the Romantic period. Come hear classical pianist Alice Wilkinson perform a variety of his work, including folk music, piano duets with her colleague Barbara Beck, as well as Brahms' last works for the piano.

Ms. Wilkinson is a member of the faculty of Longy School of Music in Cambridge, and has performed with the Boston Pops Orchestra. She has a bachelor's and master's degree from Julliard School of Music, New York.

The cost for this program is **\$10**, and advance registration is required.

This program is offered in partnership with the center for Lifelong Learners, Framingham State College.

*If you are a Sudbury senior (aged 60 or older) and were born in the month of **March**, be our guest!*

**Monthly Birthday
Luncheon
Friday, March 27
12:00-1:00**

Those with March birthdays eat **free**; everyone else is welcome for a \$2 donation. Reservations required by 10:00 AM on March 26. Call 978-443-3055.



Income tax return assistance

Seniors who need help preparing their 2008 income tax documents can get assistance **free of charge** here at the Senior Center. AARP-trained tax preparer volunteers, Dave Calder and Bill Cole, led by Tom Sifferlen, are available to assist beginning **Tuesday, February 17**, and continuing every Tuesday, Wednesday and Thursday until mid-April.

One and a half hour appointments are available from **9 AM to 4:00 PM**. Call us for an appointment at (978) 443-3055.

Be sure to bring your year-end tax documents mailed to you by banks, pension plans and other sources of income, and *a copy of your last year's tax return* to your appointment. If your taxes were done by one of our volunteers last year, please also bring the computer disk that you were given along with you.

Free legal clinic

Elder law attorney Denise Yurkovsky will provide **free** twenty-minute consultations here at the Senior Center on **Tuesday, March 3** from **10:00 AM** until **noon**.

Please call to make an appointment at 978-443-3055.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Neighbors Helping Neighbors

It has been a hard winter all the way around this year, with snow and ice and very cold temperatures, not to mention the bad economic news. People have been stuck inside for fear of falling, and many are reluctant to go out and spend time and money except for essentials.

But now it's time to shake off the doldrums and get reinvolved with life. Research has shown that two of the best ways to combat depression and increase quality of life is to have a strong connection with others and to have a sense of purpose.

That's where you come in. Here is a list of things you can do to make a difference in someone else's life. By reaching out to help others, you will also be taking a big step toward helping yourself.

Trade "are you OK" signals with an across-the-street neighbor. Agree that if your curtains or shades are not raised by a certain time each day, you (or they) will call for help.

Offer to pick up something for your neighbor at the supermarket or drug store if you are going out . . . or even offer them a lift.

If you are scattering sand on your icy spots, do the same for your neighbor. Or you can ask if they would like a sand bucket of their own, and call the Senior Center to arrange a free delivery.

Check with your neighbors to see if they are staying warm. If they are having a hard time, refer them to the Senior Center. We have lots of resources related to heating.

Be a good ambassador. Tell your neighbors about the free FISH program that takes people to medical appointments, the free Fix-It program that helps seniors with simple repairs and tasks like changing hard-to-reach lightbulbs.

Share the dog-walking with your neighbor. It is a chance to get outdoors, and may lighten the load for an older neighbor who isn't as well as she was before.

If you know of an older neighbor having a hard time, call Debra Galloway. There may be a lot that can be done to help.

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MARCH 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 2:00 The Metropolitan Museum: American Art</p>	<p>3</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-4:00 Tax Help 10:00 Walt Whitman (3) 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board</p>	<p>4</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-4:00 Tax Help 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Bridge Lessons (4)</p>	<p>5</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 9:00-4:00 Tax Help 7:00 Growing into Retirement (1)</p>	<p>6</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (5) 1:30 Frankenstein (1)</p>
<p>9</p> <p>9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (5) 2:00 The Metropolitan Museum: 20th Century Art</p>	<p>10</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-4:00 Tax Help 10:00 Walt Whitman (4) 10:00 Andy Cooney Trip 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p>11</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-4:00 Tax Help 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Bridge Lessons (5) 2:00 Mardi Gras in Films and Recordings</p>	<p>12</p> <p>9-12 SHINE 9:00-4:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Low Vision and Aging 7:00 Growing into Retirement (2)</p>	<p>13</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (6) 1:30 Frankenstein (2)</p>
<p>16</p> <p>9:30-2:30 I&R Hours 10:30 Bridges Celebration 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (6) 2:00 The Metropolitan Museum: The Robert Lehman Collection</p>	<p>17</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-4:00 Tax Help 10:00 Walt Whitman (5) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p>18</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-4:00 Tax Help 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 St. Patrick's Day Lunch and Party 12:30 Quilting Studio 1:00 Bridge Lessons (6)</p>	<p>19</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 Bridges Celebration 9:00-4:00 Tax Help 12:30 Movie: <i>Miss Pettigrew Lives/Day</i> 7:00 Growing into Retirement (3)</p>	<p>20</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (7) 1:30 Frankenstein (3)</p>
<p>23</p> <p>9:30-2:30 I&R Hours 10:30 Bridges Celebration 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (7) 2:00 Brahms</p>	<p>24</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-4:00 Tax Help 10:00 Walt Whitman (6) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p>25</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-4:00 Tax Help 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Bridge Lessons (7)</p>	<p>26</p> <p>9-12 SHINE 9:00-4:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 10:30 Bridges Celebration 1:00 Sing along 3:00 Friends Meeting 7:00 Growing into Retirement (4)</p>	<p>27</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Birthday Lunch 1:00 Cards 1:00 Watercolors (8) 1:30 Frankenstein (4)</p>
<p>30</p> <p>Town Elections <i>Van trip to Walmart/Applebees</i> 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Balance (8) No Fit for the Future</p>	<p>31</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-4:00 Tax Help 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</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 may be made. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
March 3	March 4	March 6
Split Pea Soup Turkey Ham/Raisin Sauce Whipped Potato Smoothie	Salisbury Steak/ Jardinière Gravy Mashed Potatoes Carrots Muffin	Baked Fish/Newburg Sauce Rice Pilaf Green Beans Applesauce
March 10	March 11	March 13
Roast Turkey/Gravy Mashed Potato Winter Squash Fresh Fruit	Egg Drop Soup Chicken Teriyaki Brown Rice Cake	Macaroni and Cheese Stewed Tomatoes Broccoli Mixed Fruit
March 17	March 18	March 20
Corned Beef/Broth Boiled Potatoes Carrots and Cabbage Pistachio Pudding	St. Patrick's Day Party!	Broccoli Bake Parsley Potatoes Corn Fresh Orange
March 24	March 25	March 27
Sloppy Joes Corn Carrots Pineapple	Harvest Soup Pork Patty/Gravy Whipped Potato Applesauce	Scallops/Lemon Sauce Rice Pilaf Broccoli Birthday Cake
March 31	Monday, March 2: Baked meatloaf OR cheese ravioli	
Cream Veg. Soup Roast Pork/Tarragon Gravy Whipped Potato Muffin	Monday, March 9: Chicken pot pie OR meatloaf with gravy	
	Monday, March 16: Baked ziti OR baked chicken	
	Monday, March 23: Fried chicken OR liver and onions	

**Movie and pizza
Thursday, March 19**



Miss Pettigrew Lives for a Day

1 hour 32 minutes

Pizza: 12:00
Movie: 12:30

In 1939 London, Miss Guinevere Pettigrew is a middle-aged governess unfairly dismissed from her job. Miss Pettigrew intercepts an employment assignment outside of her comfort level--as "social secretary." Arriving at a penthouse apartment for the interview, Miss Pettigrew is catapulted into the glamorous world of an American actress and singer. Within minutes, Miss Pettigrew finds herself swept into a heady high-society milieu. Over the next 24 hours, she and her boss will empower each other to discover their romantic destinies. Stars Frances McDormand.

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 (\$1.25 per slice).



Get the *Sudbury Senior Scene* early!

We have developed an Internet mailing list. This new feature provides news about upcoming events at the Senior Center, helpful information and tips about programs and services for seniors, and provides a link to the latest issue of the *Sudbury Senior Scene* newsletter as soon as it is available (usually two or more weeks before it arrives in the mail). The on-line version is in color, has links readers can click to get to other web pages, and has no advertising.

To join, go to:

<http://sudbury.ma.us/services/SeniorCenter/mailling.asp> and type in your email address. Then click on "View subscription status". Fill out the information boxes, and be sure to check the little white box in the green area that says "Subscribe to Senior Center – General Information". Next, click on the tan box that says "Save Subscription Preferences". That's it; you are subscribed. We won't share your e-mail with anyone.

Readers can also take themselves off the list at any time by going to <http://sudbury.ma.us/services/SeniorCenter/mailling.asp?Action=SubscriptionCancelRequest>

Frankenstein or, the Modern Prometheus: Creativity, Education and Justice Fridays, March 6-April 10 1:30-3:00

Core themes of the Modern era began appearing in the last decades of the 18th century. Mary Shelley's novel *Frankenstein or, the Modern Prometheus* examines concepts of education, child-raising by example and precept, personal and social responsibility, alienation, and how to distinguish justice from revenge. It is one of the most important and influential texts of recent centuries.

This novel helps us explain two major narrative and symbolic roots of civilization: the myth of Prometheus and his theft of divine fire, and the even more ancient story of the Garden of Eden, and the expulsion from 'childhood' into history, from innocence into experience.

Join Dr. Eugene Narrett in a six-week examination of this literary work. The classes and topics are:

March 6, Introductory, diary letters 1-4 through Volume I, chapter 3:

The thematic implications of resemblances between the introductory letters and the story of Victor Frankenstein, the significance of the events and characters he begins with.

March 13, Volume I, chapters 3-7: Victor's relation to and feelings for nature, their interaction with his dedication to science.

March 20, Volume I, chapters 7-8; Volume II, chapters 1-2: Who or what are the monster's main guides? How do people relate to him?

March 27, Volume II, chapters 3-7: What is the thematic link between the de Lacys' story and the monster's? Does Shelley seem to believe in a "natural" religion?

April 3, Volume II, chapters 7-9 through Volume III, chapter 2: Mary Shelley's views on personal responsibility and systems of justice.

April 24, Volume III, chapter 3-7: What clues does Shelley give her readers, or does she offer an open-ended challenge to their ethical response? Are Victor's reasons for acting as he does consistent with his reasoning and his goals admirable? Does Shelley take a clear stand on heroes and villains? Does the novel offer a positive or cautionary view of science? Does the author associate innovation or conservation more with growth and happiness?

The cost for the six-week series is \$55. For participants who will not be able to attend every class, the charge will be \$10 a class, but since the course material builds on itself, missing classes is not recommended.



**Metropolitan Museum of Art
Mondays, March 2-16
2:00**

The Metropolitan Museum in New York houses one of the premiere collections of art from around the world, including items from Greece, Rome and Egypt, European painting and sculpture, American art, and items from Africa and Oceania.

This month we will complete our visual tour of the museum on DVD through disks from The Teaching Company. The presenter is Dr. Richard Bretell of the University of Texas. Dr. Bretell has a PhD from Yale.

The series is **free** (but please call to let us know you are coming). If you haven't been able to come to the earlier showings, you will still enjoy those we have remaining.

This month we'll focus on American and contemporary art, with works from Sargent, Whistler, Picasso, Matisse, Goya, and Renoir in the Lehman collection.

March 2: American Art

March 9: 20th Century Art

March 16: The Robert Lehman Collection

Are your prescription costs too high?

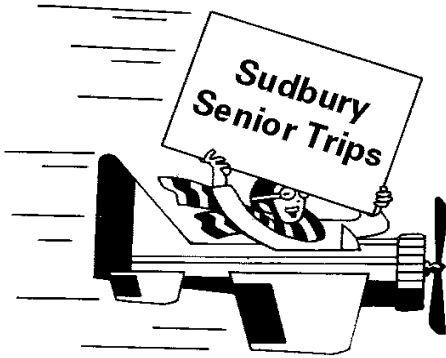
Prescription Advantage, the state's pharmacy assistance program, can help lower your prescription costs. If you become a Prescription Advantage member and you do not have a Part D plan, you can join a plan now. (You do not have to wait for the next Open Enrollment Period in November.) Prescription Advantage members also get one additional time each year to change Medicare Part D plans.

You are eligible to join if you are 65 or older and your annual income is less than \$52,000 for a single person or \$70,000 for a married couple. If you are under 65 and disabled, you may also qualify. There is no charge for joining if you have an annual income less than \$31,200 for a single person and \$42,000 for a married couple. Depending on your income and the Part D plan you choose, Prescription Advantage may help pay all or part of your drug plan's monthly premium, as well as help when you reach the coverage gap (Donut Hole).

There is free help available from the SHINE program here at the Senior Center. Call 978-443-3055 for an appointment with Kathleen Woehrling, our counselor.

For info on becoming a SHINE volunteer counselor, contact Dorene Nemeth at (508) 532-5980, ext 4109.

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Although spring is not quite here yet, it will feel a lot like it if you are able to join us on March 10 to see Andy Cooney. It will put spring in your heart!

Forever Irish with Andy Cooney, Tuesday, March 10: at the Venus Se Milo in Swansea. This show features his singing, plus the Celtic Angels Irish Dancers, Kate Purcell, Irish folk singer, and George Casey, the popular Irish comic. The meal choices are corned beef and cabbage or baked haddock. The cost is **\$69**. We'll leave at 10:00 and return about 5:00.

Ethel Merman's Broadway, Tuesday, April 21: We have just received word that we can increase our spots from 25 to 35 for this popular trip to the El Garde Arts Center in Connecticut. The music of Cole Porter, Irving Berlin and the Gershwins will come alive for you in the incomparable style of Ethel Merman, starring Rita McKenzie. We will spend the morning at The Foxwoods Casino (note change from the Mohegan). We will receive their usual casino package and shortly after lunch there we will proceed to the El Garde center for our show. Cost is **\$63** payable to Sudbury Senior Trips. We leave at 8:30 and return about 7:00.

Remembering the 50s with The Four Aces, Tuesday, May 12:

Remember them when we were all soooo young? Well believe it or not their inimitable style is back with the New Four Aces. You will hardly be able to tell the difference (they tell me). They will be at Luciano's on Lake Pearl to help us all remember the 50's (I can just barely). The cost is **\$69** and includes a full luncheon of either breast of chicken or baked haddock.

USO Variety Show, Tuesday, June 16: Join Best of Times in celebrating their 35th Anniversary of providing wonderful entertainment for Senior audiences of New England. Lots of special surprises, great decorations, and door prizes as well as a fantastic show band with lovely dancers and "appearances" by some of your old beloved stars like Judy Garland, Frank Sinatra, and Dolly Parton. Cost is **\$69**. Choice of luncheon is: Yankee pot roast or stuffed breast of chicken.

Red Sox vs. Toronto Blue Jays July 17-20: We are now taking deposits **\$ 75**. We will spend the first afternoon and evening at Niagara Falls with dinner, a show and time to browse the area or try our luck at the casino. The next day after a tour of the Niagara area we are off to the Ball Game. Day 3 will be a visit to Canada's prettiest town and to Syracuse and a wonderful dinner and "Surprise Party" at the Double Tree Hotel. Day 4 will find us at the Baseball Hall of Fame. Final payment is due by June 3. Total trip cost is **\$599** pp. double occupancy.

Biltmore Estates and Asheville, North Carolina, September 13-18:

This trip is almost sold out. You must book very soon if you are interested. Our route takes us through the beautiful Blue Ridge Mountains. We'll spend a full day at the Biltmore Estate, America's largest privately owned home, with its lovely gardens. Also included will be a guided tour of Asheville with its beautiful Art Deco buildings, and a visit to the Folk Art Center, and the Museum of the Cherokee Indian. On the way home we'll stop in Roanoke, Virginia, for a visit to the O. Winston Link Museum with its famous photos of steam trains and American life. The cost is **\$465** pp double. Trip insurance is available for \$35 pp.

Autumn Repositioning Cruise, November 1-15: Cruise on the *Norwegian Dawn*, with stops in The Dominican republic, the US Virgin Islands, Antigua, Barbados, Curacao, and Aruba. This trip is completely sold out of the spaces we have been allotted. Please call me at 978-443-8320 if you are interested in being on our wait list for possible openings later on.

All of our summer and fall day trips can now be booked. Please pick up our purple trip booklet or our individual flyers on the trip rack. They include Newport Playhouse's *Don't Dress for Dinner*, North Shore Music Theatre's *Anything Goes*, a Lighthouse Lovers Cruise with a full course lobster dinner, John Davidson, and A Taste of Italy with Dick Contino.

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. Leave your request on the answering machine, and the coordinator will call you.

Sudbury Senior Access: Subsidized taxi rides from Sudbury to any contiguous town. Books of coupons worth \$25 in rides are for sale for **\$12.50** at the Senior Center. Rides are available 5:30-AM to 10 PM weekdays and 5:30 AM to 5:30 PM on weekends.

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, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

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 2:30**.

Legal Clinic: Denise Yurkofsky, an elder law attorney, is available for free private 20-minute consultations with seniors regularly. 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, **Thursdays 9-12**. Please call to make a **free** appointment.

IN-HOME SERVICES

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

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs around the house. Seniors will only be expected to pay for necessary parts and materials.

Grocery Shopping: A volunteer shopper will make weekly visits to the store, and assist the senior 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 seniors and people with disabilities 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**. 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.

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>

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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

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

Get your green on at the

Sudbury Senior Center
Annual St. Patrick's Day
luncheon and party
Wednesday, March 18
12:00-2:00



Featuring performances by the renowned *Senior Strutters*
and music students from the Curtis Middle School

Menu: Corned beef, cabbage, potatoes, carrots, and all the trimmings

Cost: \$5.00 Reservations required by Wednesday, March 11