



Growing Into Retirement

7:00 PM, Thursdays, March 11-April 29; Free (no class April 8)

Thinking about retirement? Perhaps you've wondered how to plan. At the Senior Center we want to help you to get ready for a successful retirement, with a series of seven informational programs in March and April:

March 11: *Community Resources* 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: Nancy Foster, Sudbury Town Social Worker, and Debra Galloway, Senior Center Information and Referral Specialist

March 18: *Financial Planning* How can you plan for a financially stable retirement? Speakers: Todd Sturman, Tilton Sturman Financial; Cynthia Mangan, Four Points Financial; and Michael Gore of Whitney and Gore

March 25 *Healthy Aging* We all hope for good health in our later years. What are the strategies for aging healthfully? Speakers: Dr. Andrea Rizzo and Dr. Lei Jiang, of Concord Hillside.

April 1: *Health Insurance* 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. Speaker: Kathy Worhach, Outreach Associate, MetroWest SHINE.

April 15: *Living Spaces* Will you be staying in your current home? What other options are available? Speakers: Beth Rust, Community Housing Specialist; Seth Peters of Traditions of Wayland, and Rebecca Donato of North Hill

April 22 *Downsizing* When you move, how do you make good decisions about what to take with you? Speaker: Marie LeBlanc of Transitions Liquidations

April 29: *Legal Issues* What types of legal preparations are essential for middle and older age? Speaker: Attorney Philip Benjamin, of Bikofsky, White and Benjamin.

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.

INSIDE THIS ISSUE

Opera	2
Fix-It	2
Legislative Breakfast	3
World War I	3
Soup's On: Spinal Stenosis	4
How to Skype	4
Healthy Aging Focus Group	4
Mass MoCA Trip	4
Using Oxygen	5
Calendar	6
Menus	7
Movie: <i>Amelia</i>	7
Prescription Advantage	8
BSO Trip	8
Legal Clinic	8
Senior Yoga	8
Women's Connection	8
Birthday Lunch	9
Stamp Collections Wanted!	9
Trips	10
Services	11
St. Patrick's Party	12



World's Great Operas
Monday, March 1-22, 1:30

Join musicologist Marina Katseva as she presents the history and creation of the most popular operas in the world. The four-part series will feature video clips of some of the highlights of each opera, and there will be historical details and discussion of the music.

March 1: Mozart's *The Marriage of Figaro* (1785)

March 8: Verdi's *Traviata* (1852)

March 15: Bizet's *Carmen* (1874)

March 22: Tchaikovsky's *Eugene Onegin* (1879)

Marina Katseva graduated from the State Kharkov Conservatory in Ukraine and holds a Master of Music degree in Theory and History of Music. In Moscow, she worked at the Moscow State Drama Institute and as a lecturer at the Moscow State Philharmonic. In 1989 she emigrated to Boston, and now works at Boston University.

The series is \$35; single sessions are \$10 each. Advance registration is required by calling 978-443-3055.

This program is presented in collaboration with Sage Educational Services.

Don't just ignore it, Fix-It!

That burned out light bulb in the cellar stairway is not just a nuisance; it's a hazard! That drippy faucet not only makes pesky noise, it also wastes water. Those storm windows work a lot better for you in the cold months than screens, but the opposite is true in the summer. And that old space heater with the frayed wire and no tip-over safety switch can cause you to have too much of a hot time.

All these things and a lot more can be fixed **free!** Just call 978-443-3055 and ask for a fix-it volunteer to come take care of your handyman chores that you can't safely get to. The only qualifications you need are to be sixty or older and live in Sudbury.

And if the problem is too big, the volunteer will at least size up the job and tell you what kind of professional to hire. (We have lists of those, too!)

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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

Chat with Senator Eldridge Monday, March 8 at 10:00

Here's a chance to meet our state Senator James Eldridge in an informal setting, to chat, share your concerns, and discuss issues. There will be juice, donuts and coffee to snack on. Bring all your questions about state government!

Please call 978-443-3055 to let us know you'll be coming.



World War I

The First World War shaped the twentieth century. It sparked the Russian Revolution. It launched America as a world power. The fault-lines from its failed peace settlement led to a second terrible war barely twenty years later.

The war took a terrible toll on Europe. In one four-month battle France and England suffered more casualties than the total lost in the 12 years of the Vietnam War. The cost to the Allies was 88,000 dead for each mile gained in just this one battle.

Given its significance how much do you really know about WW I? Did the assassination of Archduke Franz Ferdinand of Austria by a Serbian really start the war or was it just the spark that ignited a smoldering political situation? If this was an issue between Austria and Serbia, why was the first aggression Germany's attacking Luxemburg, Belgium and France? What new technologies changed the face of the battlefield? What decision by an allied power led to Pearl Harbor 27 years later? Was the war's terrible toll caused by lack of leadership, by new technology or both? The answer might surprise you.

We will explore these questions and also on a light side look at the music that came out of WW I. Please join Pat Mullen for this ten week session, beginning **Friday, April 2 at 1:30**. The cost is **\$40**.

Tax Help

Help with your income tax filing is available **free** Tuesday mornings and Thursdays all day at the Senior Center! Call 978-443-3055 to schedule your appointment. There is a form to fill out before you come, so be sure to pick one up. Be sure to bring with you to your appointment the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*.



**Soup's On:
Spinal stenosis
and back pain
Thursday, March 11
Soup at 12:00, talk at 12:30**

People who are living with dull or aching back pain, numbness, or "pins and needles" in their legs, calves, or buttocks may have a condition called lumbar spinal stenosis. It is caused by a narrowing of areas in the back or neck that puts pressure on the nerves in the area.

Another indication that this is the diagnosis is that symptoms are aggravated when standing or walking, and lessened while bending forward or sitting.

Join Dr. Krishna Nirmal, a neurosurgeon from Metrowest Medical center with an MD from McGill University, for a talk on this condition and on treatment options. Dr. Nirmal is teacher at the Department of Neurosurgery at the Boston University Medical Center.

The program is **free**. Even if you don't want soup, please call to let us know you'll be here so we can set the room up for the expected audience.

We regret that we can't guarantee soup for those who do not sign up in advance. The kitchen closes at 12:30 as a courtesy to the speaker.



**Learn how to Skype
Thursday, March 4, 10:00**

You can chat face-to-face with your grandchildren or distant friends in another state at no cost at all. All you both need are computers, an Internet connection, and a small web camera. The Skype software that makes this possible is free to download.

Come learn about this remarkable technology and see it in action **March 4**. The presenter is Serge Kogan of Technologies for Aging in Place. The talk is **free**, and there is no sales pitch! Please call 978-443-3055 to register.

**Healthy Aging:
What is healthy aging,
and how does it concern me?
Wednesday March 3, 10:30**

BayPath Elder Services is excited to announce a new Healthy Aging Campaign, but needs your help.

Please join us for a **free**, lively discussion on how aging is changing in society, how it affects you and your family. We will also explore your expectations of the programs and services you will need to ensure an optimum aging experience. Your feedback will be used to help shape the Healthy Aging department at BayPath, and the Sudbury Senior Center. Your voice will be heard! For additional information please contact Maura Moxley, at BayPath, 508-573-7239.

Call 978-443-3055 to reserve.

Cultural trips



**Mass MOCA
Wednesday, May 5**

The last cultural trip of the 2009-10 season will be to the Mass MOCA Museum in North Adams Massachusetts.

Mass MOCA features several floors of Sol LeWitt drawings and paintings. We saw his works previously, especially in Hartford, where he was from. He is recently deceased and considered to be a minimalist artist. To get a preview of the LeWitt exhibit click here: http://www.massmoca.org/event_details.php?id=27 or type it in your browser.

There is also an excellent installation by Joseph Beuys, a 20th century German representational artist.

Two new installations will also open before we go: *In Visible: Art at the Edge of Perception*, and *Material World: Sculpture to Environment*. We will enjoy a docent-led tour and have adequate time to browse on our own.

Lunch (at present) is planned for the Gramercy Bistro, just a few feet from the museum entrance. The cost of the trip will be **\$65**. The bus will leave the Senior Center promptly at 8:15 AM. We plan to be home by 6:00 PM. We will limit the trip to 26 persons. Sign up starts **April 1** for Sudbury residents and **April 15** for all.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Home Oxygen Safety

Using home oxygen therapy requires special caution. Did you know that even when the oxygen tank is turned off, the room as a whole has a higher oxygen level? These higher levels can allow a fire to start more easily and at lower temperatures. It might take only a tiny spark or flame to start a fire and the fire will burn more intensely and faster because of the oxygen.

The Massachusetts State Fire Marshal's office is working with Mass. General Hospital to broaden awareness about the risks associated with home oxygen tanks. Patients, their families and caregivers need to know the risks and take precautions.

Smoking cigarettes in a home where an oxygen tank is present is highly risky. The National Fire Prevention Association reports that between the years of 2003 to 2006, an estimated average of 1,190 people annually were treated for injuries sustained in fires associated with home oxygen tanks. Of these, nearly 90% of victims suffered from facial burns. Smoking materials were reported to be the cause of fire in three out of four of these cases.

Fire risks come not only from a flame (like a match or candle); appliances such as electric razors, gas stoves, heaters or hair dryers may also cause ignition. Surprisingly, even petroleum based lip balms and lotions can self-ignite under high oxygen conditions. The other reason home oxygen tanks increase the risk of fire is that the oxygen seeps into materials in your home, such as furniture, bedding, clothing and hair and can make them easier to ignite.

The Mass. Department of Fire Safety recommends keeping a home oxygen tank and its tubing at least 10 feet away from heat sources, such as matches, candles, gas stoves, heaters and other appliances. They also recommend not using petroleum based products, such as lip balms and lotions with oil. As smoking is a cause of many of the home oxygen fires, smoking should not occur in a home with an oxygen tank.

For information and assistance in stopping smoking, contact the Mass. Smokers' Helpline at 1-800-Try-To-Stop or 1-800-879-8678 or online at www.trytostop.org. For more information about Home Oxygen Safety, connect to information at the [Mass. Department of Fire Safety](http://www.mass.gov/fire) website or contact Debra Galloway at (978) 443-3055 for information and a brochure.

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MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (2) 1:30 Opera (1)</p>	<p>2</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 Tax Help 11:00 Wmn's Connection 11:00 Yoga (5) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:00 Shakespeare (3) 3:30 COA Board</p>	<p>3</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Healthy Aging Focus Group 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 Make-up European Art Session</p>	<p>4</p> <p>9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 10:00 Skype 12:00 Senior Basketball</p>	<p>5</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 (9)</p>
<p>8</p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 10:00 Stamp Club 10:00 Sen. Eldridge Breakfast 1:00 Better Balance (3) 1:30 Opera (2)</p>	<p>9</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 Tax Help 10:00-12:00 Legal Clinic 11:00 Yoga (6) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:00 Shakespeare (4)</p>	<p>10</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Birthday Lunch 12:30 Nutrition Talk 12:30 Quilting Studio</p>	<p>11</p> <p>9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 10:30 Bridges Celeb. 12:00 Soup's On: Spinal Stenosis 12:00 Senior Basketball 7:00 Growing into Retirement (1)</p>	<p>12</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 (10)</p>
<p>15</p> <p>9:30-2:30 I&R Hours 10:30 Bridges Celebration 11:00 Fit for the Future 1:00 Better Balance (4) 1:30 Opera (3)</p>	<p>16</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 Tax Help 11:00 Women's Connection 11:00 Yoga (7) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:00 Shakespeare (5)</p>	<p>17</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 St Patrick's Luncheon and Party 12:30 Quilting Studio</p>	<p>18</p> <p><i>BSO Trip</i> 9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza & Movie: <i>Bright Star</i> 12:00 Senior Basketball 7:00 Growing into Retirement (2)</p>	<p>19</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 (11)</p>
<p>22</p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (5) 1:30 Opera (4)</p>	<p>23</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 Tax Help 11:00 Yoga (8) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:00 Shakespeare (6)</p>	<p>24</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio</p>	<p>25</p> <p>9:00-3:00 Tax Help 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters No Senior Basketball 3:00 Friends Meeting 7:00 Growing into Retirement (3)</p>	<p>26</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 (12)</p>
<p>29</p> <p><i>Special Van Trip</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (6)</p>	<p>30</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 Tax Help 11:00 Women's Connection 11:00 Yoga (1) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p>31</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio</p>	<p><i>New program starts March 4:</i> Senior (60+) Recreational Basketball Thursdays, 12:00-1:10, Fairbank Community Center Gym. Minimum 8 players required. This is a recreational, easy-going, non-confrontational physical exercise group for men and women. For more info, call coordinator Ray Scalia 978-298-5657</p>	

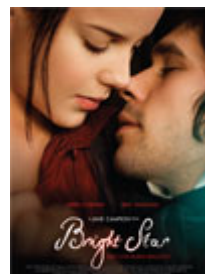
LUNCH MENUS

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 2	March 3	March 5
Three C Soup Sausage Sub/ Marinara Sauce Tossed Salad Applesauce	Roast Turkey/ Gravy Mashed Potatoes Peas Fresh Orange	Tomato Cbbge Soup Fish Tenders/ Lemon Dill Sauce Diced Potatoes Muffin
March 9	March 10	March 12
Shaved Steak/ Peppers, Onions, and Mushrooms Corn Mandarin Oranges	Chicken/Teriyaki- Ginger Sauce Brown Rice Broccoli Surprise Dessert	Lasagna/Tomato Sauce Italian Green Beans Cherry Turnover
March 16	March 17	March 19
Chili Brown Rice Broccoli Pineapple	St. Patrick's Day Party and Lunch Corned Beef Boiled Potatoes Carrots Cabbage	Cheesy Potato Soup Broccoli Bake Stewed Tomatoes Fresh Fruit
March 23	March 24	March 26
Tomato Chick Pea Soup Chicken/Lemon Picatta Sauce Brown Rice Fresh Fruit	Swedish Meatballs/ Mushroom Gravy Garlic Mashed Potatoes Carrots Peaches	Scallops/Newburg Sauce Brown Rice Brussels Sprouts Mixed Fruit
March 30	March 31	
Lentil Spinach Soup Stuffed Shells/ Tomato Sauce Italian Green Beans Pears	Baked Ham Sweet Potato Cauliflower Pineapple	

Please note The full five-day menu is available here:
<http://sudbury.ma.us/documents/dl/5419/March2010Menus.pdf>

Movie and pizza Thursday, March 18



Bright Star

1 hour 59 minutes

Pizza: 12:00

Movie: 12:30

Where do poets find their inspirations? For British Romantic poet John Keats, his muse was his fiancée Fanny Brawne.

Through handsome visuals and intelligent, witty dialogue, Jane Campion (director of *The Piano*) celebrates the rapture of passionate love. The resulting film is amusing and wistful by turns. This period inspired Keats to write his most famous poems, including *Ode to a Nightingale* and *Bright Star*. The film uses many of Keats' own words, captured in his poems and love letters to his "sweet girl".

The romance was tragically cut short by Keats' untimely death at age 25. The film stars [Abbie Cornish](#), [Ben Whishaw](#), [Thomas Sangster](#), [Paul Schneider](#), and [Kerry Fox](#)

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**.

Prescription Advantage

For current members: Since Prescription Advantage has **not** been paying any part of your Medicare drug (Part D) premium this year, you should be paying your full monthly premium directly to your prescription drug plan. For most of you, Prescription Advantage will continue to help pay for your prescriptions, if you reach the Part D coverage gap (donut hole). Also, if you are unhappy with your current plan, you get one additional time each year to change your plan.

If wish to join Prescription Advantage: The program can help lower your prescription costs. If you become a 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. If you are unhappy with your current drug plan, becoming a member gives you a chance to choose a different plan.

You are eligible to join Prescription Advantage if you are 65 or older and your annual income is less than \$54,150 for a single person or \$72,850 for a married couple. If you are under 65 and disabled, you may also qualify, but at a lower income. There is no charge for joining Prescription Advantage if you have an annual income less than \$32,490 for a single person and \$43,710 for a married couple. *There is no asset limit!*

For more info, call 978-443-3055 for **free**, confidential counseling on all aspects of health insurance for anyone on Medicare.

Cultural Trips



Boston Symphony Orchestra Open Rehearsal and Talk Thursday, March 18

Come hear **Mendelssohn** (Overture and Incidental Music to *A Midsummer Night's Dream*) and **Rossini's Stabat Mater** with the cultural trips group.

Lunch will be at Ken's Steak House in Framingham at **1:00**. The lunch choices are: prime rib, chicken Marsala or scrod. The bus will leave the Senior Center promptly at 8:30.

There is still time to sign up. The trip is open to all. The cost is **\$50**.

Short of Money? (How about a loan at 2.5%?)

Each year the Town of Sudbury will "lend" seniors the money to pay their property taxes, at a fixed rate of 2.5%, by letting them defer part or all of their property tax. The loan can be paid back at any time, but it isn't due until the house is sold. There are a few conditions, but if you're over 60 and have a calendar 2008 income below \$75,000, you're probably eligible.

May 1 is the deadline to apply for this year's taxes. To take advantage of this benefit, contact the Assessor's Office at 978-443-8891. Or, for more information contact the Senior Center at 978-443-3055, and ask to have Dave Levington contact you.



Legal Clinic Tuesday, March 9 10:00-12:00

Have a **free** twenty-minute consultation with Elder Law Attorney Denise Yurkofsky here at the Senior Center. Appointments are required; call 978-443-3055 to schedule yours!



Senior Healing Yoga Tuesdays starting March 30 at 11:00

Discover the soothing joy of hatha yoga at a gentle, accessible pace. This class is for seniors and people living with chronic conditions. Postures will be modified as needed, and everyone will be encouraged to build strength and flexibility within their own limits. No need to tie yourself into a pretzel to get all the benefits! Some floor work is included.

Cost: **\$56** for the eight-week session.

Women's Connection Tuesdays, March 2, 16 and 30 11:00-12:00

Join our **free** congenial women's discussion group every other **Tuesday at 11:00**. Topics include reminiscence, significant lifetime and world events, and other topics that tickle our fancy. Facilitated by Nan Foster, Sudbury Social Worker.



Flavorful secrets to healthy eating Wednesday, March 10

Birthday luncheon at **12:00**
Presentation at **12:30**

Please join Barbara Gold, registered dietitian and certified professional chef for a 30-minute presentation with an emphasis on simple, wholesome but satisfying fare. A bit of food history will be discussed along with suggestions, strategies and tools to encourage you to:

- Purchase nutritious brand name products and know how to prepare them
- Use the provided dietary information to lead you to health at any age
- Eat right and grow older with vitality and joy!

You'll also get a healthy lunch featuring chicken with teriyaki ginger sauce, brown rice, broccoli, whole wheat bread, special scrumptious healthy birthday dessert.

People with March birthdays will eat for **free**; others are asked to make a \$2.00 donation.

This presentation is brought to you by BayPath Elder Services, Inc.



Cleaning out your attic?

If you are cleaning out your attic, don't throw away that old stamp collection! The Senior Center Stamp Club members will find a happy home for it. They will help you organize to start collecting anew; they can also do a rough evaluation of the collection's value. If you choose to donate the collection, the stamp club would be pleased to fill some holes in their collections and pass the rest on to the charity they support.

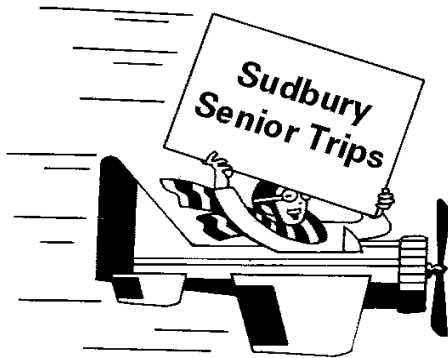
Thanks again to those (mostly anonymous) persons who have dropped off stamps for the Club, at the front desk. Some stamps are quite helpful, and the surplus goes to the Lions Club's support for diabetic children's stamp programs at their camps.

Handy tip for those who want to start saving what comes in their mail: just tear the corner off the envelope, leaving about a 1/4 to 1/2 inch margin around the stamp's edges.

The stamp club's next meeting will be **Monday, March 8** at **10:00**. All are welcome!



Ads



At the time that you are reading this newsletter, 39 of us will either be on our way to sunny Florida or very close to our February 27 departure date. However, we will be back on March 12 to help the rest of you celebrate St Patrick's Day.

Celtic Voices TUESDAY, March 16 (note new date): We hope you will be joining us on our wonderful trip to the Venus DeMilo to enjoy these musical talents. From what I have been told they are really marvelous and all their planned shows are sold out. We have been trying to hold on to a few extra spaces so if you are interested give the Center a call to see if we still have any available. The cost is **\$69.95** and includes your choice of corned beef and cabbage or baked haddock and motor coach transportation. Departure time will be announced via telephone as soon as we know it, usually one to two weeks prior to departure. Return between 5:30-6:00 PM.

Amesbury Playhouse trip Wednesday, April 21: Cost **\$61**. This promises to be a really delightful afternoon. The show: *Do Patent Leather Shoes Really Reflect Up* (take it from one who knows, they REALLY do) is a spoof on going to Catholic school in the 50s. There are 4 meal choices on this trip: prime rib,

chicken Cordon Bleu, baked stuffed pork chops, or baked scallops. Departure at 10:15 Return about 5:00 PM.

Tropical Heat rescheduled for Wednesday, May 12: Cost **\$69**.

If you have already booked this trip and cannot make the new date please call me so I can refund your money. This show features the steel-band and Calypso music of the islands. Meal choices are baked stuffed chicken or baked haddock with vegetable, bread, desert and beverage. Departure time will be announced by telephone as soon as we know. Return should be between 5:30 and 6:00 PM.

Joseph and Penn Dutch, Tuesday, June 1 to Thursday June 3: Cost **\$439** with a **\$50** deposit due now hopefully will be a go. We still need more people for the trip. If you are planning to sign up we would appreciate your doing it soon. It promises to be a great trip as "Joseph" when performed up here was a very popular show and the Millennium Theater is a spectacular sight. There will be live animals both on stage and in the aisles. We will also be witnessing a mock Amish wedding celebration along with being guests at a traditional wedding feast, a countryside tour, a visit to some Amish shops and a wonderful smorgasbord at the famous Millers. A stop in Hershey, PA on the way home will finish off a busy and fun-filled three-day trip.

Please note that everyone may now sign up for the following 2010 Day trips:

Two Outstanding Shows:

Amazing violinist **Pei-Wen** with Singer **Maureen MacMullen** at the Venezia Restaurant in Boston, **Tuesday, July 6** including luncheon, cost **\$69**.

Foster's Down East Lobster Bake at York Harbor, Maine

Tuesday, July 27: Includes a visit to Stonewall Kitchen and possibly York Beach, cost **\$65**. **Note:** Larger lobsters can be ordered for a small additional charge. Call me for details.

Cabaret Lulu's Merry Magical Musical at Sturbridge Village Theater, Wednesday, August 18 Cost **\$67** includes a full luncheon.

Mohawk Trail and Bridge of Flowers, Wednesday, October 13: cost **\$56** includes a visit to Atkins Farm and lunch at Salem Cross Inn.

Aqua Turf, Tuesday November 6: cost **\$65**. *A Musical Salute to the Armed Forces* at Plantsville, CT (outside Hartford), includes lunch.

Great Trains and Grand Canyon Trip featuring Sedona September 26 to October 1: If you are interested please pick up a flyer at the Senior Center and if I am not here please call Kasie at Tours of Distinction at 1-800-999-5275. She is their Group Tour Specialist for this trip and will be more than happy to assist you.

See you in March!

Carmel 978-443-8320

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 9:00 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for out-of-town trips.

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00** and **noon to 1:00**. **Free** blood sugar testing is also provided each **Tuesday from 8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost**. We welcome donations of equipment.

CONSULTATION

Information and Referral: Debra Galloway, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:30 to 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, **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**. Menus can be found each month in the *Sudbury Senior Scene* or by calling **978-639-3278**.

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

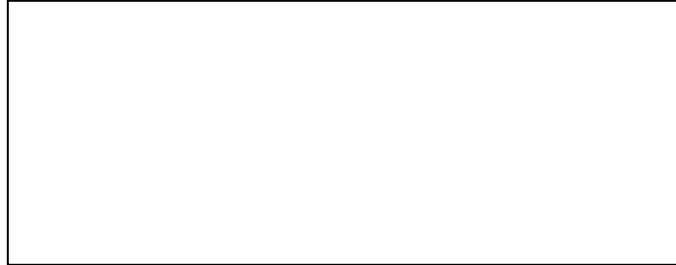
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

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

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Sudbury Senior Center

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E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277

Happy St. Patrick's Day

Luncheon and party

Wednesday, March 17

12:00-2:00

Corned beef, cabbage, and all the trimmings

*Featuring performances by the Senior Strutters and Tappers
Curtis Middle School Musicians*

\$5.00

**Reservations are required by
Friday, March 12**

call 978-443-3055