



**Irving Berlin... "Say It with Music!"**

**Wednesdays at 2:00 PM**  
**March 7, 21, 28 and April 4**  
**\$30**



Enjoy a historical and musical journey with Sears and Conner...

**Week I: The Early Years of Tin Pan Alley, The First Broadway shows, and WWI show, Yip! Yip! Yaphank!**

Irving Berlin got his start as a songwriter, writing hits such as "Alexander's Ragtime Band." He then moved uptown to Broadway with "Watch Your Step" (which gave us "Play a Simple Melody") in 1934. He had another hit show in 1915, and in 1918, he was drafted into the Army where he created his soldier show, "Yip, Yip, Yaphank" with the heartfelt song "How I Hate to Get Up in the Morning!"

**Week II: The Ziegfeld Follies of 1919 and the Music Box Revues**

Berlin was the major contributor to the 1919 "Ziegfeld Follies". "Mandy," "You'd be Surprised," and "A Pretty Girl Is Like a Melody" were among the hits for that show. In 1921, Berlin opened his own theatre, The Music Box, and he produced four revues between 1921 and 1924, for which he wrote "Say It with Music," "All Alone," and other hits of the era.

**Week III: The 30s, with "A Thousands Cheer" "Face the Music" and the films for Fred Astaire and Ginger Rogers**

"Face the Music" in 1932 was a major return to Broadway for Berlin. "A Thousands Cheer" (1933) is considered one of the finest revues ever created and brought us "Easter Parade" along with the poignant "Supper Time," written for Ethel Waters. After some misfires in Hollywood, Berlin had three great successes writing scores for the Fred Astaire/ Ginger Rogers film series.

**Week IV: Later Years, including "Holiday Inn," "Annie Get Your Gun," and "White Christmas"**

Berlin continued to write for Astaire and Bing Crosby in "Holiday Inn" (1943) in which Bing introduced "White Christmas." Berlin's greatest stage success was "Annie Get Your Gun" in 1946, anchored by Ethel Merman, followed by two late films, "White Christmas" and "There's No Business Like Show Business".

Please register at the Senior Center by Thursday, March 1. Call (978) 443-3055 for more information.

Ben Sears and Brad Conner have been called "Boston's favorite song duo" by the Boston Globe and "the delightful cabaret team" by the Boston Phoenix. Theatre historians Sears and Conner are noted recording artists and performers. Ben Sears received his bachelor's degree from Ithaca College and Brad Conner received his bachelor's and master's degrees from West Virginia University.

*This program is offered in partnership with Sage Educational Services.*

**INSIDE  
THIS ISSUE**

Message from the Council on Aging Vice Chair	2
Message from the Director	2
Driver Safety	3
Robert Frost	3
Teen Tech	3
Jewelry Workshop	4
Current Events Group	4
Life's Little Emergencies	4
Tap Dance Class	4
Information Specialist	5
Essential Skills for Alzheimer Care	5
Calendar	6
Friday at the Movies and Lunch!	7
<i>Moneyball</i>	7
Medicare Information	8
Men's Breakfast	8
Bridge Lessons	8
Trips	9
Services	10
St. Patrick's Luncheon	12

### A MESSAGE FROM THE VICE CHAIRMAN OF THE COUNCIL ON AGING BOARD, ROBERT MAY:

We on the Council on Aging are working hard to continue our advocacy on issues important to all the seniors in Sudbury.

A most important message from the Council this month to all our readers is to please make every effort to vote in the March Primaries on March 6. The ballot box is one of those opportunities we have as Americans to express our views and values. You are nearly twenty percent of the Sudbury population so let your views be known in as many ways as you can.

As discussed in earlier monthly newsletters we are inviting critical members of our town government to our monthly meetings to help us discover new ways your Board can better advocate for all the Seniors. To that end we invited Goodnow Library Director, Esme Greene to join us in a discussion of the plans for the future of the library and how we might work together to enhance the opportunities for continuing education for you. We hope to have more information on this in the April Newsletter.

The Council on Aging Board usually has one or more openings every spring. We are currently moving to replace one vacant position on the board very soon and we hope to report on that in the April Newsletter. We have two additional openings for the Board as of June and are accepting applications now, so please if you have an interest in being part of a team that is providing a focal point for the issues of the "New Older Adult", check out the town website and our webpage <http://senior.sudbury.ma.us>. Let me re-iterate the message to you that your Board meets on the first Tuesday of all months except July/August and we welcome your visit and participation.

Thank you, Bob May

Vice-Chair Sudbury Council on Aging

### MESSAGE FROM DIRECTOR, DEBRA GALLOWAY:

As the commercials say, Massachusetts runs on Dunkin' ... but our Senior Center runs on something better - Volunteerism!

Volunteers help with reception, picking up baked goods, setting up and cleaning up for parties and luncheons, working with the Friends group and the Council on Aging Board, making homemade soup and salad for our Soups On events every month and much more. The Senior Center could not function without the help of our wonderful volunteers. And did you know, that volunteering is not only good for the beneficiary (the Senior Center) but also good for the volunteer! Research on volunteers shows a correlation between volunteering and better health. Volunteering offers opportunities for connection to the Sudbury Senior Center and the greater Sudbury Community, an opportunity to meet new neighbors and make new friends.

If you are interested in finding out more about volunteer opportunities at the Senior Center or through our services in the community, please email us at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or call (978) 443-3055 and leave a message for Volunteer Coordinator Ed Gottmann. Thank you!

Also, please note: The Sudbury Pines room will be painted on March 1<sup>st</sup> and 2<sup>nd</sup>. Be aware that there could be some paint fumes in the adjacent rooms.

### SUDBURY SENIOR SCENE

### COUNCIL ON AGING

#### CHAIRPERSON:

David Levington

#### BOARD OF DIRECTORS:

John Beeler

Elizabeth David

Robert Diefenbacher

Marilyn Goodrich

Mary-Lee Mahoney-Emerson

Robert May

Sam Merrra

#### SUDBURY

#### SENIOR CENTER

#### STAFF

#### DIRECTOR

Debra Galloway

#### ADMINISTRATIVE

#### ASSISTANT

Claire Wigandt

#### INFORMATION AND

#### REFERRAL

Anne Manning

#### RECEPTIONIST

Jean Taylor

#### SENIOR COMMUNITY

#### WORK PROGRAM

#### COORDINATOR

Peg Whittemore

#### S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald

Kathleen Woerhling

#### MEALSITE MANAGER

Debbie Peters

#### TRIP COORDINATOR

Carmel O'Connell

#### VAN DRIVER

Linda Curran

#### VOLUNTEER

#### COORDINATOR

Ed Gottmann

#### PUBLIC HEALTH NURSE

Allison Latta

#### MISSION

#### STATEMENT

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



**AARP Driver Safety  
Program  
Thursday, March 29  
10:00-3:00  
\$12 AARP Members/  
\$14 Non-members**

Having trouble with blind spots or driving at night? Do you wonder if your medications could affect your driving ability? Learn strategies to help you manage driving with the changes of aging. Topics include: how to safely change lanes and make turns at busy intersections; minimizing distractions; monitoring your own driving skills; maintaining proper distance behind another car; medications and driving; driving at night and dealing with blind spots.

AARP Driver Safety Instructor, Nancy Doherty, will be here to offer this AARP Driver Safety program. This 5 hour classroom refresher course is a great opportunity to better understand the updated technologies in new vehicles, the current rules of the road and the strategies that will help to compensate for age-related changes in vision, hearing and response time.

There will be a half hour break at noon or 12:30 PM. You must register by Thursday, March 22 – there is a 12 person minimum. Please pay when you register. Questions? Call (978) 443-3055.



**The Poetry of Robert Frost  
Six Tuesdays  
March 6 – April 10  
10:00 AM  
\$30**

**After Apple Picking**

My long two-pointed ladder's sticking through a tree

Toward heaven still,

And there's a barrel that I didn't fill

Beside it, and there may be two or three

Apples I didn't pick upon some bough.

But I am done with apple-picking now

...

Robert Frost, our own well-known New England poet, is often misunderstood and sometimes under-read. He doesn't fit easily into any preconceived category. Join Stephen Collins in this interactive class to enjoy and examine some of Frost's better known poems as well as some that never seem to get much attention. This class will meet for 6 weeks, one hour per class. Please register at the Sudbury Senior Center at (978) 443-3055 and pay when you register. Thank you.



**Teen Tech Day has a New Twist!**  
Wednesday, March 7, 2:00-4:00 PM

Do you know what your grandkids mean when they say, "Friend me!"? Curious about Facebook and how to use it? Sign up for a one hour Teen Tech hands-on experience learning about Facebook on March 7 at either 2:00 or 3:00 PM. This session will help you decide whether you want to have a free Facebook account, and how to set it up if you do. Call the Senior Center at (978) 443-3055 to reserve your space. Maximum 3 participants at each session.



### Jewelry Workshop w/Betsy Rosenbloom

Monday, March 19

10:00-11:30

\$5

Do you love buying beads or making beads? Always wanted to put your beads together in a finished piece of jewelry? In this class, you will learn techniques for designing and making your own jewelry. We'll explore color, different types of beads, different types of stringing materials and how to finish a piece of jewelry.

*Please bring your own store bought or handmade beads – beads will not be supplied.*

All other tools and materials will be supplied by the instructor. There is a maximum of 10 students in this class.

**\* New Session \***

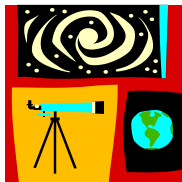
#### Senior/Healing Yoga

March 20-May 8

Tuesday, 9:40 AM or 11:00 AM

\$56

Discover the joys of yoga at a gentle, accessible pace. Students are encouraged to work within their limits to build strength, flexibility, and endurance while improving balance and mobility. Each class incorporates postures, breath work, meditation and relaxation. Please sign up by March 13. Call (978) 443-3055 for more information.



### Join Our New Current Events Group! 2<sup>nd</sup> and 4<sup>th</sup> Thursdays 10:30 AM

A growing world population...  
Medicare and health care...  
Casinos in Massachusetts...

Do you relish a good discussion? A recent request for a Current Events Discussion group and a phone call from an interested facilitator has coalesced into our new Current Events Discussion group. A local retired professor, Richard Nesmith, has volunteered to facilitate this group here at the Senior Center. He is an experienced teacher and facilitator whose goal is to engage the group, to ensure each voice is heard and to facilitate a discussion that is respectful and engaging.

There will be a myriad of topics, at the beginning chosen by Mr. Nesmith, but with the goal of building the agenda as a group.

The group will meet the second and fourth Thursdays at 10:30 for one hour. The first meetings of the group will be March 8<sup>th</sup> and 22<sup>nd</sup>. Please call to let us know that you are coming! Call the Senior Center at (978) 443-3055.

#### Sustainable Sudbury Plastics Collection

at Curtis Middle School

Sat., March 31 from 10am-12pm

Call Peg Whittemore for information  
at 978-443-2023.



### Soups On! Life's Little Emergencies

Thursday, March 8

12:00 Soup

12:30 Talk

Get the 411 on 911— let's talk about emergencies and the most common first aid events that you may encounter. What should you have in your first aid kit? What do you need to tell the dispatcher when you call 911? When should you call 911?

Juanita Allen W-EMT, from Century Health Systems, will answer these questions and more to make you feel more confident and competent about life's little emergencies.

Soup is served at 12:00 noon, our speaker will begin at 12:30 PM promptly. To reserve your space, call the Senior Center at (978) 443-3055. If you also would like to order soup, please call before 4:00 PM on Wednesday, March 7. Free.

**\*\*New Session\*\***

#### Tap Dance

**March 8 – April 12  
6 Thursdays, 9:30 AM  
\$36**

Tap your troubles away! Join our Tap Dance group in improving fitness, coordination and balance while having a great time. Please register by Tuesday, March 6. We need a minimum of 7 students to run the class.

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
ANNE MANNING

**Facts about Alzheimer's Disease**

- Alzheimer's disease is a slow, progressive brain disorder that results in loss of memory and other cognitive function, loss of physical abilities and eventually death.
- Alzheimer's disease is the most common form of dementia.
- It is estimated that 2.4 million to 4.5 million Americans have Alzheimer's disease, and the incidence is rising in line with the nation's aging population.
- The prevalence of Alzheimer's disease doubles every five years between the ages of 65 and 95.
- A rarer form of the disease, known as young onset, can affect people as young as in their 30's.
- Alzheimer's disease is the seventh leading cause of death in the United States.
- It is estimated that one to four family members care for each person with the disease.
- Early detection is critical to maximize available medical treatments and support service.

**Alzheimer's Support Groups:**

**Natick**

Whitney Place  
3 Vision Drive  
Contact – Kelly Payne at 508-655-3344 x3999

**Marlborough**

Bay Path Elder Services  
33 Boston Post Road West  
Contact – Lesley May-Chibani at 508-573-7200 x238

**Framingham**

Saint Patrick's Manor  
863 Central Street  
Contact – Susan Schieb at 508-879-8000 x673

For further information or questions about caregiving or Alzheimer's disease, please contact Information Specialist, Anne Manning at (978) 443-3055.

Reference: Alzheimer's Foundation of America



**Essential Skills for  
Alzheimer Care:  
It Starts with Communication**

March 15, 2012  
10:00 AM – 12:00 PM

Good communication is essential when providing care for a family member in mid-to-later stage dementia. There are many proven communication techniques that caregivers can learn to improve day-to-day life for those with dementia, and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety, and avoids disagreements.

This program is designed with family caregivers in mind and is presented in collaboration with BayPath Elder Services and the Alzheimer's Association through an Administration on Aging Grant administered by the Massachusetts Executive Office of Elder Affairs.


Presenters: Jill Seiler-Moon & Debra Katt-Lloyd, Alzheimer's Association

Pre-registration is required. Although this workshop takes place at the Sudbury Senior Center, please call 800-272-3900 or go to the Alzheimer's Association website at [www.alz.org/MANH](http://www.alz.org/MANH) to register.

**Thank you!**

Thank you to all of you who donated in response to the Friends of Sudbury Seniors Holiday Appeal letter. We are trying to send out thank you letters as quickly as possible. If you donated in December or January, and have not received a thank you yet, please let us know.

# MARCH 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>PLEASE NOTE: We are doing some updating this month! The Sudbury Pines room will be closed on March 1 and 2 due to interior painting. The rest of the Senior Center will be open. However, there may be a smell of paint within the Senior Center on those days. Thank you for your understanding!</i></p>			<p>1 9-12 SHINE 9-3:00 AARP Tax Help 9:30 Tap Dance 9:45 Thursday Crafters</p> <p><i>Please note: The Sudbury Pines room will be undergoing painting today and tomorrow.</i></p>	<p>2 9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo – <i>will be held in the Van Houten room due to painting in the Sudbury Pines room</i> 11:00 Fit for the Future 12:00 <i>No Lunch and Movie due to painting today.</i> 1:00 Watercolors (9)</p>
<p>5 9:00-2:30 I&amp;R Hours 11:00 <u>Fit for the Future is Cancelled Today</u> 1:00 Better Bones (3) <i>Will be in Room 2</i></p>	<p>6 <i>Primary Election Day</i> 8:00-9:00 BP Clinic 9:00 Cribbage 9-3:00 AARP Tax Help 9:40/11:00 Yoga (7) 10:00 <i>Robert Frost</i> (1) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>7 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:30 Quilting Studio (5) 1:00 Zumba 55+ 2:00 <i>Irving Berlin</i> (1) 2:00-4:00 Teen Tech Help</p>	<p>8 9-12 SHINE 9-3:00 AARP Tax Help 9:30 Tap Dance Class (1) 9:45 Thursday Crafters 10:30-11:30 NEW –Join our <i>Current Events</i> Group 12:00 Soups On: <i>Life's Little Emergencies</i></p>	<p>9 9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:00 Papa Gino's Lunch and 12:30 Classic Movie (order lunch by 4pm Thursday) 1:00 Watercolors (10)</p>
<p>12 9:00-2:30 I&amp;R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Bones (4)</p>	<p>13 8-9:00 BP Clinic 9:00 Cribbage 9-3:00 AARP Tax Help 9:40/11:00 Yoga (8) 10:00 <i>Robert Frost</i> (2) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 3:30 COA Board</p>	<p>14 <i>Forever Irish Trip</i> 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 St. Patrick's Day Luncheon 12:30 Quilting Studio (6) 1:00 Zumba 55+ <i>Irving Berlin continues next week</i></p>	<p>15 9-12 SHINE 9-3:00 AARP Tax Help 9:30 Tap Dance Class (2) 9:45 Thursday Crafters 10:00-12:00 <i>Essential Skills for Alzheimer's Caregivers</i></p>	<p>16 9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:00 Papa Gino's Lunch and 12:30 Classic Movie (order lunch by 4pm Thursday) 1:00 Watercolors (11)</p>
<p>19 9:00-2:30 I&amp;R Hours 10:00 – 11:30 <i>Jewelry Workshop</i> 11:00 Fit for the Future 1:00 Better Bones (5)</p>	<p>20 8:00-9:00 BP Clinic 9:00 Cribbage 9-3:00 AARP Tax Help 9:40/11:00 Yoga (1) 10:00 <i>Robert Frost</i> (3) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 2:00 <i>Trip Information Meeting</i></p>	<p>21 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:30-1:30 Bridges Together Meeting 12:30 Quilting Studio (7) 1:00 Zumba 55+ 2:00 <i>Irving Berlin</i> (2)</p>	<p>22 9-12 SHINE 9:00-10:30 Bridges Together Meeting 9-3:00 AARP Tax Help 9:30 Tap Dance Class (3) 9:45 Thursday Crafters 10:30-11:30 Join our <i>Current Events</i> group 12:00 Pizza and 12:30 Movie: <i>Moneyball</i> 3:00 Friends meeting</p>	<p>23 9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:00 Papa Gino's Lunch and 12:30 Classic Movie (order lunch by 4pm Thursday) 1:00 Watercolors (12)</p>
<p>26 <i>Town Election Day</i> 9:00-2:30 I&amp;R Hours 11:00 <u>Fit for the Future is Cancelled Today</u> 1:00 Better Bones (6) <i>will be in Room 2</i></p>	<p>27 8:00-9:00 BP Clinic 9:00 Cribbage 9-3:00 AARP Tax Help 9:40/11:00 Yoga (2) 10:00 <i>Robert Frost</i> (4) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>28 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:30 Quilting Studio (8) 1:00 Zumba 55+ 2:00 <i>Irving Berlin</i> (3)</p>	<p>29 9-12 SHINE 9-3:00 AARP Tax Help 9:30 Tap Dance Class (4) 9:45 Thursday Crafters 10:00-3:00 AARP <i>Driving Safety Program</i></p>	<p>30 9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:00 Papa Gino's Lunch and 12:30 Classic Movie (order lunch by 4pm Thu.) 1:00 <i>No Watercolors Plastics Collection Sat.10-12- Curtis Middle School</i></p>



**Medicare Update**  
**From the S.H.I.N.E. Program**

**Can I Enroll in a Medigap Plan Now?**

**Yes!** In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

Massachusetts has two types of Medigap plans, Core and Supplement 1. The Core plan covers some of the “gaps” in Medicare. The Supplement 1 plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by six insurance companies.

In 2012, the lowest premium for a Core plan is \$93.46/month and for a Supplement 1 is \$181.71/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

If you are interested in learning more about Medigap plans, the Senior Center’s trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at (978) 443-3055 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

S.H.I.N.E. is a program administered by the Mass. Executive Office of Elder Affairs. SHINE volunteers act as unbiased counselors, providing information and education about Medicare, Medigap insurance, Medicare HMOs, retiree insurance plans, Medicaid (MassHealth) and free or reduced cost health care programs. Each SHINE Volunteer receives extensive training on Medicare or Medicaid (MassHealth).

The Senior Center has been fortunate to have two counselors available on a regular basis: Kathleen Fitzgerald and Kathleen Woerhling. Kathleen Woerhling will now become the main SHINE Counselor at the Wayland Senior Center. She promises to be available for former clients on an as-needed basis once a month here at the Senior Center. She will also help out during Open Enrollment in the fall. Kathleen Fitzgerald will continue to be the main counselor here in Sudbury, with help from Sue Foley, a counselor in Stow.

*Coming in April...*



**Men’s Breakfast**

Wednesday, April 11 at 9:00 AM  
 Save the date!

What could be better? Hot pancakes, sausage and coffee with fresh fruit on the side. And that’s not all, this is all prepared by our resident Chefs: Joe Bausk and Barry David.

At our last breakfast, we were lucky enough to have Fire Chief Bill Miles and Asst. Fire Chief John Whalen join us. Town employees are always welcome. Pay \$3.00 at the door, but please call us at (978) 443-3055 so that we make enough pancakes.



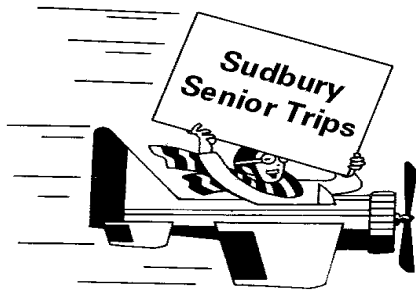
**Advanced  
 Beginner  
 Bridge Lessons**

Tuesdays, 9:30-11:30  
 April 17-June 5  
 \$30

Sally Sack, our local Bridge expert, is offering a new Bridge class beginning in April. The class is targeted toward Advanced Beginner bridge players and will last 8 weeks.

This class will teach bridge using the Pavlicek method. The general approach is based on Standard American bidding, including strong no trumps, five-card majors, weak two-bids and a strong artificial two-club bid. More information will be available in the April newsletter.





A Happy St. Patrick's Day to all our "Irish-born friends" and all our "Irish for the day friends". One of the nicest things about March is that it means spring is just around the corner. Although, this year it feels like winter almost missed us (I'm not complaining).

Speaking about St. Patrick's Day, we are planning to go on Wed., March 14th to our usual St. Patrick's Day "Forever Irish Show", starring Andy Cooney at the Venus De Milo in Swansea. Accordionist Liam O'Connor will not be able to be there and has been replaced by a world renowned Irish step dancing troop. \*See New Flyer on our Bulletin Board\* Of course, Corned Beef and Cabbage will be served, with an alternate choice of Baked Haddock. I will let you know our departure time by phone when I hear from the company (about 2 weeks before the trip). **NOTE:** Best of Times gift certificate *can* be used on this trip.

We still have a few spaces available on our 5 day Virginia Azalea Festival trip, April 26-30, a deposit of \$100.00 plus the insurance of \$50.00 (if desired) is due ASAP. You can call me at 978-443-8320 if you are interested. The final payment for everyone on the trip is due on or before March 8. The Azalea Parade and the Canadian Tattoo with all the bagpipers and dancers, as well as the beautiful gardens and other sights on this trip

should make for a lovely spring-time experience. We will have a final informational meeting in early April (date to be announced).

May 7 is our next Foxwoods trip. We ask that you make your reservation for this trip at least 2-3 weeks before the departure date as we must know if we have enough passengers to pay for the motor coach by April 23, at the latest. Otherwise, in fairness to the motor coach company, we will have to cancel the trip. Remember that full refunds can be given up to the beginning of the week before the trip (April 29) for anyone who needs to cancel for any reason. This will be the same procedure for all our Foxwoods trips. Thank you for your cooperation.

Broadway Tonite, May 16<sup>th</sup> at Luciano's, Lake Pearl, Wrentham, cost \$69.00. This show will feature many of Broadway's greatest hits from some of its biggest musicals with beautiful costumes and choreography. It should make for a wonderful afternoon of song and dance. A full lunch is included with a choice of Stuffed Chicken Breast or Baked Haddock. **NOTE:** Best of Times gift certificates *can* also be used on this trip.

Hello Dolly Wednesday June 13<sup>th</sup> cost \$67.00 at one of my favorite theatres, The Northshore Music Theatre. This year we have purchased our seats in the "Inner Circle" so we should have a great view of a wonderful show that has always been a perennial favorite. This show is filled with elaborate costumes, high-energy choreography and wonderful

well-known and joyful tunes. We will have a preshow stop at our favorite Mall (Appleseed's, of course) for a bit of shopping and lunch on our own.

As of this writing (early February) our 2 summer programs, the Arundal Theatre and the Gloucester Schooner have not yet reopened for business so we are not taking reservations for them at this time. Reservations for the Twin Lobster Luncheon, August 22<sup>nd</sup> can be booked any time. See our Blue 2012 Trip Schedule for more information. All other fall day trips can be booked after May 1<sup>st</sup>.

We are sorry to announce that we did not have a good response for our 8 day Northern National Parks trip therefore we are cancelling it. Instead we are planning to have an informational meeting on March 20<sup>th</sup> at 2 PM with our Collette Representative to go over some ideas that you and she may have for a different fall experience. Please call the Senior Center to let us know that you are coming. And I encourage you to send me any ideas or bring them with you to the meeting.

### ***Special Event – just in!***

At Foxwoods on June 27 at 11AM there will be a special performance called "Oh What A Night" featuring Dean Martin's son, Ricci singing the classic hits of his famous father with personal videos and true life stories of Dean the entertainer and father. Cost will be \$53.00 per person and will include the full package (buffet or food voucher, \$10.00 Keno ticket) and motorcoach transportation. Sign up soon, as we expect spaces to go quickly. Erin Go Bragh, *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 8:30 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2.00** each way for out-of-town trips.

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

### HEALTH SERVICES

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

### **Medical Equipment Loan Closet:**

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

### CONSULTATION

**Information and Referral:** Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:00 to 2:30**.

**Legal Clinic:** 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. 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.

**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.

**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.

**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 install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$65 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

### NUTRITION

**Meals on Site:** A full lunch is served at the Senior Center on Tuesdays at noon. Please call to make a reservation **by 10:00 AM the day before** the meal. A voluntary donation of **\$2.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town website.

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

THE  
SUDBURY  
SENIOR

# SCENE

*A monthly publication from the*

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

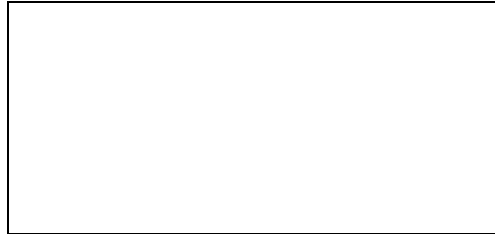
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

*on the web at:*

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

**Return Service Requested**



U.S. POSTAGE  
**PAID**  
Sudbury, MA  
PERMIT NO. 141  
PRESORT STANDARD

**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

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

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

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

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

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



## St. Patrick's Day Luncheon And Concert



Wednesday, March 14  
12 Noon

Curtis Middle School Flute Choir and String  
Ensemble will perform.

Please make your reservation by  
March 7 so that we know how  
many meals to order. Call the  
Sudbury Senior Center at (978)  
443-3055 to reserve your spot!

A traditional St. Patrick's meal will be catered  
by Traditions of Wayland.

Please pay \$5 at the door.