



Musical Stars:

Fred Astaire, Judy Garland, and Bing Crosby

Mondays, May 12 and 19, and June 2
2:00, \$25 for the series or \$10 a session

Popular cabaret duo and theater historians Ben Sears and Brad Conner will return to present a three-part series examining the careers of three classic Hollywood stars, Fred Astaire, Judy Garland, and Bing Crosby. These three were the major stars of film in the 30s and 40s (and even into the 50s), introduced many songs that are standards today, and often worked together on film and/or radio. Each class will feature film clips, recordings, and a song or two from Ben & Brad.

May 12, Fred Astaire: We will talk briefly about his stage career with his sister Adele, then move to his films, in some cases connecting them with aspects of his Broadway shows. We'll see song and dance routines from the classic "Fred & Ginger" series, dances with other partners such as Rita Hayworth, Eleanor Powell, and Cyd Charisse, and some of his lesser-known films.

May 19, Judy Garland: Starting with one of her earliest films (a "short" with fellow child star Deanna Durbin), this talk will highlight some of her classic performances from the "Mickey & Judy" films along with others from her years at MGM, and culminating with the iconic *A Star is Born*.

June 2, Bing Crosby: Crosby mastered film, recording, radio, and television. His early years in film were in "shorts", including some with director Mack Sennett. He was the only one of the classic three to have a regular songwriting team, with lyricist Johnny Burke and either James Van Heusen or Jimmy McHugh, most notably for the "Road" films with Bob Hope. He also attracted other great songwriters including Harold Arlen, and Rodgers & Hart.

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

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Andrew Jackson: His Life and Times

Interest meeting **Wednesday, May 21**
10:00

Preview our twelve-week course to begin Wednesday, September 10.

Although Andrew Jackson lived more than two centuries ago, we encounter his image every day on the \$20 bill. Born in 1767, orphaned at an early age and without formal education or the family lineage of the founding fathers, Jackson showed that the presidency was not the exclusive province of the well-born. The office could truly be held by a man of the people.

Using as a text *Andrew Jackson: His Life And Times* by H.W. Brands, our 12-week course will trace Jackson's life from its humble beginnings in the Carolinas to his early manhood as a young lawyer, judge, businessman, politician and farmer in Tennessee, as well as exploring his military endeavors before, during, and after the War of 1812 and the challenges he faced during his presidency (1828-1836).

Looking back over the first 50 years of our country's existence today, it's hard for us to imagine how tenuous its existence was during those early years. There was constant concern about issues ranging from states' rights vs. a strong federal government, the danger from foreign intervention, and the security of our borders.

Jackson's adult life parallels these early decades as they set the course for future generations. The series will also include vivid portraits of other major political figures of the day, including Henry Clay, John Calhoun, Daniel Webster, and John Quincy Adams, to name a few. Jackson, in his time, transcended them all. To quote from the back cover of the text, "This is a thrilling portrait, in full, of the president who defined American democracy."

Enrolment for both the course and the introductory session is limited due to the size of the room, so advance registration is required. Sudbury residents only may enroll for the course beginning with the introductory session May 21. Registration will be opened to all beginning June 5. Payment is required with registration.

The cost for the series will be **\$30**. If ordered through the Senior Center, the text will be \$12.00.

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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.*

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American Art, 1776-1990

Thursdays, May 8, 22, and 29

2:00

Join art educator and lecturer Beth Charitan for a three-part series on our nation's artistic heritage.

May 8, Part I, 1776-1900: Founded not by schooled artists, but by people seeking freedom of all kinds, American art has been like the country itself: pioneering, bold, and independent. Early American artists had their roots firmly planted in European traditions but explored their own frontiers and evolved their own unique flavor as their work reflected a society struggling to come to terms with what independence would bring.

May 22, Part II, 1900-1950: In the early part of the 20th century, American artists began to develop their own innovative visual style. The Ash Can school, the flowering of photography, and the consciousness of Social Realism were just some of the new developments that reflected the emergence of a true American world view and a related artistic flowering.

May 29, Part III, 1950-1990: In the second half of the century, America broke free of its last dependence on the European visual vocabulary to defy convention and then to dominate the entire world of art. The explosion of creativity on this side of the Atlantic, with its innovative personality, was sometimes controversial but always fun. We'll look at modern art from Grandma Moses to Op and Pop Art, with all its energy and nerve.

The class size is limited to 36, and early registration is recommended. The cost will be **\$25** when enrolling for the three-session series, or \$10 per session when enrolling for one or two.

HOPEsudbury Tour of Homes and Barns

Saturday, May 10, 10:00-3:00

Take advantage of the senior discount tickets and benefit HOPEsudbury's many philanthropic programs that assist residents with humanitarian aid. (**\$20** senior tickets can be purchased at Sudbury Farms.)

The event will be held rain or shine, and will tour six historic Sudbury barns or homes and finish with tea at the Hunt House.



Soup's On: Green Homes Thursday, May 15

Everyone wants to live in a clean, nice-smelling home, but unfortunately many of the household products we use can harm both the environment and you, yourself.

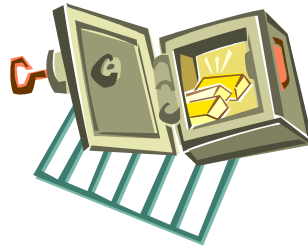
Linda Sullivan, Sudbury's Public Health nurse, will speak on environmentally and personally safe alternatives to harsh cleansers and pesticides, including many inexpensive uses for common items like vinegar and baking soda.

At the end of the talk, each participant will receive a copy of *A Healthy Environment Starts at Home* by the Massachusetts Water Resources Authority.

Linda has a BS in Nursing from Boston College and an MA in Counseling from Assumption College. She is employed by Parmenter VNA through a contract with our Board of Health.

Soup, salad, and a dessert will be served at **12:00**, and the talk will begin at **12:30**. The event is **free**, but please *call the Senior Center* at 978-443-3055 *by noon the day before* to register.

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



Lock Boxes

Join our Lock Box program, and have a supra safe installed outside your door.

In the safe you put a key to your house. The fire department (and only the fire department) has a key to the safe.

If they need to get in to assist you in an emergency, they will not need to break down the door.

So far, 46 seniors have taken advantage of this program. For those who can afford it, a \$60 donation is requested to purchase another lock box for someone who can't afford it.

The installation is done free of charge through the Senior Center Fix It program.

To request a lock box, or to learn more about the program, call us at 978-443-3055.



Yoga and Health Workshop Wednesday, May 14 10:00

What can yoga do for your health? Come find out at an experiential workshop on Yoga and Health led by Debra Galloway, R.Y.T., our Information and Referral Specialist. Debra also teaches yoga part-time.

Yoga practices such as breathing exercises, special movements (called asanas), and meditation techniques offer benefits such as improved posture, stronger muscles, enhanced immune function, better balance and more.

Come find out more about these benefits, try some gentle yoga techniques from your chair, and get your questions answered. There is no charge for this workshop. Please wear somewhat loose fitting clothing so that you can breathe fully!

Call 978-443-3055 to sign up, since enrollment is limited by the size of the room.

Go Bags/Voluntary Registry

Are you ready to take care of your own needs for 72 hours if a disaster hits? We have two ways to help!

- We can supply a "Go Bag", a little wheeled bag filled with the basics of an emergency kit. Through the efforts of the Citizen's Emergency Response Team (CERT) the bags are being made available for a donation of **\$65**, or for free if you can't afford one.
- You can enroll in the Voluntary Registry if you might need special help in an emergency. We can mail you the enrollment form. Call us at **978-443-3055** for more details!

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

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Hip fractures

More than 300,000 Americans fracture their hips every year, and about half of them are over 80 years of age. Eighty percent of hip fractures are in women*. This means you are at increasing risk if you are an older woman. Hip fractures often cause increased disability. Although you cannot change your age or your gender, there are actions you can take to minimize some of the other hip fracture risk factors!

According to the Mayo Clinic website, these include chronic medical conditions (especially osteoporosis), heredity, nutrition, inactivity, tobacco/alcohol use, effects of some medications and risks in the home environment.

The good news is that you can minimize several of these risk factors yourself. Eat healthfully and include plenty of calcium and vitamin D. If you have osteoporosis, get treatment. Keep moving by walking, taking a fitness class or exercising at home. Don't smoke, and drink alcohol reasonably. Medications can have side effects; and get help from your doctor or pharmacist to minimize them. And fall-proof your home.

The Senior Center has programs that can help. To improve strength and balance, try the Balance and Flexibility class, the Fit for the Future class or the Walking Club. If your home may present some risks, Debra Galloway, Information and Referral Specialist, has a free home safety checklist that you can use yourself or that she can help with. She also has information about nutrition, quitting smoking or drinking, and a list of referrals to nutritionists, addiction and smoking cessation programs.

You can check your own risk for a hip fracture online. A new website will calculate your risk if you provide answers to a few questions. The calculator was developed and tested on women participating in the Women's Health Initiative. To access the hip calculator, go online to <http://hipcalculator.fhrc.org/>

And if you have not had a baseline bone density test, you need to get one. This test will assess the strength of your bones and whether you are at risk of osteoporosis. For more information, please contact Debra Galloway, Information and Referral Specialist at (978) 443-3055 or gallowayd@sudbury.ma.us.

* Source: Mayo Clinic at www.mayoclinic.com/health/hipfracture.



MAY 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Atonement</i> 1:00 South Dakota Trip Meeting	2 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 (4)
5 <i>Van trip to Solomon Pond Mall/Bertucci's</i> 7:45 Foxwoods Trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00-3:00 Wii 1:00 Balance (2) 2:00 Climate	6 8:00 Parmenter Clinic 9:00 Cribbage 9:00 Walking Club (1) 9:30-12:00 My Life/My Health (1) 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00-3:00 Digital Photography (4) 3:30 COA Board	7 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 1:00 Bridge lessons	8 9:00 Men's breakfast 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00-3:00 Wii 2:00 American Art (1)	9 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:00-12:00 Wii 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (5) <u>Saturday, May 10</u> 10:00-3:00 HOPEsudbury House and Barn Tour
12 <i>Van trip to Christmas Tree Shop/Brittney's</i> 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance (3) 1:00-3:00 Wii 2:00 Fred Astaire	13 8:00 Parmenter Clinic 9:00 Cribbage 9:00 Walking Club (2) 9:30-12:00 My Life/My Health (2) 10:00 Legal Clinic 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00-3:00 Wii	14 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Yoga 10:15 <i>The Producers</i> Trip 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Bridge lessons	15 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Green Homes 1:00-3:00 Wii	16 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:00-12:00 Wii 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (6)
19 <i>Van trip to Walmart/Chinese Buffet</i> South Dakota Trip Begins 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00-3:00 Wii 2:00 Judy Garland	20 8:00 Parmenter Clinic 9:00 Cribbage 9:00 Walking Club (3) 9:30-12:00 My Life/My Health (3) 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00-3:00 Wii	21 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Andrew Jackson Info Meeting 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Bridge Lessons	22 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00-3:00 Wii 2:00 American Art (2) 3:00 Friends meeting	23 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:00-12:00 Wii 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (7)
26 Memorial Day <i>Center closed</i>	27 8:00 Parmenter Clinic 9:00 Cribbage 9:00 Walking Club (4) 9:30-12:00 My Life/My Health (4) 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00-3:00 Wii	28 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00-12:00 Wii 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons	29 9-12 SHINE 9:45 Thursday Crafters 2:00 American Art (3) 1:00-3:00 Wii	30 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 10:00-12:00 Wii 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (8)

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
April 29	April 30	May 2
Black Bean Soup Diced Chicken/ Peppers & Onions Green Beans Fresh Fruit	Sloppy Joes Brown Rice Carrots Hamburger Bun Muffin	American Chop Suey Parmesan Cheese Corn Italian Style Veggies Fresh Fruit
May 6	May 7	May 9
Salisbury Steak / Jardinière Gravy Mashed Potatoes Broccoli Orange Cranberry Muffin	Vegetable Gumbo Soup Pork/Tarragon Gravy Mashed Potatoes Pineapple	Ziti/Meat Sauce Genoa Veggies Fresh Fruit
May 13	May 14	May 16
Cheese Lasagna Oregano Tomato Sauce Italian Style Veggies Fresh Fruit	Portuguese Kale Soup Chicken/Marsala Sauce Brown Rice Birthday Cake	Three C Soup Breaded Pork Patty/ Gravy Parsley Potatoes Butterscotch Pudding
May 20	May 21	May 23
Broccoli Bake Carrots Orange	Chicken a la King Bow Tie Pasta Genoa Veggies Banana Pudding	Roast Pork Sweet Potato Beets Pineapple
May 27	May 28	May 30
Shaved Steak/ Peppers & Onions Parsley Potatoes Tahitian Veggies Fresh Fruit	Macaroni and Cheese Broccoli Smoothie	Meat Loaf/Gravy Mashed Potatoes Carrots Muffin

Movie Thursday, May 1 12:30



Atonement

2 hours 2 minutes
Rated R

When in 1935 the imagination of a sheltered, rich, and literary young English girl gets entangled with her adolescent emotions, the consequences aren't good for two of the most important people in her life.

Through the terrible years of World War II, she continues to seek forgiveness for a childhood misdeed. Finally a courageous act of imagination sets her on the path to an understanding of the power of enduring love.

Stars: Saoirse Ronan, Kiera Knightley, and James McAvoy.

Pizza will be served at 12 noon, followed by the movie at 12:30. Please call by 10:00 on the day of the showing if you wish to order pizza (\$1.00 per slice).

Medicare covers cancer screenings

Taking advantage of Medicare's Preventive Services is one of the smartest things you can do to stay healthy.

Did you know that screenings for cervical, vaginal, and breast cancers can help women stay healthy? For those enrolled in part B, Medicare covers screening Pap tests and screening pelvic exams every 24 months for all women and once every 12 months for women at high risk. In addition, Medicare covers screening mammograms under part B for all women age 40 or older once every 12 months. These screenings can help detect cancer early, when treatment works best. All women are at risk for these cancers. To help your risk level, be sure you don't smoke.

Did you know that prostate cancer is the second leading cause of cancer death among men in the U.S.? The good news is that, if you have part B, Medicare covers the two most common tests to detect prostate cancer. The screening Prostate Specific Antigen blood test (PSA test) measures the amount of PSA enzyme in the blood, a marker for prostate cancer. The other test is the Digital Rectal Examination (DRE). Medicare covers one PSA test every year and one DRE test every year for men with Medicare age 50 or older.

You can remember the services you received and the tests you need each year by visiting the

<http://www.mymedicare.gov> web tool. You can see a description of your covered preventive services, the last date that service was performed, and the next date you are eligible for that service. If you don't have a computer, ask a family member or loved one if they do.

You can also ask for help here at the Senior Center. It is best to schedule an appointment with Debra Galloway at 978-443-3055. Computers are also available to use at the Goodnow Library.

If you need help with any aspect of your health insurance, SHINE (*Serving Health Insurance Needs of Elders*) offers free appointments with Kara Harvey here every Thursday morning. Call 978-443-3055 for an appointment.

Fit for the Future helps keep brains healthy!

The aerobic movement and intricate stepping patterns offered at our Fit for the Future classes benefit more than just physical fitness, according to Lois Leav, our dynamic instructor.

Lois is quoted in the spring issue of *The American Scholar*, published by the Phi Beta Kappa Society: "People tell me, 'Gee, you can think better on Wednesday; what are you doing?' It's not a coincidence." Physical movement really does sharpen concentration.

Fit for the Future is offered five times a week, Monday, Wednesday and Friday at 11:00 and Wednesday and Friday at 8:30.

No need to sign up in advance; just come and join in! The fee is **\$2.00**.



My Life/My Health

When you have a long-term health condition, sometimes it seems as if you can't think about anything else. Your health worries you, saps your energy, and makes it hard to get things done.

The Senior Center is offering a way for people to manage their own health conditions to increase energy, improve quality of life, relieve depression, and even need to see the doctor less often.

My Life/My Health is a six-week series of structured activities led by trained peers, and developed at Stanford University. It has been shown to have all the benefits described above. What's more, the benefits last. Even five years later, the original participants are using the emergency room less and are continuing to be able to manage their conditions well on their own.

In partnership with the Arthritis Foundation, the Senior Center will offer one six-week session **May 6 - June 10, 9:30-12:00**, and a second series in the fall. (There will be a free introductory session September 9 at 9:30).

Because of a grant, we are able to offer this series for **\$21**, which simply covers the cost of the class books, tapes, and CDs. Scholarships are available.

And wrapping up . . .

Monday, May 5 at 2:00:
Possible Effects of Climate Change, the last session of our three part series on climate. Call for session availability.

Tuesday, May 6, 1:00-3:00,
Getting Started with Digital Photography, the last session in our four-session series.

Wii! Whee!

You can bowl right here at the Senior Center.

Using our new Wii video game, you can bowl a few frames just as if you were at a bowling alley, although you don't need special shoes or a heavy ball.

Sign up with a friend. It's fun! See the calendar for dates.



Walking club
Tuesday, May 6
9:00-10:00

Whether you walk fast or slow, come and join our **free** six-week walking club led by Linda Sullivan, Public Health Nurse.

During the series, we'll be working to build endurance and increase our cardiovascular capacity.

For those who choose, blood pressure checks will be available before each walk.

The group will be one of the first to take advantage of the new one-mile walking loop at Haskell Field. Free pedometers will be provided to the first 15 registrants, courtesy of Brine's Sporting Goods.

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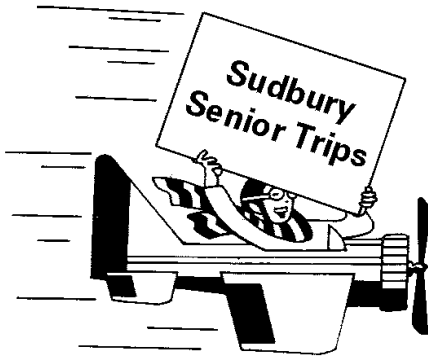
Floral Arrangement Workshop

Join the Sudbury Garden Club
Wednesday, June 4
 at **10:00**
 to make a spring flower arrangement.

Bring scissors and a happy spirit.

Cost: **\$15**, checks payable to
The Sudbury Garden Club

Advance registration required:
 class size limited to 15.



Now that May is here I guess we can all start planning which of the summer and fall trips that we want to go on. I was quite pleased to come home in April and find that so many of you had signed up right away for these trips. Remember that for most of our day trips, the earlier we get our money into our trip companies the better seating that we get. My policy this year is to send the "early bird" money in as soon as possible so that those folks can have first choice of bus seating and also when a ticket is included, they will get the best seats available.

For those who sent your checks in a little too early, I had to hold them for deposit until after the first of April due to our Center's Trip Policy.

The Producers trip, Wednesday, May 14: If you are still interested, please call the center to check on possible cancellations. Cost is **\$63.00**. We will depart at 10:15, and return about 5:30.

Philadelphia Mummers, Tuesday, June 10: There is still a bit of room left if you are interested. I saw them many years ago at a World's Fair and have never forgotten it. On our way to Symphony Hall in

Springfield we will stop at the Holyoke Mall for lunch on our own and a little shopping. Cost: **\$54**.

Newport Playhouse and Cabaret Thursday, July 10:

This should also be a great take in. They come highly recommended for both their food and their shows. After a delicious buffet we adjourn to their theatre and after enjoying the delightfully funny play *Over The River and Through the Woods* we will return to our table for dessert and more entertainment. What a great day it should be. Cost is **\$75.00**.

Tanglewood, Saturday, August 9:

The rehearsal will be for Sunday's All Mozart program featuring André Previn, conductor, Elizabeth Rowe, flute; Gil Shaham, violin; and Andrea Rost; soprano. Cost will be **\$48.00** and lunch will be on your own at one of the many areas in the park. A short visit to a nearby town for ice cream and sightseeing will take place after the rehearsal

Twin Lobster Feast, Tuesday, August 12:

This extravaganza will be at the Hukelau in Chicopee. The show features music and dance from the South Pacific, including Samoan, Hawaiian, and Fuji dances and drumming. On the menu will be two 1 ¼ pound lobsters, or substitute filet mignon and baked stuffed shrimp. The cost is **\$79.95**. This may seem "pricey" but you are getting not only the great meal but also the colorful and fascinating show. You will be sorry if you miss this one.

NEWLY ADDED TRIP FOR ALL YOU BASEBALL FANS:

The Boston Red Sox, Baltimore, Annapolis and the U.S. Naval Academy, August 19-21.

We will be joining the Malden Seniors to see the Sox play the Baltimore Orioles. The trip also includes tours of the Baltimore inner harbor, Annapolis, the naval Academy and Longwood Gardens, as well as a dinner and show (*West Side Story*). Cost: **\$469** pp double. Because we are sharing the bus there are only a few seats left. Sign up quickly!

Good news! The Balloon Festival, September 19-21

is so popular that we are taking our own motor coach so there is room for more. Cost is **\$359** pp, double occupancy. There will be an early morning viewing of the balloons in flight and a day of related activities, and an evening cruise and dinner with fireworks. Balloon rides are available for \$200.

Bavarian Oktoberfest, Tuesday, October 14:

At the beautiful Venus De Milo in Swansea we'll enjoy both the entertainment and an authentic-style Weiner schnitzel or baked stuffed chicken dinner. Cost is **\$66**.

Western Mediterranean Cruise, November 8-15:

As of this time (early April) we still have a few openings. You must call me at 978-443-8320 in order to book the trip. Detailed information is in the trip rack at the Center. We are looking for a lady to share an inside cabin with one participant.

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 **Tuesday** through **Friday** from **8:30 AM** to **3:30 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$2 one 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.

COUNSELING

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 monthly. Call the Senior Center to make an appointment.

S.H.I.N.E. (Serving the Health Information Needs of Elders): Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **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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PRESORT STANDARD

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: Tuesday 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



Men's Breakfast

Thursday, May 8

9:00-10:00

This one's just for the guys!

Menu:

Juice

Home cooked pancakes

Sausages

Coffee or tea

Cost: \$3.00

The volunteer chefs will be Joe Bausk and Larry David.

Men, come hear a brief update on Sudbury doings from some local officials, who will also join us for breakfast.

RSVP by May 1

Attendance limited to 40; seniors from other towns welcome.