



Museum Masterpieces: The Louvre
Mondays, May 4-June 15
2:00 Free

If you can't get to Paris this spring, do the next best thing: take a guided tour of the art in the Louvre Museum. The lecturer for this fascinating series on DVD is art critic and historian Dr. Richard Brettell from the University of Texas.

The series begins with an overview of the Louvre's colorful history. The site was first used for a fortress built to protect the walled city of Paris, which was then the largest city in Europe. The building was converted to a chateau, and then a palace in the 1500s. Additions and upgrades continued until the 1700s. After the French revolution, the rooms and halls began to be used as exhibit space, until the whole structure became a museum. In recent years, I. M. Pei constructed the new pyramidal entrance and unified the building as a whole.

Following the introductory session, the series moves to some of the most beautiful examples from the museum's collection of European paintings from the late medieval period through the early 19th century, including masterworks by Raphael, Caravaggio, Leonardo da Vinci, Watteau, Rubens and Vermeer, Chardin, Delacroix, and more.

Each lecture spotlights a representative masterpiece from a particular era, and then builds around it to show other works that were being created at the same time or the same region as well as providing anecdotes and historical backgrounds that help put the works of art into context.

The class will explore the influence of Italian art on French sensibilities, then sample the museum's collections of Spanish, Flemish, Dutch, and German paintings. The last few lectures focus on French painters, tracing their development from the 17th century through the French Revolution, the Napoleonic era, and the early 19th century, including Ingres, David and Fragonard.

Each lecture is 30 minutes long, and each class will show two lectures. There is **no cost** for this class due to the generosity of Alice Byington, who is sharing her disks with us. We do ask that you register in advance, so we know how many to expect.

INSIDE THIS ISSUE	
Sudbury University: The 30s	2
Healthy living discussion group	3
Abraham Lincoln interest meeting	3
Soup's On: Five Wishes	4
Summer Watercolors	4
Walking club	4
Options for living situations	5
Calendar	6
Menus	7
Movie: <i>The Duchess</i>	7
June Soup's On: hearing loss	8
Free yoga class	8
Go bags and voluntary registry	8
Legal clinic	8
Monday meals	9
U.S. Propaganda in World War II	9
Trips	10
Services	11
Birthday luncheon	12



Sudbury University: The 30s
Saturday, May 2
9:00-2:30

Back by popular demand: a full day of courses focused on the 1930s, with lunch thrown in. From environmental disasters to shaky economic circumstances and government bail-outs, the 30s is decade that has many resonances with our own.

9:00 Registration and Coffee

9:30 The Dust Bowl: Looking back at the plight of tenant farmers in Oklahoma and other mid-western states as years of drought caused massive crop failures. With global warming, could this crisis happen again? Join Dr. Lawrence Lowenthal for an exploration of the dust bowl, illustrated with film clips from *The Grapes of Wrath*, John Steinbeck's Pulitzer Prize winning novel.

11:00 Nothing to Fear: Franklin and Eleanor Roosevelt's America
 Roosevelt's New deal initiated a series of federal programs designed to relieve the hardships of unemployment and to restore national prosperity and public confidence. Mrs. Roosevelt, nicknamed "Eleanor Everywhere" by the press, traveled where her husband could not go and reported back to him on the success of his programs. Join Dr. Gary Hylander in his exploration of Roosevelt's promised nation where the goal was "no one left out".

12:00: Lunch

1:00 The Thirties on Broadway and in Hollywood: The 1930s was a peak decade for stage and film musicals by major songwriters, and featuring some of the biggest stars of the twentieth century, including Fred Astaire, Ethel Merman, Bing Crosby, Maurice Chevalier, Jeannette MacDonald, and many more. Join cabaret duo Ben Sears and Brad Connor for a showcase of the highlights of this amazing era in popular culture, though film clips, recordings, and live performances.

Tuition for the day's events is **\$50**, and includes lunch. Enrollment is limited to 55. Sudbury residents may enroll immediately; the day is open to all beginning April 13.

This program is produced in collaboration with Framingham State College Center for Lifelong learners.

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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



Healthy Living Discussion Group
Tuesdays, May 5 and 19
12:30 Free

We all know we could be happier, healthier, more free of stress and more involved in living if we practiced healthier habits . . . but somehow, it is just so hard to stay committed to healthy living.

We've come up with a great way to meet others and offer and receive support around living better. And research has shown that having a nice connection with others is one key to growing older successfully.

Our group meets twice a month and is facilitated by Nan Foster. There is no charge, and we'll provide healthy snacks. All you have to do is come. In fact, if you are already coming to the Senior Center for lunch or our blood pressure clinic, why not stick around for the discussion group meetings? We'd love to have you.

Please let us know you're coming. Call us at 978-443-3055.



The Life and Times of Abraham Lincoln
Interest Meeting
Wednesday, May 20, 10:00

The year 2009 marks the 200th anniversary of the birth of Abraham Lincoln. How did a man, born in the humblest of circumstances with little formal education, rise to become President of the United States? Join us this fall as our series on American history continues with a study of his life. We have chosen for our text *Lincoln* by Herbert Donald. The book focuses almost exclusively on Lincoln's reaction to events as they were occurring during the 1840s and 1850s from his perspective as legislator, one-term Congressman, and Illinois lawyer. It masterfully portrays Lincoln's professional, political, and personal struggles and triumphs but does not elaborate on the issues facing our nation during these tumultuous years. Therefore, we will supplement classes with lectures on DVD that will describe national events and personalities shaping American history from the 1830s through the 1865s. Of course, the Civil War years will also be covered.

The course will be held on Wednesday mornings beginning in September. Interest meeting **Wednesday, May 20 at 10:00**. Complete details will be available at that time. Please reserve your space by calling 978-443-3055 so that we know how many to plan for.



Soup's On: Five Wishes Thursday, May 21

If you become seriously ill and are unable to speak for yourself, how will you tell people how you want to be treated? The *Five Wishes* is a document that helps. It is unique among all other living will and health agent forms because it looks to address all of a person's needs: medical, personal, emotional and spiritual.

Five Wishes lets your family and doctors know which person you want to make health care decisions for you when you can't make them, the kind of medical treatment you want or don't want, how comfortable you want to be, how you want people to treat you, and what you want your loved ones to know.

Karen Wagner from West River Care Hospice will be the speaker at this Soup's On, to explain the Five Wishes document and its purposes. She will also provide complimentary copies of the Five Wishes form for all.

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

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

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



Watercolors May 29-July 24 1:00-3:00

Watercolor painting can range from highly detailed to fluid and atmospheric, and anything in between. Our watercolor class, taught by artist Cynthia Durost, has produced many fine paintings of both types, some of which are now on display here at the Senior Center.

Our new spring and summer eight-week session will focus on landscapes and flowers, and may even feature some outdoor work.

During the year the class is so popular that we must run a waiting list, but there are usually a few openings for new people in the summer session. If you've been waiting to give the class a try, now may be your chance.

The tuition is **\$64** for the eight weeks, and advance registration is required. No previous watercolor experience is needed. Cynthia teaches with a combination of explanation, demonstration, and supportive class critiques.

A list of needed paints, brushes, paper and other material is available at the front desk at the time of registration. Class size is limited to 16 due to the capacity of the room.



Walking club Tuesdays, May 12-June 16 9:30 Free

What do increased strength, better balance, reduced blood pressure, stronger hearts, and improved mood and sense of well-being have in common?

That's easy . . . they are all the side effects of regular exercise. You don't have to be a gym rat to get all these benefits. Just get out and walk. Of course, walking can be a lot more fun when you do it with a group, and that's where the Senior Center comes in.

Beginning **Tuesday, May 12** and continuing at **9:30** every Tuesday morning until June 16, the Walking Club will take the one-mile circuit around Haskell Field, directly across the street from the senior center.

The group will be led by Linda Sullivan, RN, Sudbury's Public Health Nurse, courtesy of the Department of Public Health. There is **no cost**, but if you would like your blood pressure taken before you walk, please come early so we can set out right at 9:30. Call to sign up at 978-443-3055.

The Haskell walking loop and adult exercise stations, contributed by an anonymous donor will be dedicated with a ribbon cutting in early June.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Living Situation Options

As we get older, what are the options for living situations? Those who are independent and healthy may be thinking of staying put (“aging in place”). But there are other options, such as independent senior living as well as Continuing Care Retirement Communities (CCRC). Those who need some help might consider an assisted living residence. For someone with special medical conditions or who needs a lot of assistance, a nursing home may be appropriate.

Independent senior living, often called fifty-five plus (55+), may include single family homes, cottages, townhomes or condo apartments. Residents move into a newer, smaller space, and live independently but are not responsible for most outdoor maintenance.

Assisted living offers a private apartment with assistance with some activities of daily living, such as medication administration and personal care. Weekly housekeeping, three meals each day, activities and discussion groups are typically included in the monthly fee.

Continuing Care Retirement Communities (sometimes called Life Care communities) offer a range of living situations all on one campus. Residents live independently in an apartment, condo or house and if needed have access to assisted living and skilled nursing in the same complex. In some communities you may not need to move for the different levels of care. Most CCRCs require a large entrance fee (it is usually 90% refunded upon leaving the facility) and a monthly fee.

Skilled nursing facilities (nursing homes) offer two levels of care: short term care and extended care. Often people who are hospitalized are moved to a skilled nursing facility on a short-term basis for further rehabilitation before returning home. Persons who have special skilled nursing needs, i.e. assistance with insulin, transfers or continence care, may live in the extended care section of a skilled nursing facility.



The Senior Center has information about all of these options. Also, there are many resources available for people who choose to continue living in their current home. For lists of communities or information about resources, please contact Debra Galloway at (978) 443-3055 or gallowayd@sudbury.ma.us.

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MAY 2009



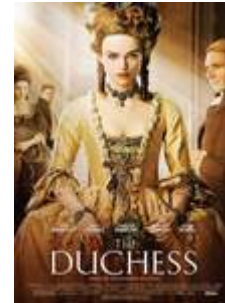
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 Saturday, May 2 Sudbury University, The 30s Featuring Dr. Gary Hylander, Dr. Larry Lowenthal, and Ben Sears and Brad Connor (See page 2)		8:30 Fit for the Future 1 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (10) 1:30 The Triumph of Life
7:45 Foxwoods trip 4 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (4) 2:00 The Louvre (1)	8-9:00 BP Clinic 5 9:00 Cribbage 12:00 Lunch 12-1:00 BP Clinic 12:30 Healthy Living 12:30 Bridge 3:30 COA Board	8:30 Fit for the Future 6 9:00 Cribbage 9:30-2:30 I&R Hours 9:45 RISD Museum Trip 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Bridge lessons	9-12 SHINE 7 9:30 Tap Class 9:45 Thursday Crafters	No Fit for the Future 8 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Watercolors (11)
9:30-2:30 I&R Hours 11 10:00 Stamp Club 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (5) 2:00 The Louvre (2)	Remembering the 50s 12 8-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (1) 11-12 Chair Yoga 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	8:30 Fit for the Future 13 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	9-12 SHINE 14 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: The Duchess	8:30 Fit for the Future 15 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 Watercolors (12) 1:00 Cards
9:30-2:30 I&R Hours 18 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (6) 2:00 The Louvre (3)	8-9:00 BP Clinic 19 9:00 Cribbage 9:30 Walking Club (2) 10:00-12:00 Legal Clinic 12:00 Lunch 12:30 Healthy Living 12-1:00 BP Clinic 12:30 Bridge	8:30 Fit for the Future 20 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Abraham Lincoln Interest Meeting 11:00 Fit for the Future 12:00 Birthday Lunch 12:30 Quilting Studio 1:00 Bridge Lessons	9-12 SHINE 21 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Five Wishes	8:30 Fit for the Future 22 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
Memorial Day 25 	8-9:00 BP Clinic 26 9:00 Cribbage 9:30 Walking Club (3) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	8:30 Fit for the Future 27 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	9-12 SHINE 28 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends Meeting	8:30 Fit for the Future 29 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 (1)

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
Monday meals: Beginning in May, choose between a hot meal and a salad plate. Menus will be available at the Senior Center by the last week in April!		May 1
		Gumbo Soup Swedish Meatballs Mashed Potatoes Cherry Turnover
May 5	May 6	May 8
Cream/Vegetable Soup Sliced Turkey Rice and Pea Salad Fresh Fruit	Stuffed Cabbage/ Tomato Sauce Corn Pears	Chili Con Carne Mixed Veggies Spanish Rice Muffin
May 12	May 13	May 15
Meatballs/Tomato Sauce Ziti Genoa Veggies Peaches	Roasted Chicken/ BBQ Sauce Mashed Potatoes Peas Cake	Three C Soup Fish Tenders Diced Parsley Potatoes Smoothie
May 19	May 20	May 22
Salisbury Steak/ Jardinière Gravy Mashed Potatoes Beets Chocolate Pudding	Tomato/Cabbage Soup Tuna Salad Italian Pasta Salad Birthday Cake	BBQ Pork Rib Mashed Potatoes Broccoli Peaches
May 26	May 27	May 29
Corn Chowder Broccoli Bake Stewed Tomatoes Pears	Roast Chicken/ Apricot Glaze Mashed Potatoes Peas Butterscotch Pudding	Roast Pork/Gravy Sweet Potatoes Cabbage Animal Crackers

Movie and pizza Thursday, May 14



The Duchess

109 minutes

Pizza: 12:00

Movie: 12:30

[Keira Knightley](#) stars as Georgiana, Duchess of Devonshire, in this adaptation of Amanda Foreman's novel. Unhappily married to the duke of Devonshire ([Ralph Fiennes](#), in a Golden Globe-nominated role), Georgiana indulges in extravagant vices and begins a scandalous affair with politician Charles Grey ([Dominic Cooper](#)). This drama is set in a time when women had few rights, and could not own property, could not vote, or even make decisions about their own children. The film received an Oscar for Best Costume Design.

Pizza will be served at 12 noon, followed by the movie at 12:30. Please call by 10:00 on the day of the showing if you wish to order pizza (\$1.25 per slice).



Sneak Preview!

**Soup's On:
Now Hear This!**
Thursday, June 4
Soup at 12:00
Talk at 12:30

Is someone in your life losing their hearing? There are many strategies you can use to help that person hear and understand what you're saying.

Perhaps it is you yourself who is having a hard time making sense out of what people say to you because of hearing loss. There are many items that can assist you to hear better.

Hearing loss can put a damper on people's enjoyment of social situations. In worst cases, it can cause the deaf person to become isolated and depressed, unwilling to go out to social gatherings and unable to enjoy movies, television, or even telephone calls.

Come hear Carole Rossick from the Massachusetts Commission for the Deaf and Hard of Hearing talk about things you can do to help yourself or your loved one. She'll provide communication tips and an overview of assistive technology beyond hearing aids.

This will be the last Soup's On until September. As always, the soup and talk are **free**. Please reserve your space.



Chair Yoga/Gentle Yoga
Tuesday, May 12
11:00-12:00 Free

A can-do introduction class for first-timers, seniors, those with injuries, or anyone living with special challenges, such as limited mobility, or recent surgery. This session is **free**.

The class has been specially adapted for those who find it difficult to transition to and from the floor. We will explore a great variety of Yoga poses, both sitting and standing with a chair assist.

Yoga can increase flexibility, strength, balance, mobility and circulation, and decrease stress. Chair yoga encourages proper breathing and better posture. Meditation and relaxation techniques will be included.

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!

The instructor will be Leslie Worris, MPH, RYT-500. Leslie teaches our popular balance class, and is the founder of The Wellness Alliance in Newton.

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, or you can fill it out on line at: <http://sudbury.ma.us/services/seniorcenter/emergencyform.asp>

Call us at **978-443-3055** for more details!



Legal Clinic
Tuesday, May 19
10:00-12:00

Denise Yurkofsky, Elder Law Attorney, will provide **free** 20-minute legal consultations here at the Senior Center **Tuesday, May 19** from **10:00-noon**. This very popular free service fills up fast, so be sure to call for an appointment.



**U.S. Propaganda in
World War II**
Friday, June 19-August 14
1:00

The political writer Walter Lippman said during WW I, “We must remember that in time of war what is said on the enemy's side of the front is always propaganda, and what is said on our side of the front is truth and righteousness, the cause of humanity and a crusade for peace.” This is what we were supposed to believe.

Propaganda has been called the bloodless weapon of war. In the 30's and 40's as we sat in movie theaters, listened to the radio, viewed a cartoon, read a comic book or listened to music, most of us did not realize that we were being subjected to propaganda being disseminated by The Office of War Information. Hollywood's best directors, including Frank Capra and Walt Disney, were engaged in this effort.

This course will look back at the origin of propaganda in the 16th century. We will explore the various types of propaganda, their desired outcomes and the methods used. How does propaganda differ from censorship? We will compare the propaganda

put forth by the Nazis with that of the US. We will view, analyze and discuss numerous WWII propaganda posters and films. Some were as short as five minutes, designed to run between features at movie theaters. Others were full-length films starring your favorite movie stars. The audience did not realize the content was orchestrated by the US government.

This nine-week course will bring back memories and as Paul Harvey would say, learn “The rest of the story.”

The instructor will be Pat Mullen. The cost for the course will be **\$30**, or **\$5** per session. Registration is open; look for details in the June newsletter.



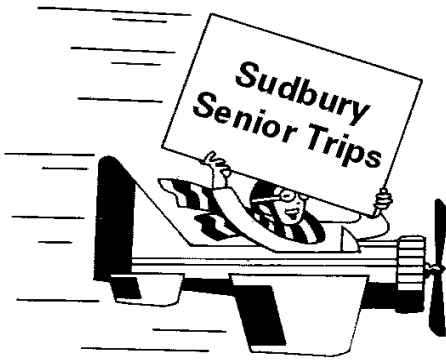
Monday Meals

Welcome to warm weather! Our Monday meals will take on a new option beginning in May.

In addition to a hot main meal choice, we will offer lighter fare, such as a tuna salad plate with sides, a dinner roll, and dessert.

People have been enjoying the company, a chance to chat with friends, and even the opportunity to take home a meal for later use.

Menus will be available the last week in April.



Welcome to May's sunshine and flowers and welcome also to some lovely spring weather which should motivate you to sign up for some of the fun trips that we have planned for the rest of the year.

Remembering The Fifties with the Four Aces, Tuesday, May 12:

We will go to Luciano's on Lake Pearl in Wrentham. This trip will be full of memories, as this is the music that most of us listened to back in the fifties when the original four Aces were delighting audiences all over the country. Cost is **\$69** and includes a full course luncheon of stuffed breast of chicken or baked haddock. "A lovely setting for a lovely day." Departure and return times will be available soon.

USO Variety Show, Tuesday, June 16: We will be at Lantana's in Randolph. Our trip company, Best of Times, has put together a really super day for us with great decorations, prizes, and a fantastic band that will feature presentations of some of our long ago favorites such as Frank Sinatra, Johnny Cash, Judy Garland and more. You will be laughing and singing and tapping your toes all afternoon. Meal choices are Yankee pot roast or stuffed chicken breast. Cost is **\$69**. Departure and return times will be announced soon.

Don't Dress for Dinner, Wednesday, July 15 will be at the fabulous Newport Dinner Theatre. This is the place that really gives you your money's worth of both food and entertainment. After a wonderful and lavish buffet you will be entertained with a very humorous play *Don't Dress for Dinner*. Then our day will end with dessert and a cabaret. Cost is **\$70**. Departure and return times will be announced soon.

The Boston Red Sox and Toronto Blue Jays, 4 day trip, July 17-20: Enjoy four-star accommodations, the game, five meals, a dinner show, Cooperstown Baseball Hall of Fame and much more. **\$599** pp. double occup, **\$849** pp. single occup. Final payment due June 1. Departure and return TBA. Check with us for availability.

Anything Goes, Wednesday, July 29 at the Northshore Theatre in Beverly is considered to be Cole Porter's best musical, featuring glorious tap routines and great musical numbers. The cost of **\$67** includes transportation and show. Lunch is on your own. Departure and return TBA.

Lobsterbake and Lighthouse Cruise, Wednesday, August 26, Portland, Maine. What a time to visit Maine! After a bountiful lobster or chicken bake with all the fixings at the Clambake Restaurant in Scarborough we will enjoy a cruise around Portland harbor and its inner islands viewing lighthouses, seabirds, seals and lobster boats. Cost **\$89**. Trip times TBA.

Biltmore Estate and Ashville, North Carolina September 13-18: Sorry, this trip is full. The final payment is due July 6. **NOTE:** There will not be a wait list for this trip.

John Davidson Show Thursday, September 24: The show will be at the Venus De Milo in Swansea. John is back by popular demand and just as entertaining and handsome as ever. He hosted the Tonight show more than 80 times, and this show features comedy and popular American classic songs. Meal choice is baked stuffed chicken breast or baked haddock. Cost is **\$69**. Departure and return TBA.

A Taste of Italy with Dick Contino Tuesday, October 20 at the Holiday Inn in Boxboro. (please note date change from the purple brochure). One of the world's best accordionists and entertainers! The cost of **\$69** includes transportation (Only **\$43** if you drive yourself!) The meal choices are chicken Parmesan with large grilled ravioli or baked haddock, and Italian rum torte for dessert.

A REMINDER - Payment #2 of **\$750** for our **November 1-15 Repositioning Cruise** is due May 1. Please send your payment directly to Tours of Distinction.

Foxwoods, Monday, November 2: The trip cost of **\$19** includes transportation, buffet coupon or lunch voucher, and a \$10 Lucky Seven Keno ticket. Trip leaves at 7:45 AM and gets back about 5:00 PM.

Carmel

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

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

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

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00**

and **noon to 1:00**. Free blood sugar testing is also provided each **Tuesday from 8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet: For those in need of medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

CONSULTATION

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

Legal Clinic: Denise Yurkofsky, an elder law attorney, is available for free private 20-minute consultations with seniors regularly. Call the Senior Center to make an appointment.

S.H.I.N.E. (Serving the Health Information Needs of Elders): Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Thursdays 9-12**. Please call to make a **free** appointment.

IN-HOME SERVICES

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

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

Grocery Shopping: A volunteer shopper will make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the food.

Books on Wheels: This is a pick up and delivery service for books, DVDs, and audiobooks from the Goodnow Library for seniors and people with disabilities who can't get out.

Lock Boxes: The Senior Center can supply lock boxes at no cost to Sudbury seniors. These are small safes containing a key to the house. Volunteers install the boxes at **no charge**. A donation of **\$60** may be given to purchase a lock box for a senior who cannot afford one.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays, Wednesdays and Fridays at noon. Please call to make a reservation **at least 24 hours in advance**. Menus can be found each month in the *Sudbury Senior Scene* or by calling **978-639-3278**.

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

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

Return Service Requested



Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



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

Monthly Birthday Luncheon

Wednesday, May 20

12:00-1:00

Join our regular Wednesday lunch bunch.

If you were a May baby,
the meal and cake are on us.

(For the menu, see page 7)

Call 978-443-3055 to RSVP by 10:00 AM May 19.
(No meal will be available without reservations.)

Not born in May? No problem!

Reserve by 10:00 AM Tuesday, May 19, and you can have lunch for a donation of \$2.00.