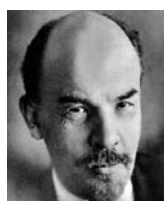


A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW OLDER ADULT*



**Significant Speeches of the 20<sup>th</sup> Century:  
Gandhi, Lenin and Churchill**

Dr. Lawrence Lowenthal  
May 14 and 21, June 11  
Mondays at 1:30 PM  
\$25

In a series of classes, Dr. Lawrence Lowenthal examines the most significant speeches of the 20<sup>th</sup> century. For this first series, Dr. Lowenthal will examine speeches by Mohandas Gandhi, Vladimir Lenin, and Winston Churchill. For each speech, Dr. Lowenthal will discuss the historical significance, the structure and rhetorical effect of the speeches, and review the actual text.

**Mohandas Gandhi** - "There will be no salvation for India;" February 4, 1916.  
Discussion: Review Gandhi's life and thoughts, and his early dedication to Indian freedom from British rule.

**Vladimir Lenin** - "Power of the Soviets," September, 1917.  
Discussion: Lenin's life, character, and leadership of the Bolshevik cause, and the events surrounding the Bolshevik victory over all its political and ideological opponents.

**Winston Churchill** - "I have nothing to offer but blood, toil, tears and sweat," May 13, 1940, and "We shall fight on the beaches," June 4, 1940.  
Discussion: Churchill was one of the greatest wartime leaders in western history. At a time when England stood totally alone against the full might of the Nazi military machine, Churchill aroused his nation...and the civilized world with these immortal speeches.

Please pay the \$25 fee when you register for the class. Call the Senior Center at (978) 443-3055 for more information. There is a 53 person maximum for this class.

Dr. Lawrence Lowenthal is the recently retired National Senior Advisor to the American Jewish Committee and is an adjunct faculty member at Northeastern University. His wide-ranging experience includes serving a tour of duty in the Israeli army, teaching English and American Literature at Hebrew University in Jerusalem, and offering a variety of courses in the Greater Boston area on Jewish history, film, literature, and humor. Dr. Lowenthal received his Ph.D. in English from New York University.

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

INSIDE  
THIS ISSUE

A Message from the Vice Chair of the COA	2
Videographer/Photographer	2
CPR for Family and Friends	3
Tick Talk	3
Volunteer Luncheon	3
Soups On!	4
Home Energy Savings	4
Yoga	4
Special Teen Tech	4
Legal Clinic	4
Information Specialist	5
Coming this Fall...	5
Calendar	6
Lunch	7
Movie and Pizza	7
SHINE News	8
Atticus	8
Garden Club	9
Senior Trips	9
Services	10

**A MESSAGE FROM THE VICE-CHAIR OF THE SUDBURY COUNCIL ON AGING**

The Council on Aging is using April and May to focus on Senior Citizen Property Tax Relief, and updating our Long Range Plan to help the COA stay focused on the major issues for you, our stakeholders.

The March elections for Selectman are over and we all appreciated hearing from the candidates how setting priorities is a challenge in these times of limited resources for everyone. That is why creating a thoughtful five year plan for the COA is a priority for us. Your inputs to our plans are very important to us, as are those of our unique supporters the Friends of Sudbury Seniors. Please reach out to any of us on the Council as we prepare for our planning session in May. We want to hear what you feel are the critical issues for the seniors in Town. Think of these as some examples: growing our funding base substantially to be more independent of the town's budget, how do we use the major resources of the high school or the library to further support your needs which include: lifelong learning, healthy living, health care, and relationships of all kinds.

One of our major efforts this year has been to achieve property tax relief for seniors as voted by town meeting. Numerous meetings have been held with State House Members, Tom Conroy and James Eldridge, and while some progress has occurred for House Bill 3435, much more work remains. Two members of the COA along with three other individuals with experience in town revenue business practices are meeting through April to develop a working form of the bill which we hope can move it through the House Ways and Means Committee. This team will also work closely with our Town Manager to insure it can be effectively administered.

Your COA wishes to remind all of us that the programs and activities of the Senior Center and the other special projects depend upon many, many volunteers. Your enthusiasm, energy and unique skills help make Sudbury the town we want it to be. The COA wishes to extend its sincere appreciation to all the volunteers helping our programs become a reality. Thank you so much!! For those of you looking for added ways to increase the quality of your life by volunteering, let the staff of the Senior Center know and you will be rewarded many times over.

On Behalf of COA,

Bob May, Vice-Chair Sudbury Council on Aging

**Videographer/Photographer**

Looking for a few good photographers! Volunteer to be part of our Photo Crew – come to an occasional event and snap a photo or two. What a great way to remember the fun and to share the event with others.

Or maybe you'd like to learn a new skill? Some of your neighbors are unable to get to the Senior Center and would love to see some of the programs on local cable TV. SudburyTV staff are available to train you on their high quality video cameras – and it's not that complicated! If you are interested in joining one of these groups, please give us a call at (978) 443-3055.

**COUNCIL ON AGING**

**CHAIRPERSON:**

David Levington

**BOARD OF DIRECTORS:**

- John Beeler
- Elizabeth David
- Robert Diefenbacher
- Marilyn Goodrich
- Mary-Lee Mahoney-Emerson
- Robert May
- Sam Merra
- John Ryan

**SUDBURY SENIOR CENTER STAFF**

**DIRECTOR**

Debra Galloway

**ADMINISTRATIVE COORDINATOR**

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

Sue Foley

**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.*



## CPR for Friends and Family

**Tuesday, May 29**

**9:30 – 11:30 AM**

**\$20**

Would you like to learn basic CPR skills, and know how to save a life? Join instructor Lily Gordon for a class that will use videos, printed materials and demonstrations on mannequins representing infants, children and adults to teach proper techniques for performing CPR. You'll also learn to use an automated defibrillator, and how to deal with someone who is choking.

Everyone will receive a *CPR for Family and Friends* manual and a course attendance card.

Lily Gordon is certified as a CPR instructor by both the American Red Cross and the American Heart Association.

The cost is **\$20**, and class size is limited to 12 (minimum 4 students). Call the Senior Center at 978-443-3055 to sign up.



## Tick Talk

**Tuesday, May 22<sup>nd</sup>**  
**2:00 PM**

Join us for a creepy, crawly adventure into the mysteries of Lyme Disease and the tiny black-legged ticks that spread the infection. 94% of all Lyme Disease cases in 2010 were reported from only 12 states, mostly in New England. After a review of the prevalence of the disease in our own community and its particular significance for senior citizens, we will cover tick identification and removal, symptoms and treatments, how to prevent tick bites and the current trends in research.

Allison Latta, Sudbury Board of Health and Parmenter Community Health Nurse will be here to share all she knows about this tiny troublemaker lurking in many of our backyards. Please call the Senior Center at (978) 443-3055 to let us know that you are coming so that we can prepare the room. Thanks!

## Volunteer Appreciation

### Luncheon

**May 7th**

The Friends of Sudbury Seniors and the Sudbury Senior Center celebrates all of our volunteers with a special luncheon and entertainment sponsored by Heritage Assisted Living of Framingham. All of the volunteers will receive a personal invitation in the mail a few weeks prior to the luncheon.

Some of the many important ways that volunteers help at the Senior Center, in our programs and in the community are listed below:

- Setting up and cleaning up for our special luncheons
- Acting as a Friendly Visitor
- Helping to prepare the newsletter for mailing
- Helping to plan for the future of the Sudbury Senior Center by participating on the Sudbury Council on Aging
- Helping with the Front Desk Reception area
- Helping to fundraise by working with the Friends of Sudbury Seniors
- Being a F.I.S.H. driver
- Shopping for seniors who need assistance
- Fixing things as an In-home Fix-it volunteer
- Delivering sand buckets for slippery walkways
- Helping with "Soups On" preparations
- Providing the Legal clinic
- Working on the Craft bazaar

And much more.

If you're one of these wonderful folks, please **RSVP** to your invitation **by April 30<sup>th</sup>**. We regret that due to space limitations, we can host volunteers only.

*Thank you Volunteers!*



**Soups On!  
Learn about Meditation  
Thursday, May 17**

Soup: 12 noon  
Speaker: 12:30 PM

Come enjoy an experiential and informational class on meditation with Suzanne Reitz, Holistic Nurse, from Parmenter Community Health. Suzanne will:

- Share some of the current research on the benefits of meditation;
- Talk about what it's like to meditate and the process of moving into meditation;
- Look at the various ways of meditating;
- Provide some simple how-to guidelines for learning to meditate.

Join us for a relaxing and informative workshop!

Soup is served at 12:00 noon, our speaker will begin at 12:30 PM promptly. In order to plan appropriately, we need to know in advance how many will be attending. Please reserve your space (and let us know if you want soup) by calling the Senior Center at (978) 443-3055 before 4:00PM on Wednesday, May 16.



**Home Energy Savings  
Assessment  
Thursday, May 3  
10:00 AM**

Get free light bulbs! Get 75% off of insulation improvements! Get a rebate for high efficiency heating or hot water equipment!

Learn all about the Mass Save Home Energy Services program. This no-cost home energy assessment can help you to save money on heating and hot water costs, in addition to providing the free light bulbs, and possibly discounts and rebates. Enjoy an educational program and learn about how you can save money. Please register in advance so that we know how many to expect. Light refreshments will be provided. This program is sponsored by Sustainable Sudbury. Call (978) 443-3055 for information and to register.



**Special  
Teen Tech Day!  
Thursday, May 31<sup>st</sup>  
9:00 AM – 1:00 PM**

Lincoln-Sudbury High School's graduating senior class will be *giving back* with a Senior Service Day. Senior students will be here on Teen Tech day to provide tips and guidance with your cell phones, ipods, laptops or other technology. They can help with learning to take photos, surfing the internet, and learning how to use Facebook. Sign up for an hour session. And find out what these fantastic kids are doing next year! Call (978) 443-3055 to sign up.



**Senior/Healing Yoga  
May 22 – July 10  
8 Tuesdays  
9:40 and 11:00 AM\*  
\$56**

Discover the joys of hatha yoga at a gentle, accessible pace. This class is for seniors and those living with a chronic illness. Postures are modified as needed, and students are encouraged to work with their limits to build strength, flexibility, and endurance and improve their balance and posture. Each class incorporates breath work, relaxation and meditation.

Learn stress reduction techniques that broaden your ability to practice the art of relaxed living. Please bring a mat, towel and water. Please register at the Senior Center at (978) 443-3055 at least one week in advance of the new session. Minimum to run two classes is 26 total participants.

**\*Please note:** start times of class will change to 9:20 and 10:35 as of June 12<sup>th</sup>.



**Legal Clinic  
Tuesday, May 22  
10:00-12:00**

Make an appointment with Elder Law Attorney Denise Yurkofsky to get help with your legal questions. Free 20 minute sessions are available. Call (978) 443-3055 to schedule yours.

FROM THE DESK OF  
INFORMATION SPECIALIST, ANNE MANNING  
**Making Everyday Living a Little Easier with Vision Loss**

*These are some general concepts that can be applied to any activity and room in your home:*

**Lighting** – Normal healthy eyes generally require twice as much illumination at age 50 as they did at 25. Lighting becomes even more critical for people with vision loss. Make sure you have good overhead and task lighting (used for a specific activity such as reading). This type of lighting typically comes in a gooseneck or clamp-on light. Provide lighting evenly through your room in addition to task lighting for the activity.

**Contrast** – Light objects against a dark background object or a dark object against a light background work best. An example would be a wristwatch with a white face and black numbers versus a watch with a gold face and gold numbers. The first would be easier to see due to the contrast.

**Organization** – Putting things back in the same place, reducing cluttered areas, labeling drawers/cabinets are all examples of ways to keep organized.

**Glare** – Glare results when light shines directly into your eyes or reflects off a shiny surface. Avoid working on shiny surfaces i.e. glass table. Position light on the side below eye level versus directly in front of you.

**Enlarging what you are trying to see** - This can be done in three ways.

1. The first thing is to get closer to what you are looking at. For example, just sitting closer to your television can help you to see it better. When reading, try placing items closer to your eyes. Some eyeglass prescriptions will only work optimally when held at a closer distance to your eyes.
2. Enlarge the item. Most books are available in large print. Reading material can also be made larger with bold or flair black pen. When using a computer you can change the font and contrast. There are also special types of software that can enlarge the print on the computer.
3. Magnification – There are many different types of magnifiers that help depending on the task. It is advisable to be properly evaluated by a low vision doctor before buying a magnifier. Magnification, just like glasses, is specific depending on your vision, comfort level, and task you want to do. Too often people buy magnifiers, which end up sitting in a drawer because they may not be the right strength or may not be using them properly.

There are also many audio products available including those for telling time, listening to books, cooking, and using the computer.

Resources: Massachusetts Equipment Distribution Program 1-800-300-5658, [www.MassEDP.com](http://www.MassEDP.com); Perkins Braille & Talking Book Library 1-800-852-3133, [www.perkinslibrary.org](http://www.perkinslibrary.org); Look Optical, Alex Thayer, Maynard, MA. 978-461-3937

*Looking ahead to Fall 2012...*

### **Modernism Comes to America**

“The Ashcan School and Modernism comes to America” will be a five lecture presentation by Dr. Donald Oasis starting in October 2012. There will be emphasis on the 1913 Armory Show in New York City and Robert Henri who taught many of these "ashcan artists". Does modern art depend more on the topic of the picture OR the artistic style of depicting such an event? Why did New York City develop as the center of this movement? More information will be forthcoming in subsequent newsletters.



### **A HISTORY OF THE UNITED STATES, POST CIVIL WAR TO WORLD WAR I**

**Wednesday mornings  
9:30-11:00 AM**

Between 1865 and 1912, the United States experienced unparalleled growth, becoming by 1900 one of the world's three leading industrial powers (along with Germany and Britain). Join us this fall as our study of American history continues with a survey of this extraordinary period. The twelve-week course will begin September 12<sup>th</sup>. Look for more detailed information in the June newsletter.




### **Bridge Lessons Postponed**

We had to postpone the Bridge lessons scheduled to begin in April. Watch the fall newsletters for information about rescheduled Bridge Lessons.



# MAY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (4) 9:40/11:00 Yoga (6)</p> <p>12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board</p>	<p>2</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 10:00 <i>Basic Drawing</i> (2) 11:00 Fit for the Future 12:30 Quilting Studio <i>No Zumba today</i></p>	<p>3</p> <p>9-12 SHINE 9:30 Tap Dance (3) 9:45 Thursday Crafters 10:00 <i>Home Energy Assessment: How to Save \$!</i>  1:30 <i>Art Lecture on Fitz Henry Lane w/Don Oasis</i></p>	<p>4</p> <p>9:00-2:30 I&amp;R Hours  9:30-11:30 Bingo 11:00 <i>NO Fit for the Future today</i>  1:00 Watercolors (5)</p>
<p>7</p> <p>9:00-2:30 I&amp;R Hours 9:30 <i>Bridge Lessons have been Cancelled</i> 11:00 Fit for the Future (in Room 2) 12:00 <i>Volunteer Appreciation Luncheon</i> (by invitation) 1:00 Better Bones (2) (in Room 2)</p>	<p>8</p> <p><i>Cultural Trip -Cape Ann Museum</i></p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (5) 9:40/11:00 Yoga (7) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p>9</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours  10:00 <i>Basic Drawing</i> (3) 11:00 Fit for the Future 12:30 Quilting Studio 1:00 Zumba 55+ (4)</p>	<p>10</p> <p>9-12, 1:30 - 4 SHINE 9:30 Tap Dance (4) 9:45 Thursday Crafters  10:30 <i>Current Events (last meeting until Fall 2012)</i></p>	<p>11</p> <p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo  11:00 Fit for the Future 1:00 Watercolors (6)</p>
<p>14</p> <p>9:00-2:30 I&amp;R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Bones (3) 1:30 <i>Significant Speeches</i> (1)</p>	<p>15</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (6) 9:40/11:00 Yoga (8) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p>16</p> <p><i>Broadway Tonite Trip</i> 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 10:00 <i>Basic Drawing</i> (4) 11:00 Fit for the Future 12:30 Quilting Studio 1:00 Zumba 55+ (1)*</p>	<p>17</p> <p>9-12 SHINE 9:30 Tap Dance (5)  9:45 Thursday Crafters 12:00 <i>Soup's On: Learning about Meditation</i></p>	<p>18</p> <p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (7)</p>
<p>21</p> <p><i>Special Van Trip</i> 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 1:00 Better Bones (4) 1:30 <i>Significant Speeches</i> (2)</p>	<p>22</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1)* 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge  2:00 <i>Tick Talk</i></p>	<p>23</p> <p>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 1:00 Zumba 55+ (2)*</p>	<p>24</p> <p>9-12, 1:30-4 SHINE 9:30 Tap Dance (6) 9:45 Thursday Crafters  3:00 Friends meeting</p>	<p>25</p> <p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (8)</p>
<p>28</p> <p><i>Memorial Day Holiday</i>  <i>Senior Center Closed</i></p>	<p>29</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:30-11:30 <i>CPR for Family and Friends</i> 9:40/11:00 Yoga (2)* 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p>30</p> <p>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 1:00 Zumba 55+ (3)*</p>	<p>31</p> <p>9-12 SHINE 9-1 <i>Special Teen Tech Day with L/S Graduating Seniors</i> 9:30 Tap Dance (1) 9:45 Thursday Crafters 12:00 Pizza and 12:30 <i>Movie: Water for Elephants</i></p>	 <p><i>*Please note: these classes will run only if there are enough participants.</i></p>

## LUNCH MENU

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays. A voluntary donation of **\$2.00** per meal is requested. Please call by 10:00 AM the day before to make a reservation.

**Tuesday lunches:**

**May 1<sup>st</sup>:** Pork Rib, Red Bliss Potato, Green Beans, Rye Bread

**May 8<sup>th</sup>:** Salisbury Steak, Egg Noodles, Broccoli, Wheat Bread

**May 15<sup>th</sup>:** Stuffed Shells/Pesto Cream Sauce (without pine nuts), Carrots, White Bread

**May 22<sup>nd</sup>:** Sliced Turkey, Orzo Salad/Spinach, Corn/Black Bean Salad, Multi Grain Bread, Rice Pudding

**May 29<sup>th</sup>:** Chicken Chili, Corn, Brown Rice, White Bread, Arctic Ice

**Please note:** The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website ([www.sudbury.ma.us](http://www.sudbury.ma.us)).

### Suggestion Box/Thoughts on Future of the Senior Center

Don't forget to share your ideas about movies, entertainment and other programs. We are also seeking your feedback and thoughts on the future of the Senior Center. Let us know what you think!

### Movie and pizza Thursday, May 31<sup>st</sup>



### *Water for Elephants*

2011

Rated: PG-13

121 minutes

In this captivating Depression-era melodrama, impetuous veterinary student Jacob Jankowski joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer Marlena.

Starring: Reese Witherspoon, Robert Pattinson, Christoph Waltz, and Paul Schneider

***Please call by 10:00 that morning if you are coming!***  
Also, please let us know if you want pizza (\$1.25/slice).

Pizza will be served at **12 noon**, the movie follows at **12:30 PM**.



### Cell Phone Recycling

Don't forget to drop off your used cell phones into our recycling box.

## S.H.I.N.E. PROGRAM NEWS

**Need help with prescription drug costs?  
Prescription Advantage may be your answer!**

Prescription Advantage is the state prescription drug assistance program for seniors and people with disabilities in Massachusetts.

**Who can join?**

Prescription Advantage is available to Massachusetts residents who are:

- 65 years of age or older and eligible for Medicare or;
- 65 years of age or older and not eligible for Medicare or;
- Under age 65 and meet disability guidelines.

*Note: Income limits may apply. Call Prescription Advantage or SHINE for more details.*

**How can Prescription Advantage help you?**

- If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (donut hole).
- If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan *now*, instead of waiting for Open Enrollment in October.
- If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan *now*, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

Also, help with health insurance questions is available from the Senior Center's SHINE (Serving the Health Insurance Needs of Elders) Counselors. Our SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can also reach a SHINE counselor by telephone. 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.

\*\*\*\*\*

***Interested in Poetry?***

Are you interested in forming a Poetry group? We've had inquiries about starting a group. Add yourself to the list and we will call you about possible meeting dates.

*Coming in June...*



**Atticus**

Portrayed by Richard Clark  
Monday, June 4  
2:00 PM

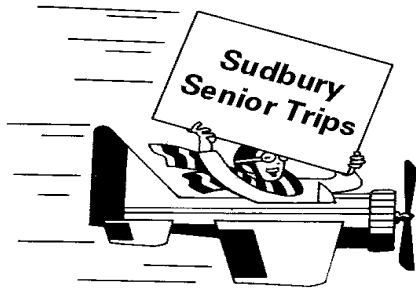
Atticus Finch steps from the pages of "To Kill a Mockingbird" and brings to life the tragedy and triumph of Harper Lee's classic novel. As a loving father, compassionate friend and uncompromising attorney, Atticus represents the divine spark in the human spirit as he leads a cast of other unlikely heroes in this story. The courtroom drama, the poignant interactions between father and children, the harsh realities of bigotry and hatred blend to make this a compelling theatrical event. The time is 1930's Alabama but the enduring truth is for now and always.

Character actor, Richard Clark, has spent over 30 years in New England regional theater and New York Theater. He is a graduate of Clark University and has studied at the American Academy of Dramatic Art, The Actors Connection and the Actor's Loft in New York. His shows are based on biographies, autobiographies, personal letters, books and the works of various playwrights.

This show is free due to the generosity of the Sudbury Cultural Council. Please register early for this special program. Sudbury residents only may register through May 16, after this date all may register. You may call (978) 443-3055 to register or for more information.







Happy "almost summer" to you all! We are so lucky to be having such nice weather this year.

I have had to make some alterations to our 2012 Trip brochure. That is because some of our companies changed a few of their trip dates from what they originally had planned and one of our theatre selections did not suit us. Please be sure to make these changes or additions to your "blue brochure" if you have one. The following updates to our programs (see starred \* areas) should be final (I hope) for the rest of the year.

**Broadway Tonite**, Wednesday, **May 16th** at Luciano's, Lake Pearl, Wrentham, cost \$69.00, is still as written in our brochure. This should be as wonderful as the 'Forever Irish' show that we saw in March. The lavish costumes, beautiful choreography and great music from well-known Broadway hits make it "A Must See." (Your \$25.00 Best of Times gift coupon can be used). We will call you with our departure time when we hear from the Tour company.

**Hello Dolly**, **June 13<sup>th</sup>** at the Northshore Music Theatre, cost \$67.00 needs to be booked as soon as possible in order to keep our top quality seats. We will take the first 25 who book. After that, we will take a wait list of 10 or more, on a

seat available basis for the rest of the seats, as long as we can hold them. We will make an AM stop at our favorite Appleseed's mall for shopping and lunch (on our own). Departure Time will be 9:30AM and return about 6PM.

\*Our newly added trip "**Dino, His Son Remembers**", **June 27** at Foxwoods Casino, cost \$54.00, includes the show and the full Casino package (buffet lunch and \$10.00 Keno ticket) and still has room for more sign-ups. This is a really **GOOD DEAL**. We suggest you sign up soon, as the best seats go to the early birds. Departure will be at 8:15 AM and return about 6:30 PM.

NOTE: We are inviting our regular Foxwoods patrons, to join us on this trip on a space available basis to have an extra day to enjoy one of their favorite Casino pastimes. Cost for this will be their regular \$24.00 and includes the usual amenities (without the ticket to the show).

\*As you read in last month's newsletter we have switched our July Theatre trip from the Arundel Theatre to the Ogunquit Theatre. We will be seeing that lavish Broadway Production "South Pacific" as only the Ogunquit can recreate it (remember Music Man last year). The **new** date is **July 12** at 2PM. We will still be doing the Kennebunkport Tour with lunch and browsing on your own in the morning. Departure will be at 8AM and return will be about 6:30 PM. Cost is **\$72.95**.

\*We have finalized **August 14<sup>th</sup>** for our **Schooner Thomas Lannon** sail. We can rent the entire 46 passenger schooner if

we have at least 40 passengers or just buy space on it with less people. I must make my decision on this soon. Therefore, if you are sure that you want to go on this trip but would like to wait until after June 1 to pay for it, please call and ask to have your name on a special wait list. We will try to hold a space for you until then (unless the trip sells out with all 46 paid passengers before that). Lunch will be at The Gloucester House after our 10AM 2 hour cruise. We may also make a short stop in Rockport for a stroll down to Motif 1, if time permits. Trip cost is \$76.95. Departure will be at 8AM and return about 6:30PM.

\*Best of Times has changed the "**Twin Lobster and Hits from the Oldies**" luncheon from August 22 to August 21, cost \$82.95. Sorry, there are no refunds after August 1. (This is the last chance to use your \$25.00 coupon.)

We are exploring the idea of a trip down the California coast for late September 2012. If you are interested, come to a short meeting on Wed., May 9 at 1:30 PM.

Please hold your Fall trip payments until after June 15th.

Thanks,

*Carmel*

*Community News....*

### **May 12 Garden Club Plant Sale**

The Sudbury Garden Club will hold its fabulous annual plant sale on Saturday, May 12, from 9AM - noon at the Sudbury Town Hall. Just in time for Mother's Day! Best of all, the money supports college scholarships for Lincoln-Sudbury graduates. See you there!

## 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** each way for our out-of-town trips the last Monday of each month.

**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.

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

**Grocery Shopping:** Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

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

**Lock Boxes:** The Senior Center can 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 on Monday.** 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 suggested.

THE  
SUDBURY  
SENIOR

# SCENE

*A monthly publication from the*

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

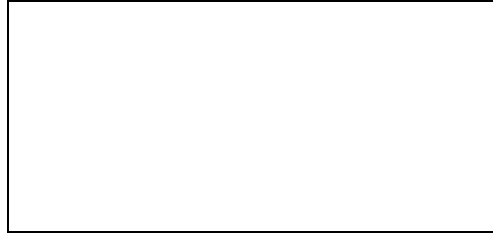
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

*on the web at:*

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

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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



Special Meal and Entertainment Sponsored by:

Heritage Assisted Living of Framingham

## Volunteer Appreciation Luncheon

*By Invitation Only*

**Monday, May 7<sup>th</sup> at 12 noon**

**Please RSVP by Monday, April 30**

Our amazing volunteers will be treated to a special luncheon and entertainment by the Winiker Bros. Band. A small gesture, to thank them for all that they do to make the Senior Center and our programs and activities the best they can be!