



Judith Kalaora in a One Woman Show:

A Revolution of Her Own

**Thursday, May 9
2:00 PM**

In honor of Mother's Day, a one woman show featuring Judith Kalaora as *Deborah Samson Gannett*, the first woman to enlist, fight in and to be honorably discharged from the American Military. This hour-long program chronicles the life of this extraordinary woman who was an indentured servant by the age of five. She lived in a man's world where women could not vote, own property, inherit, or hold a job, but she was determined to enlist in the Continental Army!

Experience Mrs. Deborah Samson Gannett's arduous upbringing, her eighteen months of active combat service, and her success as the first female professional soldier. Mrs. Deborah Samson Gannett's passion will take you back in time!

You will learn about Mrs. Gannett through interactive stories, authentic colonial attire, and military drills. Please call the Senior Center at (978) 443-3055 to register; space is limited.

Sign up for an email subscription!

Would you like to receive this newsletter via email? It's simple! Find the Town of Sudbury website at www.sudbury.ma.us and look for a "Subscribe" button on the upper right corner. Click on the button, type in your email address and choose your subscriptions. Choose *Senior Center – General Information* to receive this newsletter. Then type in your first and last names and click "Join". This will make sure you receive the monthly *Sudbury Senior Scene*, and any updates on programming at the Senior Center. Please let us know if you no longer wish to receive the paper copy of the newsletter, so that we can save paper and postage (email us at senior@sudbury.ma.us.)

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S.H.I.N.E. – Serving the Health Insurance Needs of Elders

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

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on *income only* and there is *no asset limit!*

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than \$57,450 for a single person or \$77,550 for a married couple
- OR
- under 65 years and disabled, with an annual income at or less than \$21,601 for a single person or \$29,159 for a married couple.

If you are 65 years or older, **not eligible for Medicare**, you can also join and there is *no income limit*. There is **no charge** for joining Prescription Advantage, *if* you have an annual income at or less than \$34,470 for a single person and \$46,530 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

If you have questions or need assistance with Medicare or Prescription Advantage, help is available from our trained SHINE volunteers. Call the Senior Center at (978) 443-3055 and ask for a SHINE appointment. All SHINE counseling is by appointment. You can also reach a SHINE counselor by telephone through the Massachusetts Age Information Line. 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.

Means Tested Senior Tax Exemption

Don't put your 2012 Tax Return in the basement just yet, you may need it to apply for Sudbury's new "Means Tested Senior Citizen Tax Exemption". If your property taxes exceed 10% of your income, you may qualify. The assessed value of your home must be less than \$685,148, you must be 65 years of age, and any co-owner must be 60+ years of age. In order to apply, you must submit a completed copy of your Mass. State Income Tax Schedule CB (Circuit Breaker) Credit 2012, even if you did not file it; and a copy of your 2012 Federal Income Tax Form 1040/1040A or 1040EZ (pages 1 and 2). The Application form is expected to ready soon. Call the Assessor's office at (978) 639-3393 or the Senior Center at (978) 443-3055 for more information.

T.E.D. Talks *Continue...*

Sign up to come to a T.E.D. Talk on May 1, 8, or 15. Watch short T.E.D. videos and then discuss the topic of the day with Facilitator Ted Bially and the group. Call 978-443-3055.

SUDBURY SENIOR SCENE

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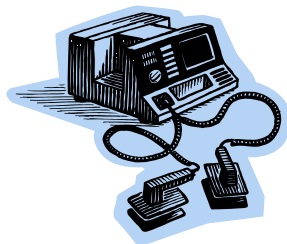
Berthe Lessard, Marie Lupien,
Carol Oram, Ronald Riggert, Jean
Semple, June Allen, Jacqueline
Bausk, Judith Honens, Patricia
Howard, Ellen Morgan, Donald
Oasis, Dorothy Sears

Class Registration Information

Many of our classes, programs and performances are very popular and demand exceeds the capacity of the main program room. If you are interested in a class, we ask that you register in advance for the class and let us know if you will only attend some of the classes. We also ask that you pay any program fees in advance as well, as these hold your space.

When a class is full, we will take a waiting list. If we find that a space becomes available, we will notify you as soon as possible. If you are on the waiting list, please call to check on availability of space before coming over the day of the first class. Above all, if you are not registered, please do not sit in the classroom until you have checked in with a staff person. *Thank you.*

Please note: Certain space-limited classes such as Watercolors and a few others, will be made available to Sudbury residents first and then opened to all.



CPR for Friends and Family **Wednesday, May 22** **1:00 – 3:00 PM** **\$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 8 students). Call the Senior Center at 978-443-3055 to sign up.



Walking Tall! **Get into the Walking Habit** **Tuesday, May 7** **11:00 AM**

Susan Rushfirth, RPT, recently retired Rehab Supervisor at Parmenter Community Health will be here to talk about the benefits of walking. She will also talk about how to get ready for exercise when you haven't been active for a while, about developing a walking routine and a *special bonus*, she will take some time to show you how to use the exercise equipment at Haskell Field exercise area. Dress appropriately to go outside and walk to the corner of Fairbank and Hudson Roads.

Please call to register at (978) 443-3055. It is important for us to know how many will be attending, so don't forget to call ahead!

See also **FitWalk** (p. 5) starting on May 14th!

Health Coaching with Board of Health Nurse Phyllis Schilp Tuesday, May 7 12:30-2:30PM

Health Coaching is now offered at Sudbury Senior Center! Please register and list the health care topic you would like to discuss during your 15 minute session. Together with the BOH nurse, you will identify your health care goals and create and achieve small steps toward that goal. You will also focus on improving self-management of your health care concerns and learn how to stay motivated. Call (978) 443-3055 for information.

Current Events **Thursdays - May 2, 16** **10:30 AM**



Join Facilitator Richard Nesmith for an enlightening and energetic give-and-take on the topics of the day! Please call to let us know that you will attend at (978) 443-3055. Group limited to 20 participants. Free.



Functional Fitness for Independent Living Thursday, May 2

Soup: 12:00 Noon
Speaker: 12:30 PM

Learn simple, low cost, low tech ways to optimize your fitness for your future. Debra Goldman has been a Certified Personal Trainer for 33 years, a Stott Pilates instructor for over 15 years, and is a Certified Whole Body Vibration instructor. She owns Pilates Works in Wayland where she teaches people of all ages, how to develop and maintain fitness. Please call (978) 443-3055 to reserve your soup and your spot by Wednesday, May 1st!

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

Mercury Collection Program Saturday, May 18 11:00 AM - 1:00 PM

Exchange your mercury-containing item(s) for one new digital fever thermometer (one per family) at the Sudbury Senior Center. *Special thanks* to Ed Gottmann for creating and organizing this program.

Please note: we are unable to accept large fluorescent lightbulbs, but we can accept compact fluorescent lightbulbs.



Movies with a Message Wednesday, May 15 1:30-3:00 PM

Isn't it amazing how you can watch a movie with a friend and both take away something entirely different from the experience? The movie may move you deeply while completely uninspiring your friend. Or perhaps one of you learned something new about yourself but the other was totally bored. Come and enjoy watching 2 short meaningful movies (each less than 30 minutes), and then discuss what the movie meant to each of the attendees.

Movies with a Message was conceived by Traditions of Wayland resident Joel Pitlor, a long term Concord resident, consultant to entrepreneurs and a father of 3 and grandfather of 7. The discussion will be facilitated by Joel and Betsy Connolly, a gerontologist and manager at Traditions. Free.

Please call the Senior Center at (978) 443-3055 to register.



Medical Equipment Available

Are you rehabbing at home? Do you need a walker, a shower bench or other equipment? We have plenty for loan in the Medical Equipment Loan closet organized by Ed Gottmann. Call the Senior Center at (978) 443-3055 and leave a message for Ed.

Volunteer Appreciation Luncheon

The Friends of Sudbury Seniors and the Sudbury Senior Center celebrate all of our volunteers with a special luncheon and entertainment on Wednesday, May 1st. All of our volunteers should have received a personal invitation recently.

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 Front Desk Reception
- 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 24th**.

We regret that due to space limitations, we can host volunteers only.

Thank you Volunteers!

FROM THE DESK OF INFORMATION SPECIALIST, ANNE MANNING

Seasonal Affective Disorder: Signs and Solutions for Caregivers

During the winter do you sleep later? Do you lose interest in things you usually enjoy? Feel a little sluggish? If you are a caregiver, have you noticed these things in someone you are caring for? If either of you feel a touch of the 'winter blues' you may be suffering from Seasonal Affective Disorder (SAD). For most people SAD symptoms begin in the fall as the days become shorter and they are exposed to less sunlight. Symptoms generally begin to improve in April with the return to Daylight Savings Time.

Typical symptoms include sleeping too much; low energy; feeling of sadness or anxiety, avoiding activities that were previously enjoyed; increased hunger – especially craving high carbohydrate foods; and weight gain.

While there is no specific cause, there are certain factors that can make some people at risk. One factor is where you live. Circadian Rhythm (your body clock) is thrown off when there is a change in the hours of light. People living in a Northern state where the winters are long, and days are short, are inside more due to snow and cold, and are more at risk than a person living in sunny Arizona. In addition to shorter days, people living in northern climates may have a decrease in their daily exercise due to weather conditions. It has been well documented that exercise can boost serotonin levels, and help improve mood. Women are more predisposed than men to SAD, but when men are affected it often results in more severe depression.

Caregivers often put their own health and emotions last, but it is important that they take care of your own needs. It is important that you talk to your health care professional if you feel that you may be suffering from SAD. Your doctor may do blood tests to be sure you are not suffering from a viral infection or another medical issue. In addition, your doctor will want to rule out a more serious episode of clinical depression.

Reference: Caregiver Homes

Please feel free to call Anne Manning, LMHC, Information and Referral Specialist at (978) 443-3055 with any questions on this article or for information on other resources.

FitWalk

Tuesdays, May 14 – June 18
11:00 AM



Join our congenial FitWalk group as they gather with Board of Health Nurse Phyllis Schilp to walk the Haskell Field 1-mile loop for six Tuesdays. Phyllis will guide the group in warming up and tips on walking safely. Bring walking shoes, sun protection and clothing appropriate for the weather. If the weather is poor, the group may stay in and do stretching and toning exercises.

Call (978) 443-3055 to let us know that you will join the group! Free.



Legal Clinic
Tuesday, May 28
10:00 – 12:00

Schedule your free 20 minute appointment with Elder Law Attorney Denise Yurkofsky. Call the Senior Center at (978) 443-3055 for more information.

Teen Tech Workshops

Wednesdays

May 8 - 2:00-4:00 PM

and

May 29 - 9:00-1:00 PM

Special Tech Day - L-S Seniors
"Give Back Day"





On May 8, Lincoln-Sudbury high school students will be here to help you out with laptop, cell phone, software or Facebook questions. Our student volunteers can help with using a tablet, using a smartphone, taking photos and emailing them, texting, setting up a group email, using Facebook, using a laptop and any other questions you may have.

On May 29, L-S Senior students will be here from 9:00 – 1:00 for a special Senior Service Day. Come meet Sudbury great L-S seniors and ask your technical questions while learning what these seniors have planned for next year.

Please reserve your appointment by calling (978) 443-3055.

MAY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Check with the Front Desk for the location of Fit for the Future and Zumba on May 1.</p>		<p>1 9:00-2:30 I&R Hours 9:30-11:30 <i>Bridge Lessons</i> (3) (<i>Van Houten</i>) 10:00 <i>TED Talks</i> (2) 11:00 Fit for the Future* 12:00 <i>Volunteer Appreciation Luncheon</i> (by invitation only) 12:30 Zumba 55+ *</p>	<p>2 9-12 SHINE 9:30 Tap Dance 9:30 Thursday Crafters 10:30 <i>Current Events</i> 12:00 Soups On! <i>Functional Fitness for Independent Living</i></p>	<p>3 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Movie: <i>Marley and Me</i> 1:00 Watercolors (2)</p>
<p>6 9:00-2:30 I&R Hours 9:30-11:30 <i>Drawing</i> (3) 10:30 <i>The World Was Never the Same</i> (3) 11:00 Fit for the Future 1:00 Better Bones (1) 1:00-2:30 <i>Hope in Springtime Bereavement group</i> (4) No Tai Chi</p>	<p>7 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 11:00 <i>Walking Tall!</i> 12:00 Lunch 12:30-2:30 <i>Health Coaching w/BoH Nurse</i> 12:30-3:30 Bridge 1:00-3:30 <i>Healthy Living with Diabetes</i> (3) 3:00 COA Board Meeting</p>	<p>8 <i>Thoroughly Modern Millie</i> 9:00-2:30 I&R Hours 9:30-11:30 <i>Bridge Lessons</i> (4) (<i>Van Houten</i>) 10:00 <i>TED Talks</i> (3) 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 2:00-4:00 Teen Tech Tutoring</p>	<p>9 9-12 SHINE 9:30 Tap Dance 9:30 Thursday Crafters 2:00 <i>A Revolution of Her Own</i></p>	<p>10 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Movie: <i>Tortilla Soup</i> 1:00 Watercolors (3)</p>
<p>13 9:00-2:30 I&R Hours 9:30-11:30 <i>Drawing</i> (4) 10:00 Stamp club 10:30 <i>The World Was Never the Same</i> (4) 11:00 Fit for the Future 1:00 Better Bones (2) 1:00-2:30 <i>Hope in Springtime Bereavement group</i> (5) 2:15 Tai Chi (3)</p>	<p>14 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 11:00 <i>FitWalk</i> (1 of 6) 10:00-12:00 Legal Clinic 12:00 Lunch 12:30-3:30 Bridge 1:00-3:30 <i>Healthy Living with Diabetes class</i> (4)</p>	<p>15 9:00-2:30 I&R Hours 9:30-11:30 <i>Bridge Lessons</i> (5) (<i>Van Houten</i>) 10:00 <i>TED Talks</i> (4) (last) 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 1:30-3 <i>Movies with a Message</i></p>	<p>16 9-12 SHINE 9:30 Tap Dance 9:30 Thursday Crafters 10:30 <i>Current Events</i></p>	<p>17 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Movie: <i>Ruby Sparks</i> 1:00 Watercolors (4) ----- <i>Mercury Removal Program</i> – Sat., May 18, 11am – 1pm</p>
<p>20 9:00-2:30 I&R Hours 9:30-11:30 <i>Drawing</i> (5) 10:30 <i>The World Was Never the Same</i> (5) 11:00 Fit for the Future 1:00 Better Bones (3) 1:00-2:30 <i>Hope in Springtime Bereavement group</i> (6) (last) 2:15 Tai Chi (4)</p>	<p>21 <i>Water District Voting</i> 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 11:00 <i>FitWalk</i> (2 of 6) 12:00 Lunch 12:30-3:30 Bridge 1:00-3:30 <i>Healthy Living with Diabetes</i> (5)</p>	<p>22 9:00 MEN'S BREAKFAST -postponed from Apr. 18 as of Apr. 17 9:00-2:30 I&R Hours 9:30-11:30 <i>Bridge Lessons</i> (6) (<i>Van Houten</i>) (last) 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 1:00-3:00 <i>CPR for Friends and Family</i></p>	<p>23 9-12 SHINE 9:30 Tap Dance 9:30 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Life of Pi</i> 3:00 Friends Meeting</p>	<p>24 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Movie: <i>Frost/Nixon</i> 1:00 Watercolors (5)</p>
<p>27 Memorial Day Holiday  Senior Center Closed</p>	<p>28 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 10:00-12:00 Legal Clinic 11:00 <i>FitWalk</i> (3 of 6) 12:00 Lunch 12:30-3:30 Bridge 1:00-3:30 <i>Healthy Living with Diabetes</i> (6)</p>	<p>29 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 9:00-1:00 <i>Special Teen Tech Tutoring</i></p>	<p>30 9-12 SHINE 9:30 Tap Dance 9:30 Thursday Crafters</p>	<p>31 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Movie: <i>Big Miracle</i> 1:00 Watercolors (6)</p>



LUNCH



A full lunch is served at the Sudbury Senior Center at noon on Tuesdays and Wednesdays. A voluntary donation of **\$3.00** per meal is requested. Please **call by Monday 11:00 AM** to reserve a meal for either day.

New Choice: There will be two choices for Wednesday lunch! One will be a traditional hot lunch, the other an alternative that will include salad or soup. **Look for the menu** at the Senior Center or on the Senior Center webpage.

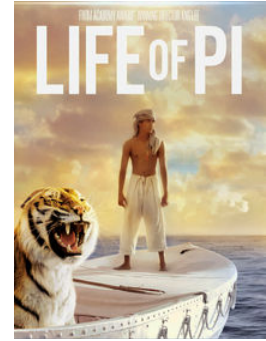
Sudbury F.I.S.H.
Volunteer Medical Transportation

When family and friends are unable to help, you can get a ride to your medical appointment through FISH. Call (978) 443-2145 and leave a message with your contact and appointment information. The Coordinator will call you back.

Community News
**Golden Tones Chorus
Silver Jubilee Concert**

Sunday, June 16 at 3:00 PM

The Golden Tones, a group of seniors who love to sing, have been giving concerts for 25 years. To celebrate this milestone, they are giving a special benefit concert on June 16 (Father's Day) at Wayland High School's new concert hall. Reception to follow. For more information and to order tickets online, go to www.goldentones.org.

**Movie and Pizza
Thursday, May 23**
*Life of Pi***2012****Rated: PG****2 hours, 7 minutes**

Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company.

Starring: Suraj Sharma, Irrfan Khan, and Ayush Tandon

Please call (978) 443-3055 by 10:00 that morning if you are coming! And, please let us know if you want pizza (\$1.25/slice).

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

Friday Afternoon Movies – 12:30 PM

May 3 – *Marley and Me* – 2008 – PG – 110 minutes

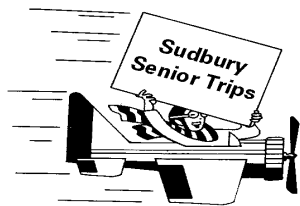
May 10 – *Tortilla Soup* – 2001 – PG13 – 103 minutes

May 17 – *Ruby Sparks* – 2012 – R – 104 minutes

May 24 – *Frost/Nixon* – 2008 – R – 123 minutes

May 31 – *Big Miracle* – 2012 – PG – 107 minutes

Movie descriptions available at the Senior Center and on the Senior Center webpage at <http://sudbury.ma.us/departments/SeniorCenter/>.



2013 is almost half over and I am still waiting for spring. However as I am an optimist (I think) I am sure it's on its way.

Foxwoods/Thoroughly Modern Millie News

As this newsletter is being written (the second week of April) it is necessary to tell you that both our "Foxwoods Trip" scheduled for May 6 and our "Thoroughly Modern Millie" trip scheduled for May 8 are in jeopardy of having to be cancelled due to lack of enough participants to cover the motor coach costs. If we find it necessary to do this we will let you know by telephone during the last week of April. We will attempt to have all refund checks ready for you to pick up at the center by May 6 (or you may choose to apply them toward another trip this year.) All trips must have a minimum of 28 paid passengers in order to be a go (due to the high price of our motor coaches.)

Those Shining Lives

At this time we will still keep our June 12th trip, "Those Shining Lives" on our schedule at the Stoneham Theatre (although we still need several more participants for this to be a GO.) This show is the spellbinding, true story of some young ladies of the 20's who were hired to paint the radium dials on watches and became dangerously ill from the process and the four very courageous young ladies who dared to stand up to their employers who had endangered

all their lives. As this is a special "Senior Day" at the Theatre, the price for this trip is only \$41.00 including the cost of the Motor Coach. We will make a pre-show stop at our favorite "Appleseed's Mall" for lunch and shopping or browsing. We will leave the Mall at 1:15 for the 2PM performance at the Theatre. Departure from the center is at 9:45 AM and return at approximately 5:30 PM.

Dreamgirls

Our Big News for the Summer is our new show-"Dreamgirls" at the Lake Winnepesaukee Theatre in Meredith on Wednesday, July 10. (***Note-change of date from July 11 to July 10.**) Cost is \$52.50 and includes motor coach transportation as well as admission to this fast paced musical production.

Its catchy songs (which many of us should remember) and glitzy costumes and scenery are sure to enthrall you. We will spend a few hours in the morning in downtown Meredith where you may choose to stroll along the lake and enjoy a picnic lunch of your own in the lovely park right on the water or even buy your lunch at the snack bar there. (Yes, there are places to sit). For those of you who might prefer to visit the shops and have a sit-down lunch, they are right across the street from the lake as is the well-known "Mill Falls" (a collection of quaint shops as well as an eatery all in the same old Mill building.)

NOTE: As we are sharing this trip with Concord, seating is limited to 25 (at this time).

Departure will be at 9:00 AM; return at approximately 5:30PM.

Trains of the Colorado Rockies

July 12-20, \$2,649pp, double occupancy. If anyone is still interested please call me at 978-443-8320 to check for available space.

Lobster Feast and Sweet Dreams Show,

at the Log Cabin in Holyoke, Ma. August 14. Cost \$79.00 includes a HUGE MENU of: garlic bread sticks, cheese spread, barbecued chicken, country ribs, baked potato, corn niblets, STEAMED LOBSTER with drawn butter, vanilla ice cream with strawberry sauce, coffee, tea and a complimentary glass of wine, WOW! This will be followed by a really fantastic show, "Sweet Dreams" a tribute to the late Patsy Cline with Janice Dee (who looks and sounds like Patsy Cline) and the "Walkin' After Midnight" band who will take you through Patsy's great hits. You're "CRAZY" if you miss this show. Departure from the Center is at 9:30AM and return is at approx. 4:30PM.

La Cage Aux Folles, September 25th at the North Shore Music Theatre, cost \$78.00 includes Motor coach, transportation and prime seating in the front area of the theatre. This show was a Tony Awards Smash Hit Musical in 1978 and was also remade as the 1996 hit movie "The Birdcage." A gay man tries to pretend he is straight for the sake of his son's future in-laws. We will make a morning pre-stop at a nearby Mall for Lunch. Departure from the Center at 10:00 AM; return at approx. 6:00 PM.

Albuquerque Balloon Festival

October 3 - 7 **SOLD OUT**

Fall and winter trip information will be in our July-August newsletter.

Carmel

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 3:00 PM to schedule a ride for the *next* 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 at the end 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 8:30-10:30 AM**. **Free** blood sugar testing is also provided each **Tuesday from 8:30-9:30**. 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 with trained volunteers 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

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.

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

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

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 and Wednesdays at noon. Please call to make a reservation for either day **by 11:00 AM on Monday**. A voluntary donation of **\$3.00** 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 **\$3.00** a meal is suggested. Please call BayPath Elder Services at (508) 573-7200 to ask about starting service.

Zumba 55+

Wednesdays in May at 12:30 PM
5 weeks at \$15; Drop-in for \$4/class



Get into the groove with Zumba! Also, June 5, 12.

Yoga for Living Well

Tuesdays – 9:40 and 11:00 AM
Tuesdays – 9:20 and 10:40 AM *as of June 18*
June 4 – July 9, no class July 2; July 23 – August 20
5 weeks for \$35; *Note Time change!*

Stretch, strengthen, relax!

Better Bones

Mondays, 1:00 PM; 7 weeks for \$49
May 6 – July 8; July 15 – Aug. 19
No classes June 10, July 1
Build strength, stronger bones and better balance!

Please pay as you register for **Better Bones and **Yoga** classes. And *please register one week prior* to the start of class. Class minimum is 8 students.

Tap Dance

Thursdays at 9:30 AM
5 classes for \$25
May 16 – June 13



The ultimate mind-body exercise!

Fit for the Future

Mondays, Wednesdays, Fridays
11:00 AM; \$2 Drop-in;
Time changes to 10:00 AM as of June 17



Flowing moves, strength and balance training.

Tai Chi for the Summer

Mondays, 2:15 PM
July 8 – July 29 and August 5 – August 26
Yang Style – beginners welcome to new session, when 1st section of long form will be repeated.
**Two 4 week sessions are available for \$18 each session. Please pay as you register *one week in advance* of the start of class. Minimum 5 students.

THE
SUDBURY
SENIOR

SCENE

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40 Fairbank Road

Sudbury, Massachusetts 01776-1681

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Sudbury Senior Center

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Fax: 978-443-6009

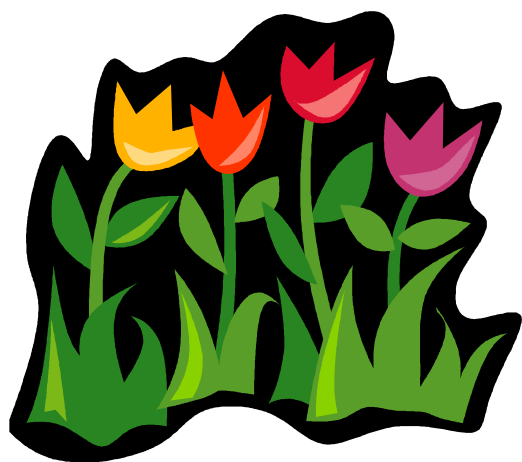
E-mail: senior@sudbury.ma.us

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

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277



*Many thanks to
our wonderful
volunteers!*

*Sponsored by the Friends
of Sudbury Seniors*

Volunteer Appreciation Luncheon

~By Invitation Only ~

Wednesday, May 1, 12 noon

Entertainment: *Pianist Rick Scalese*

Catered by: *Mary's Catering of Hudson*

RSVP to 978-443-3055 by Wednesday, April 24.