



## DIGITAL PHOTOGRAPHY

We're pleased to offer a five-session class on all the ins and outs of taking photos with digital cameras! The classes will be held **Tuesdays, March 14-April 11** from **1:30-3:00** in the Senior Center. The cost for the series is **\$40**, or **\$10** for individual sessions. Registration is required. Here's the line-up:

**Introduction to the World of Digital Photography (March 14):** Digital technology is quickly revolutionizing photography and providing new challenges and opportunities. Learn how it works, how it differs from film, and some of its unique and exciting capabilities such as immediate viewing, image manipulation, control of the printing process, and new possibilities in picture-taking equipment.

**The Best Picture-Taking Equipment for You (March 21):** The next step is to select the most appropriate equipment. We will review the wide range of approaches from digital SLRs to Point-and-Shoot cameras, as well as evolving digital photography systems which integrate printers with rudimentary editing capabilities. You will be helped to analyze your personal needs so that your ultimate buying decision is sound.

**Using Your Digital Camera and Its Accessories (March 28):** Next we will explore the world of possibilities available to you. Basic picture-taking will be covered. Beyond that we will introduce the unique capabilities offered by the digital approach such as e-mailing, digital scrapbooking, personal web sites, and online photo processing.

**Getting the Most Out of Your Photos (April 4 and 11):** The ultimate benefit of digital imagery is that it can be manipulated by computer to create truly remarkable outputs. This is a very deep subject which we will begin to approach in these two-sessions. Adobe's Photoshop, a standard in the field, will be used for instruction on functions such as layering, cropping, cloning, color adjusting, and formatting. If interest warrants there is the possibility of adding a hands-on computer lab session.

The instructor will be George Kiesewetter who has had a long time interest in photography, transitioning to digital photography as the technology evolved. His most recent experience has been with the Town of Sudbury where he has worked for the Technology Administrator in both digital still and video assignments.

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## Introducing: Sudbury Senior Access

The Friends of Sudbury Seniors are pleased to introduce a new service for Sudbury seniors and people with disabilities: subsidized taxi service!

Called *Sudbury Senior Access*, the new program goes into effect immediately. Here's how it works:

Come to the Senior Center to purchase books of coupons. The books contain five coupons each, for \$25 worth of rides . . . but you pay only **\$12.50**.

When you want a ride, call **JFK Transportation** at **(508) 653-4500** to book a ride. *The more notice you can give, the better your chance of getting a ride when you want it* . . . 24 hour or even 48 hour notice is appreciated. Taxi service is available 6:30 AM – 6:30 PM seven days/week. (If you need a handicap accessible ride, that service is available 9 AM to 1 PM weekdays.)

Use your coupons to pay your trip fare instead of cash, in even amounts of \$5.00. You may use a combination of coupons and cash to pay your fare. For example: a \$17 fare can be paid with 3 coupons (\$15 worth) and \$2 in bills. Tips for the driver are appreciated and must be done with cash. In addition, there is a surcharge of \$1.50 one way because of the cost of fuel, and this must be paid in cash.

You can travel to any town that touches Sudbury. A list of these towns is printed on the coupons. We ask that you check off your destination and the purpose of your trip, so that we can streamline the service as we gain experience with it.

The coupons are solely for the use of people aged 60 and older (and those with disabilities) who live in Sudbury.

The staff of the Sudbury Senior Center is grateful to the Friends of Sudbury Seniors for helping us launch this program. We are hoping that this new service, when combined with the Senior Center van and the FISH volunteer medical ride service, will mean that Sudbury seniors and people with disabilities will be able to get where they need to go quickly, safely, and conveniently.

You can also order coupons by mail. Make the check out to **Friends of Sudbury Seniors**. Call (978) 443-3055 for more information.

## COUNCIL ON AGING

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## MISSION STATEMENT

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

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**Prescription Advantage**  
*Medicare Wrap Program*  
**Open Enrollment - March 15 through April 28, 2006**

Prescription Advantage is a state-sponsored prescription drug insurance plan that helps Medicare beneficiaries pay for the cost of their Medicare Part D plans. Prescription Advantage is for Massachusetts residents, age 65 and older with incomes under \$47,851 (single) or \$64,151 (married) and who are not enrolled in MassHealth. Younger individuals with disabilities who meet certain income and employment guidelines, can also join. Prescription Advantage is now a secondary payer to Medicare Part D plans and can assist with some of the costs associated with Part D. The amount of assistance members receive is based on their gross annual household income.

Prescription Advantage will hold an Open Enrollment period from March 15 through April 28. Applications must be received at Prescription Advantage no later than April 28.

The SHINE program will be doing a presentation for us on **Thursday, March 23 at 1:00** to explain the Prescription Advantage program and how it coordinates with Medicare Part D plans. The presentation is **free**, but please call (978) 443-3055 to reserve a spot as space is limited.

New applications for Prescription Advantage are available here at the Senior Center. For more information on Prescription Advantage and the Open Enrollment period, call 1-800-243-4636 (1-800-AGE-INFO) and press 1. For additional help, including assistance with filling out your application, call us for an appointment with Kathy Worhach, our SHINE counselor.

SHINE (Serving the Health Information Needs of Elders) offers free, confidential, health insurance counseling here at the Senior Center on Thursday mornings. Call for an appointment.



**Newsletter on line**

Want to get a jump on all the happenings at the Sudbury Senior Center? The newest issue of our *Sudbury Senior Scene* newsletter is available on line, in many cases *before the printed issue reaches you at home!* The online issue has the same news and event listings as the print version, and also has computer links to related items of interest . . . and it's free.

To view a downloadable copy, go to <http://sudbury.ma.us/>, the Sudbury Town website. A link to the current issue is displayed in the list of offerings under "Latest News".



## Sudbury senior tax options on TV

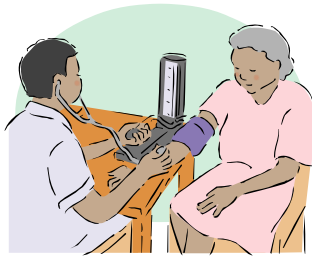
Everything you always wanted to know about the current tax relief options, abatements, and exemptions for seniors, made simple!

The Sudbury Assessors Department, along with the Council on Aging and the Sudbury Senior Center will offer a free seminar on all the current tax relief options available for Sudbury seniors Friday, **March 3**, at **10 AM** in the **Town Hall auditorium**.

Director of Assessing Maureen Hafner, Assistant Assessor Cynthia Gerry, Peg Whittimore of the Sudbury Senior Community Work Program, and Kris Kiesel, Director of the Senior Center will be on hand to help people learn which relief options they may be eligible for, and how to apply.

The session is **free**, and will be taped for broadcast on Channel 8. Handouts will be available that morning. The panel will take questions from the audience related to current tax options.

If you'd like to be there for the taping, please call the Senior Center at (978) 443-3055 to register.



## Getting the most out of your doctor visit

Good communication with your doctor is one of the most important parts of getting good health care. The patient and doctor can work as a team, along with nurses, physician assistants, pharmacists, and other health care providers.

The National Institute on Aging has published and update of one of their most popular publications, *Talking with Your Doctor*. This newly revised edition, available free, provides helpful worksheets and offers many tips and suggestions, including:

- Choosing a doctor you can talk to,
- Getting ready for an appointment,
- Giving and getting information,
- Discussing sensitive subjects, and
- Involving family and friends.

To preview or order a free copy, go to:  
<http://www.niapublications.org/pubs/talking/index.asp>

We will also have a few copies on hand here at the Senior Center, as soon as they arrive in the mail.

## Soup's On: Five secrets to looking and feeling younger

Looking for the "Fountain of Youth"? Dr. Li Hsu of Global Health Associates will offer a slide presentation **Thursday, March 16**, at **noon** with some answers about aging, including an understanding of the causes of the changes of aging and natural solutions that can result in better health.

Soup, a salad, and dessert will be served at **12:00**, and the talk will begin at **12:30**. The presentation is **free**, but please call the Senior Center at (978) 443-3055 *in advance* to register.

## Become a SHINE volunteer!

The Medicare program has never been more complex. If you think you would enjoy helping others with their health insurance questions, consider becoming a SHINE volunteer.

As a volunteer SHINE (Serving Health Information Need of Elders) Counselor you'll be trained and certified to explain health insurance options and protect consumers' rights. The next course is scheduled to begin the last week in April and run through the entire month of May. It meets on **Mondays** and **Thursdays**, from **10 AM** to **3 PM**, at **Whitney Place in Natick**. To find out more about helping, call Dorene Nemeth, Associate Regional SHINE Director at (508) 532-5980 Ext. 4109.

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
DEBRA GALLOWAY

### Doing Your Own Downsizing

Spring is coming: longer days and more energy! Is it time to reorganize and declutter your home? Whether you are staying in your home for many more years or contemplating a move to a new location, you can benefit from “downsizing”. This has nothing to do with corporate layoffs and everything to do with making your home and your life more organized and spacious.

Having been in your home for many years, you may have accumulated a lot of “stuff”. However, there may come a time when it no longer serves you well. Going through the things you’ve accumulated in an organized way can be a positive experience – new energy, more space, a change of pace. The added bonus is, if you do decide to move, you will be well prepared!

#### Downsizing Tips:

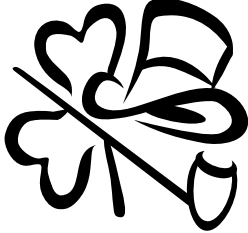
- **Start early** – It’s never too early to start!
- **Develop a plan** – Start out with small steps, such as tackling a small area or one category of items first. You may decide to begin with old letters and photographs. Then you can move on to another area and so on.
- **Enlist help from friends and family** – Talk to family and friends about your plans. Ask them to help. This can be an enjoyable process for you and them, bringing you closer.
- **Enjoy the process** – Savor the process of going through your beloved possessions.
- **Pay for assistance** – If you are physically unable, or need some help, you may want to enlist the help of a professional organizer or Senior Move Specialist.
- **Sell or Consign some of your possessions** – You may have items that you no longer use but are valuable to someone else. Check out eBay or consignment shops to see if you have a treasure in your midst. You could make some money!

Your goal is to simplify your life, not to get rid of everything! As you pare down your belongings to the key things you want and need, you will feel a sense of control, accomplishment and renewed energy.

Please call Debra Galloway at the Senior Center for referrals to professional organizers, Senior Move Specialists, or other resources, at 978-443-3055.


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# MARCH 2006

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
|   |    | 1  | 2  | 3  |
|   |   | 8:30 Fit for the Future<br>9:00 Cribbage<br>9:00-5:00 AARP Tax<br>Assistance: Flynn<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>12:00 Lunch<br>12:30 Quilters 3  | Snowbird Escape trip<br>9-12 SHINE: Flynn<br>9:00-5:00 AARP Tax<br>Assistance<br>9:30 Tap Class 4<br>9:45 Thursday Crafters<br>10:00 Local Authors 3<br>10:30 T'ai Chi Practice<br>12:30-3:00 Pickle-ball  | 8:30 Fit for the Future 3<br>9:00 Cribbage<br>9:30 Bingo<br>9:30-2:30 I&R Hours<br>10:00 Tax Options for<br>Seniors: Town Hall<br>11:00 Fit for the Future<br>12:00 Lunch<br>1:00 Cards & Canasta<br>1:00-3:00 Watercolors 5 |
| 6   | 7   | 8  | 9  | 10   |
| Van trip to Natick Mall/<br>Olive Garden<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>1:00 Ceramics<br>1:00 Matter of Balance 2<br>1:30 Spanish 4  | 9:00 Cribbage<br>9:00-9:30 Parmenter BP<br>9:00-5:00 AARP Tax<br>Assistance: Senior<br>Center<br>10-12:00 Legal Clinic<br>9:00-11:30 Quilting 4<br>11:00 Chair Yoga 2<br>11:30-1:00 Parmenter<br>Clinic<br>12:00 Lunch<br>12:30 Bridge<br>7:00 PM COA Board | 8:30 Fit for the Future<br>9:00 Cribbage<br>9:00-5:00 AARP Tax<br>Assistance: Flynn<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>12:00 Lunch<br>12:30 Quilters 4<br>1:00-3:30 Bridge Lessons  | 9-12 SHINE: Flynn<br>9:00-5:00 AARP Tax<br>Assistance: Senior<br>Center<br>9:30 Tap Class 5<br>9:45 Thursday Crafters<br>10:00 Local Authors 4<br>10:30 T'ai Chi Practice<br>12:00 Pizza<br>12:30 Movie: <i>Oliver<br/>Twist</i><br>12:30-3:00 Pickle-ball | 8:30 Fit for the Future<br>9:00 Cribbage<br>9:30 Bingo<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>12:00 Lunch<br>1:00 Cards & Canasta<br>1:00-3:00 Watercolors 6  |
| 13  | 14  | 15   | 16   | 17   |
| Van trip to Ocean State/<br>Lotus Blossom<br>9:30-2:30 I&R Hours<br>10:00 Stamp club<br>11:00 Fit for the Future<br>12:00 Bridges<br>Celebration<br>1:00 Ceramics<br>1:00 Matter of Balance 3<br>1:30 Spanish 5                                 | 9:00 Cribbage<br>9:00-9:30 Parmenter BP<br>9:00-5:00 AARP Tax<br>Assistance: Senior<br>Center<br>11:00 Chair Yoga 3<br>11:30-1:00 Parmenter<br>Clinic<br>12:00 Lunch<br>12:30 Bridge<br>1:30-3:00 Digital<br>Photography 1                                  | 8:30 Fit for the Future<br>9:00 Cribbage<br>9-11:00 Podiatry Clinic<br>9:00-5:00 AARP Tax<br>Assistance: Flynn<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>12:00 St. Patrick's Day<br>Luncheon<br>12:30 Quilters 5<br>1:00-3:30 Bridge Lessons | 9-12 SHINE<br>9:00-5:00 AARP Tax<br>Assistance: Senior<br>Center<br>9:30 Tap Class 6<br>9:45 Thursday Crafters<br>10:30 T'ai Chi Practice<br>12:00 Soup's On: Five<br>Secrets to Looking<br>Younger<br>12:30-3:00 Pickle-ball                              | 8:30 Fit for the Future<br>9:00 Cribbage<br>9:30 Bingo<br>9:30-2:30 I&R Hours<br>10:00 Forever Irish Trip<br>11:00 Fit for the Future<br>12:00 Lunch<br>1:00 Cards & Canasta<br>1:00-3:00 Watercolors 7                      |
| 20  | 21  | 22   | 23   | 24   |
| Van trip to Christmas<br>Tree Shop/ Brittney's<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>12:00 Bridges<br>celebration<br>1:00 Ceramics<br>1:00 Matter of Balance 4<br>1:30 Spanish 6<br>3:30 International<br>Intergenerational tea | 9:00 Cribbage<br>8-9:00 Parmenter Clinic<br>9:00-5:00 AARP Tax<br>Assistance: Senior<br>Center<br>9:00-11:30 Quilting 1<br>11:00 Chair Yoga 4<br>11:30-1:00 Parmenter<br>Clinic<br>12:00 Lunch<br>12:30 Bridge<br>1:30-3:00 Digital<br>Photography 2        | 8:30 Fit for the Future<br>9:00 Cribbage<br>9:00-5:00 AARP Tax<br>Assistance: Flynn<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>12:00 Lunch<br>12:30 Quilters 6<br>1:00-3:30 Bridge Lessons  | 9-12 SHINE<br>9:00-5:00 AARP Tax<br>Assistance: Senior<br>Center<br>9:30 Tap Class 7<br>9:45 Thursday Crafters<br>10:30 T'ai Chi Practice<br>12:30-3:00 Pickle-ball<br>1:00 Prescription<br>Advantage<br>3:00 Friends meeting                              | 8:30 Fit for the Future<br>9:00 Cribbage<br>9:30 Bingo<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>12:00 Lunch<br>1:00 Cards & Canasta<br>1:00-3:00 Watercolors 8  |
| 27  | 28  | 29   | 30   | 31   |
| Van trip to Walmart<br>Hudson/Ninety-Nine<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>1:00 Matter of Balance 5<br>1:00 Ceramics<br>1:30 Spanish 7   | 9:00 Cribbage<br>9:00-9:30 Parmenter BP<br>9:00-5:00 AARP Tax<br>Assistance: Senior<br>Center<br>9:00-11:30 Quilting 2<br>11:00 Chair Yoga 5<br>11:30-1:00 Parmenter<br>Clinic<br>12:00 Lunch<br>12:30 Bridge<br>1:30-3:00 Digital<br>Photography 3         | 8:30 Fit for the Future<br>9:00 Cribbage<br>9:00-5:00 AARP Tax<br>Assistance: Flynn<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>12:00 Lunch<br>12:30 Quilters 7<br>1:00-3:30 Bridge Lessons<br>1:00 River Cruise<br>Meeting                    | 9-12 SHINE<br>9:00-5:00 AARP Tax<br>Assistance: Senior<br>Center<br>9:30 Tap Class 8<br>9:45 Thursday Crafters<br>10:30 T'ai Chi Practice<br>12:30-3:00 Pickle-ball<br>2:00-4:00 Digital<br>Retirees meet  | 8:30 Fit for the Future<br>9:00 Cribbage<br>9:30 Bingo<br>9:30-2:30 I&R Hours<br>11:00 Fit for the Future<br>12:00 Lunch<br>1:00 Cards & Canasta<br>No Watercolors   |

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at 12 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   |
|--|--|--|
| February 28  | March 1  | March 3  |
| Hamburg/gravy<br>Mashed potatoes<br>Carrots<br>Oatmeal cookie                                  | Macaroni/cheese<br>Stewed tomatoes<br>Multigrain bread<br>Mixed fruit  | Broccoli bake<br>Chuckwagon corn<br>Rye bread<br>Peaches                           |
| March 7  | March 8  | March 10   |
| Cream/carrot soup<br>Herb roast chicken<br>Mashed potatoes<br>Oatmeal bread<br>Vanilla pudding | Burgundy beef tips<br>Brown rice<br>Broccoli<br>Whole wheat bread<br>Carrot cake                                   | Fish tenders<br>O'Brien potatoes<br>Tuscany veggies<br>Pumpnickel bread<br>Peaches |
| March 14   | March 15   | March 17   |
| Stuffed pepper/<br>tomato sauce<br>Genoa veggies<br>Scali bread<br>Mandarin oranges            | St. Patrick's Day<br>Special<br> | Macaroni & cheese<br>Stewed tomatoes<br>Peas<br>White bread<br>Pineapple           |
| March 21   | March 22   | March 24   |
| Tomato/rice soup<br>Roast pork/gravy<br>Whipped potatoes<br>Whole wheat bread<br>Peaches       | Chicken/red pepper<br>sauce<br>Mashed potatoes<br>Country veggies<br>Cherry muffin                                 | Cheese lasagna/<br>tomato sauce<br>Brussels sprouts<br>Dinner roll<br>Smoothie     |
| March 28   | March 29   | March 31   |
| Ziti/meat sauce<br>Grated cheese<br>Jardinière veggies<br>Italian bread<br>Fresh orange        | Kale bean soup<br>Fish tenders<br>Whipped potatoes<br>Pumpnickel bread<br>Mixed fruit                              | Broccoli bake<br>Stewed tomatoes<br>Oatmeal bread<br>Chocolate chip<br>cookie      |

Movie, Thursday March 9  
12:30



*Oliver Twist*  
2 hrs, 10 minutes

Roman Polanski's new retelling of the classic Dickens story is much more faithful to the original than previous films. Oliver Twist is an orphan, sent to a workhouse, where overwork, near starvation, and no compassion mean a miserable existence for the children under the care of Mr. Bumble, who cheats the boys of their meager rations.

Casting choices put the right actor with the right role, and the faces on the screen are a microcosm of British society in the mid 1800s.

With [Ben Kingsley](#) as Fagin, [Jamie Foreman](#) as Bill Sykes, [Harry Eden](#) as The Artful Dodger, and [Jeremy Swift \(II\)](#) as Mr. Bumble.

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

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**Legal clinic**

Elder Law Attorney Denise Yurkofsky will provide a free legal clinic **Tuesday, March 7** from **10:00 to noon** at the Senior Center. Seniors may call (978) 443-3055 to arrange a twenty minute session.

Ms. Yurkofsky has been accredited as a Certified Elder Law Attorney by the National Elder Law Foundation, and is a member of the National Academy of Elder Law Attorneys. Her website is: <http://www.yurlaw.com/>

**Mark your Calendar**  
 Sen. Resor's 26<sup>th</sup> Annual  
**Senior Conference**  
**Thursday, April 20**

Assabet Valley Regional  
 Technical High School

A free day: donuts and coffee, workshops, information, health screenings, entertainment, a full lunch, and door prizes!

Workshops will include Family Genealogy, Attorney Kevin McAllister on the Homestead Act and Health Care proxies, and one-to-one instruction on using the Internet.

Featuring our own Senior Strutters!



**Free Dress Rehearsal!**

Seniors are invited to join the Ephraim Curtis Middle School Theatre Troupe for their dress rehearsal of *Bye Bye Birdie* on **Tuesday, March 14, 3:00-5:00** in the school auditorium, 22 Pratt's Mill Road.

This preview performance is free, and there will be light refreshments at intermission, compliments of the Parent Organization. If you have questions, please call Robin Gunderson at 978-443-0211 or Lori Holden at 978-4409369.

**Podiatry Visit**

Wednesday, March 15  
 9:00 – 11:00

Dr. Bryant Tarr of Sudbury Podiatry will be at the Senior Center **Wednesday, March 15** from **9:00 to 11:00**.

Please call Dr. Tarr directly for an appointment at (978) 443-4878. Payment arrangements are made with Dr. Tarr.



**OVERDOSED IN AMERICA:**



**How the pharmaceutical companies distort medical knowledge, mislead doctors, and compromise your health,** a talk and discussion by John Abramson, MD  
**Sunday, March 5, 2:30-4:30**

Goodnow Library, 21 Concord Road, Sudbury

Dr. Abramson will present the results of his research into the pharmaceutical industry in America that have recently been published in his new book, *Overdo\$ed in America: The Broken Promise of American Medicine*.

Dr. Abramson is a Robert Wood Johnson Fellow and a Clinical Faculty member of Harvard Medical School.

A question and answer period will follow the talk;  
*Light refreshments will be served.*



**Save those labels!**

We are collecting them to benefit the Hillside School in Marlboro.

**A big thank you** to everyone who is saving labels to benefit the Hillside School, a Marlboro school for boys with Attention Deficit Disorder.

We need the whole label from Campbell's soup and other Campbell products, lids from some products, and the UPC code from others. A list of the labels and lids we are collecting gives all the details, and is available at the Senior Center desk. You can leave your labels in the basket there.

In the past, we have bought a 15-passenger van (really!) with labels, and more recently the school has been buying electronic equipment with them. All contributions are welcome. For more information, call Jane Graham at 978-443-1813.





**Act Fast!**

We all know that a stroke is a serious event that can mean permanent disability. But what many people do not know is that prompt treatment can spell the difference between a full recovery and a long-term disability.

A new strategy being publicized by the Mass Department of Public Health urges people to get help F.A.S.T. Here's how to remember:

**F**ace: Does the face look uneven? Ask the person to smile. If the smile is lopsided, call 9-1-1.

**A**rm: Does one arm feel numb or drift down? Ask the person to raise both arms. If one isn't working right, call 9-1-1.

**S**peech: Does their speech sound strange? Ask them to say a simple phrase, such as "The sky is blue." If it comes out slurred or wrong, call 9-1-1.

**T**ime: If you observe any one of these signs, call 9-1-1. Time saved in getting to the hospital means brain cells saved.

Research has shown that 75% of strokes can be identified by this simple method. *Just remember: F.A.S.T.!*



**Chair Yoga Charms!**

"I have just now completed taking 5 out of 6 classes in chair yoga. Deb Galloway gave a fine class! Her exercises were very good and very well taught. I do hope you keep her on your staff" . . . that's an unedited quote from an unsolicited letter in praise of our Chair Yoga class.

Our next full series of classes won't start until April, but if you would like to sample the class and see if it is something you'd enjoy, please give Deb a call at (978) 443-3055. She will be happy to give you details, and if it seems appropriate, invite you to a free sample class.

**Join the COA Board!**

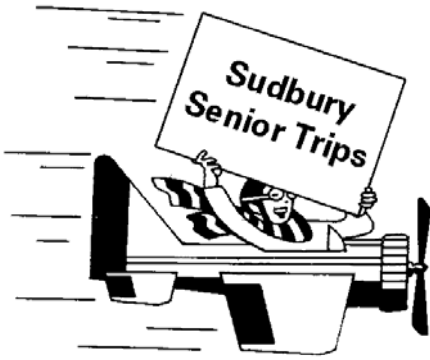
Help pilot the Senior Center into the future, and ensure that the programs and services we offer continue to meet the needs of our residents aged 60 and older.

Meetings are held the first Tuesday of each month at 7:00 PM. Sudbury adults of all ages are welcome to apply. Members may serve two three-year terms.

If you are interested, please call the Senior Center at (978) 443-3055. We'll mail you an application.

The deadline for receipt of applications is **Friday, March 31**, and interviews will be held in early April.

ads



By the time you read this, several of us will be down in sunny Florida enjoying our Snowbird Escape trip. I hope that a little bit of early spring is knocking at your door, and that you are getting ready to enjoy our spring and summer trip offerings.

**Forever Irish** with the Andy Cooney Band, is booked for **Friday, March 17** and may still have some spaces left. Call trip leader Joe Bausk at 978-443-8963 to check on availability and learn who to make the payment to. The price of \$61 includes the comedy and songs of "Mac & O" from Bansa, County Tipperary, Andy Cooney and his band, Irish dancing, and a traditional corned beef and cabbage dinner or baked haddock. Please be at the Center at 9:45 AM for departure. We will be returning by about 5:30 PM.

**Menopause, the Musical** and lunch at the Chateau Restaurant in Waltham on Wednesday, April 26 may still have a space or two left. Call the Senior Center for availability and lunch choices. The cost is **\$79.00** payable to *Sudbury Senior Trips*. Late registrants must pay by March 20. Be at the center by 11:45 for departure. We plan to return by approximately 6:00 PM.

**Foxwoods: Monday, May 1**, still has several spaces but they tend to go quickly, so early sign-up is recommended. The cost is \$19.00, and includes the full casino package and lunch. Hours: 7:45 AM-5:30 PM. The next trip will be August 7.

**Opryland Trip May 27- June 3** promises to be a fantastic take-in. There are so many exciting activities planned for us that you will just have to come in and pick up a flyer and check them out for yourself. The complete cost is \$1,049 pp.-dbl or \$1,499 pp. single. A \$100 deposit is due now and final payment is due by April 21. Insurance is available. The forms are in our trip rack.

**Rogers and Hammerstein**, Wednesday, June 21 will feature a luncheon and show at the beautiful Chez Josef's Restaurant in Agawam. Our menu will be chicken marsala, salmon crepe, appetizer, fruit cup and dessert so bring along a good appetite. The cost is \$62 and there are still some spaces available. You don't want to miss this one!

**Captain Jack's Lobster Bake and Cruise** on July 13 is now ready for sign up. After a lovely morning cruise off Matunuck Beach in RI, our luncheon will feature lobster or prime rib, steamed clams or shrimp cocktail, clam cakes, clam chowder and dessert. Finally, enjoy a stroll among the quaint shops of Wickford Village. Cost is \$61.

**Ronan Tynan is now sold out.  
Wait list only!**

## 👉 OUR SUPER BIG NEWS

Our **Old World Prague and The Blue Danube Trip** has been booked through Grand Circle (the company that took us on our fabulous Egypt trip) for Sept. 6 - Sept. 17. This trip will explore destinations very rarely featured on tours. These European River cruises sell out very quickly as the ships are not very large and summer is the most popular time for them. The cost is \$2,495 pp. double plus taxes. A single room is an additional 25%. Our special booking number is GG63-433 and you can book by calling Grand Circle at 1-800-597-2452-#2. Please call me at home, 978-443-8320 if you do book the trip or if you have any questions. We will have a get acquainted meeting on **March 29** at 1:30 for all who have booked or who plan to book.

**Singing In the Rain** at the Northshore Music Theatre **July 26**. Ticket prices have increased another \$9.00 this season, so our total cost will be **\$57.00**. If you already paid please call us for a refund if this show does not interest you or send another check for \$9.00. Lunch on your own at the Theater Restaurant or at their outside Grill.

**Villa Roma October 9-13:** We are now taking deposits! This is considered to be one of the plushest resorts in the Catskills, and all activities are available right there for you. Complete cost is \$489 pp. dbl, \$469 pp. triple, \$589 sgl. A \$50 deposit by May 1 will hold your space. Final payment is due by September 1, and insurance is available.

## SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Tuesday** through **Friday** from **9:00 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

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

### HEALTH SERVICES

**Podiatry:** The Senior Center offers a visit from Dr. Bryant Tarr, a Sudbury podiatrist, every other month. Call Dr. Tarr's office directly at **978-443-4878** to schedule an appointment for his next visit. Payment is arranged directly with Dr. Tarr.

**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 9:00-9:30** and **11:30 to 1:00**. Free blood sugar testing is provided on the **third Tuesday** of each month **8:00-9:00**. No appointment is necessary.

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

For those in need of a wheel chair, walker, shower chair, commode, transfer bench, cane etc., the Senior Center can provide the item on loan. We welcome donations of equipment that is no longer needed.

### COUNSELING

**Information and Referral:** Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. 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**. You may reach her at **(978) 443-3055**.

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

**S.H.I.N.E. (Serving the Health Information Needs of Elders):** Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare. Please call to make an 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 like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

### 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*.

**Home Delivered Meals:** A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

### EXERCISE

We offer a variety of exercise programs for people of different abilities, including gentle chair yoga, T'ai Chi, tap dancing, Fit for the Future and classes to improve balance.

*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://sudbury.ma.us/services/department\\_home.asp?dept=SeniorCenter](http://sudbury.ma.us/services/department_home.asp?dept=SeniorCenter)

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PRESORT STANDARD

**Sudbury Senior Center Phone: (978) 443-3055 Fax: (978) 443-6009 E-mail: [coa@town.sudbury.ma.us](mailto:coa@town.sudbury.ma.us)**

**Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 9:00 AM to 3:00 PM**



## St. Patrick's Day Extravaganza

Wednesday, March 15

Noon to 2:00



*Lunch will include:*

Corned beef, broth on the side, cabbage, carrots, boiled potatoes, rye bread, pistachio pudding, and birthday cake

*Performances by:*

The renowned **Senior Stutters**

Students from the **Curtis Middle School Orchestra and Chorus**

**March birthdays will be celebrated.**

**Reservations are required by Friday, March 10. Cost: \$2.00**