



The Middle East

Interest meeting Wednesday, May 24

This September, our history enthusiasts will offer a 13 week class on the Middle East on **Wednesday** mornings from **9:30 to 11:30**. We plan to cover Middle East history in the Common Era, although the emphasis will be on the past 100-200 years. We have selected *A Concise History of the Middle East* by Arthur Goldschmidt, Jr. as the class text. This book covers all of the period and has an excellent timetable, glossary and index to supplement the highly readable text.

The material to be covered includes:

- Origins and Spread of Islam including: Pre-Islam, the Prophet, Islam tenets
- Early and Middle Years including: High Caliphate, Shiites, Fatimids, Turks, Mongols, Crusaders
- Peak and Decline: including Mamluks, Ottomans, Savafids, European Influence
- Rise of Nationalism including: Egypt and Mehmet Ali, Ottoman reforms
- Pre WW1, WW1 and aftermath including: British Occupation of Egypt, Arab nationalism, Mandates, stirrings of Zionism
- Islamic particulars (such as Islamic Beliefs (Infidel, Jihad), Shiriah (Law), Islamic Government, Fundamentalism, Islamic Life)
- Between the Wars and WW2 including: Ataturk's Turkey, Iran, Saudi Arabia, Egyptian Independence
- The Contest for Palestine, Israel's Early Years and the Refugee situation
- Middle Eastern Oil and the Oil rich nations
- Pan-Arabism, Nasser
- Israeli Wars, Lebanon, Superpowers and Peace Process
- Assertion of Islamic Power including Iran revolution
- US Involvement including: Gulf War, Peace Process and War on Terrorism
- Current Issues Discussion

There will also be two guest lectures by a Mid-East scholar.

Join us for an information session on **Wednesday, May 24 at 9:30** in the Senior Center. Registration for the class will begin following the interest session. Sudbury residents and faculty reservations only are accepted until June 2; after that the class is open to all. Tuition for the thirteen week class will be **\$25**.

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SUDBURY COUNCIL ON AGING
 EMERSON HOSPITAL CENTER FOR VASCULAR DISEASE AND THE
 AMERICAN VASCULAR ASSOCIATION INVITE YOU TO A

Free!
**Health Screening for
 Vascular Disease**

Tuesday, May 23
9:00 AM – 3:00 PM
 at the Sudbury Senior Center

This free health screening takes only a few minutes and there is no risk or discomfort. Physicians from the vascular team at Emerson Hospital will perform the screening for the following conditions:

- **Abdominal aortic aneurysms:** They can rupture and be fatal.
- **Peripheral arterial disease:** It increases the risk of heart attack and stroke.
- **Carotid Disease:** It is the leading cause of stroke.
- **Irregular heartbeat**

Appointment required – Call 978-443-3055

*Appointment preference will be given to
 Sudbury residents age 60 or older.*

In celebration of our wonderful volunteers

Volunteer Appreciation Luncheon

Thursday, June 1*
 Noon-2:00

Menu: Soup, salad, sandwiches, and dessert

*Invitations to the luncheon will arrive by mail.

RSVP by May 26.

We regret that due to space limitations, seating must be limited to our invited guests.



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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Concord Authors House Tour

Thursday, May 25 9:00-2:30

Tour the homes of three renowned authors from Concord with Mary Murphy, Professor Emerita from Framingham State College.

Professor Murphy conducted our four-part series on Concord authors in March. Now she has prepared new material to help participants gain a fuller understanding of the cultural and literary milieu in which these authors worked.

The tour includes bus transportation, admission to Emerson House, Orchard House, and The Old Manse a docent-led tour of each of the houses, and a visit to the cemetery where the authors are buried.

Participants of the March class have first priority for this trip, but there are some extra spots available, and it is not necessary to have attended the class in order to enjoy the tour.

Bring a bag lunch with you to eat on the bus. The cost for the day is **\$40**. Reservations and advance payment are required. Please be at the Senior Center at **9:00** for a 9:15 departure. For more information, try these web sites:

<http://www.frommers.com/destinations/concordma/A29780.html>

<http://www.louisamayalcott.org/>

http://www.thetrustees.org/pages/346_old_manse.cfm,

<http://www.findagrave.com/cgi-bin/fg.cgi?page=gr&GRid=320>



An Invitation to
**Coffee and Donuts
 with Senator Pam Resor**

Please join Senator Pam Resor
 here at the Senior Center
 for coffee and donuts
Wednesday, May 10
 from **10:00 – 11:00**

This is great opportunity to meet Senator Resor in an informal setting, chat about issues of interest to seniors in Sudbury, and learn what legislation to benefit seniors is under consideration at the State House.

This is your chance to be heard on issues that matter to seniors!

You can also contact Senator Resor at Pamela.Resor@state.ma.us



MBTA Passes

Even if you already have a Senior MBTA Pass or Transportation Access Pass (T.A.P.) ID for people with disabilities, you need to get a new version as the T changes to new fare collection equipment.

Staff from the MBTA will be on hand here **Thursday, May 11** from **11:00-2:00** to take photos and replace senior passes and T.A.P IDs at **no charge**.

Senior passes are for those age 65 and older. Bring a proof of your age with you. Temporary permits will be issued that day, and the new senior photo ID will arrive by mail.

Applications for new T.A.P. IDs will also be available. Once they are approved, new T.A.P. customers can pick up their new IDs at the MBTA office in the Back Bay station.

We expect a crowd, so to avoid long waits we suggest these arrival times: people with last names beginning A to H from 11-12, I-M from 12-1, and N-Z from 1-2.

People from communities other than Sudbury are welcome to take advantage of this event!



Sneak preview: A Music Sampler

The music will flow here on **Tuesdays** in late June and early July! We've put together a "sampler" of musical experiences combining lecture and performance pieces bridging music from classical to popular styles. Here's a sneak peek (watch for more details next month):

Chopin's Nocturnes: The Secret of the Left Hand on **June 13, 1:00-2:30** with Steven Snitzer from the Brookline Music School.

Harry James and Louis Armstrong: A Musical Promise Fulfilled on **June 20, 1:00-2:15**, with Professor C. G. Lower from Framingham State

Toscanini and Bernstein: A Passionate Devotion to Music on **June 27, 1:00-2:15**, again with Professor Lower

Great Broadway Songwriters: Jerome Kern on **July 11, 1:00-2:15**, with Ben Sears and Brad Conner (who were very well received here earlier this year)

Great Broadway Songwriters: Cole Porter on **July 18, 1:00-2:15**, again with Sears and Conner.

The cost for the series is **\$10** a session, or **\$45** for the complete series.

Collecting Your Thoughts Continues

What do you need to know as you plan the rest of your life? Come to the last three sessions of our series to give you a head start in planning your affairs. All sessions begin at **1:00**.

Tuesday, May 2: *Paying for Care:* a panel of three financial experts will help you understand all the financial tools that can be used to organize your estate. Bonnie Powell of Compass Insurance will speak on Long Term Care Insurance, Chris Pazienza will speak on annuities and other investment vehicles, and Dave Peterson of Wells Fargo will speak on reverse mortgages.

Tuesday, May 9: *Getting Ready to Downsize:* If you decide to move from your home of many years, there is so much to think about, and things have changed a lot in the last 20 or 30 years! Marilyn Messenger, a realtor, and Lynn Falwell and Janice Armour from "It's Your Move" will provide insights.

Tuesday, May 16: *New Places to Call Home:* Is a Continuing Care Retirement Community right for you? What is an assisted living? When are nursing homes: the best living option? Our panel will include Elizabeth Weisner from Orchard Hill, and representatives from Carlton-Willard and Wingate, to tell you all you need to know about alternative living arrangements.

Each session will feature a question-and-answer opportunity. The total cost for these remaining sessions is \$15. Please call in advance to register.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY



Chemical Sensitivity

You are taking a class at the Senior Center. Just before class begins, a woman enters and sits down. As class proceeds, the woman next to her begins to cough and finally needs to leave the room. She does not return. What's going on here?

The woman who left the classroom was having a reaction to a fragrance worn by the other audience member. Although we may not realize it, many of the products we use every day contain synthetic chemicals used to provide a pleasant scent or for other purposes. This includes personal care products, such as shampoos and fragrances, as well as laundry products (such as dryer sheets), air fresheners, and housecleaning products. Unfortunately, many of the chemicals used to create these scents are not derived from flowers and plants, but from petroleum products that have the potential to be toxic.



Some people have no reaction to these chemicals; some have minor reactions such as a runny nose or sore throat. Those who are sensitive have more severe reactions that seriously affect their health. Symptoms may include: coughing, wheezing, shortness of breath, headache, nausea, and muscle pain. Persons with respiratory illnesses, such as allergies, asthma or other lung disease, are particularly susceptible. For those who typically wear a fragrance, being asked to not wear it may seem an extraordinary request, but for the people who are sensitive it can make the difference between a healthy day and several unhealthy days.

Several hospitals and other types of businesses have recognized the seriousness of this phenomenon and are developing staff policies regarding scents. It is clear that the symptoms suffered by those who are sensitive are real. We may all want to become more aware of the scented products we use, for our own health as well as for those around us.

Sources: Job Accommodation Network of West Virginia University, www.jan.wvu.edu/media/MCS.html; Low Level Chemical Sensitivity: Implications for Research and Social Policy, Nicholas A. Ashford, PhD., J.D., Toxicology and Industrial Health, 1999, Canadian Lung Association, www.lung.ca, and University of Minnesota, Disability Services, ds.umn.edu/disabilities/MCSEIPolicy.html.

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MAY 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Van trip to Natick Mall/ Olive Garden</i> 7:45 Foxwoods trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance 7 1:30 Spanish 9	2 9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:00-11:30 Quilting 6 11:00 Chair Yoga 2 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00 Paying for Care 3:00 Cultural Trip Meeting 4:00 COA Board	3 8:30 Fit for the Future 9:00 Cribbage/Cards 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 6 1:00 Bridge Lessons	4 9-12 SHINE 9:30 Tap Class 4 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:30-3:00 Pickle-ball 12:00 Pizza 12:30 Movie: <i>Memoirs of a Geisha</i>	5 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards/Canasta
8 <i>Van trip to Solomon Pond Mall/Bertuccis</i> 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Balance 8 1:30 Spanish 10	9 9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:00-11:30 Quilting 7 11:00 Chair Yoga 3 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00 Downsizing	10 8:30 Fit for the Future 9:00 Cribbage/Cards 9:30-2:30 I&R Hours 10:00-11:00 Donuts with Sen. Resor 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 7 1:00 Bridge Lessons	11 9-12 SHINE 9:30 Tap Class 5 9:45 Thursday Crafters 10:30 T'ai Chi Practice 11:00-2:00 MBTA Senior Passes 12:30-3:00 Pickle-ball	12 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards/Canasta
15 <i>Van trip to Ocean State Job Lot/Ruby Tuesday</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance 1 1:00 Introduction to word processing (Flynn)	16 8-9:00 Parmenter Clinic 9:00 Cribbage 9:00-11:30 Quilting 8 11:00 Chair Yoga 4 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00 New Places to Call Home <i>Water Commission voting</i>	17 8:30 Fit for the Future 9:00 Cribbage/Cards 9-11:00 Podiatry Clinic 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 8 1:00 Bridge Lessons	18 9-12 SHINE 9:30 Tap Class 6 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Soup's On: Diabetes follow-up 12:30-3:00 Pickle-ball	19 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards/Canasta
22 <i>Van trip to WalMart/ Hudson, 99 Restaurant</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance 2 1:00 Introduction to word processing (Flynn)	23 9:00-9:30 Parmenter Clinic 9:00-3:00 Vascular Screening 9:00 Cribbage 11:00 Chair Yoga 5 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	24 8:30 Fit for the Future 9:00 Cribbage/Cards 9:30-2:30 I&R Hours 9:30 Middle East interest meeting 11:00 Fit for the Future 12:00-2:00 Celebration of Parents luncheon	25 9-12 SHINE 9:30 Tap Class 7 9:45 Thursday Crafters 9:00 Concord Authors House Tour 10:30 T'ai Chi Practice 12:30-3:00 Pickle-ball 3:00 Friends meeting	26 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards/Canasta
Memorial Day 29 	30 9:00-9:30 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 6 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	31 8:30 Fit for the Future 9:00 Cribbage/Cards 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons		

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
May 2	May 3	May 5
Meatballs/tomato sauce Ziti Italian green beans Rice pudding	Burgundy beef tips Rotini Carrots Pineapple	Veal patty/gravy Mashed potatoes Summer blend veggies Fig bar
May 9	May 10	May 12
Minestrone soup Chicken/marsala sauce Boiled red potatoes Mandarin oranges	Roast turkey/gravy Mashed potatoes Cranberry sauce Green beans Lemon cake	Cheese lasagna/ tomato sauce Parmesan cheese Broccoli Pears
May 16	May 17	May 19
Chicken/red pepper sauce Whipped potatoes Green beans Peaches	Macaroni & cheese Stewed tomatoes Apple cinnamon muffin	Chicken potato casserole/biscuit Carrots Pineapple
May 23	May 24	May 26
Stuffed cabbage/ tomato sauce Chuckwagon corn Tapioca pudding	Meatloaf/gravy Mashed potatoes Winter squash Mixed fruit	Swedish meatballs/ mushroom sauce Mashed potatoes Beets Peaches
May 30	May 31	June 2
Roast chicken/lemon mustard sauce O'Brien potatoes Broccoli Oatmeal cookie	Roast pork/gravy Sweet potatoes Brussels sprouts applesauce	Fish tenders/tartar sauce Wild rice Green beans Vanilla pudding

Movie Thursday, May 4 12:30



Memoirs of a Geisha

In the years before World War II, a Japanese child is torn from her penniless family to work in a geisha house. Despite a treacherous rival who nearly breaks her spirit, the girl blossoms into the legendary geisha Sayuri.

Beautiful and accomplished, she captivates the most powerful men of her day, but is haunted by a secret love for the one man beyond her reach. The film won Oscars for art direction and cinematography.

The film stars [Ziyi Zhang](#), [Ken Watanabe](#), [Gong Li](#), and [Michelle Yeoh](#)

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).

Podiatry Visit

Wednesday, May 17
9:00 – 11:00

Dr. Bryant Tarr of Sudbury Podiatry will be at the Senior Center **Wednesday, May 17** 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.



Contest for Artists

Are you 62 or older? If you have an artistic flair, you're invited to enter the 10th annual Senior Citizen's Artistic Interpretation of the State House Holiday Card contest.

The theme of the 2006 contest is *Celebrating the Winter Holiday at the State House in Your Favorite Decade*. Both amateur and professional artists are welcome, and entries will be exhibited at the State House in August. All media are accepted.

The winning entry will be reproduced and sold at the State House gift cart, with the artist's name printed on the card, and the artist will receive an Affirmation of Award.

Contest deadline is July 14. More details are available here at the Senior Center.



Word Processing with Word for Windows®

Are you getting the most out of your word processor? Sure, you can write a letter, but can you use the tables function? Do you know what all those icons at the top of the screen mean? Can you add color and pictures to your work?

If you are a beginning or fairly new user of word processing software, this course is for you. You'll learn all of the above, and more.

The class will be offered **Monday, May 15 and 22** from **1:00 to 2:30** at the computer lab in the Flynn Building.

Handouts will be available and there will be homework, so you need to have access to a computer to practice between classes.

The cost of the two-session class is **\$20**. Registration and payment in advance is required, and class size is limited to 10.

Friends of Sudbury Seniors

The Friends invite you to become an active member. Our congenial group meets the fourth Thursday of each month at 3:00 at the Sudbury Senior Center.

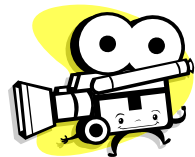
We discuss the needs of the Senior Center and of Sudbury seniors, consider the benefits and costs of proposed projects, decide which projects should receive priority for funding, and track the outcome of ongoing work.

Anyone can be a Friend! Friends of Sudbury Seniors come from all age groups, and there is no need to be a Sudbury resident to join. All you need is an interest in the doings of the Senior Center and a desire to support its activities.

The Friends conduct an annual direct mail fundraising campaign in the fall, and all donors are entitled to receive 11 issues of the *Sudbury Senior Scene* at no additional charge.

For more info, talk to any of these Friends: Jacqui Bausk, June and Clay Allen, Judy Deutsch, Martha Dow, Berthe Lessard, Esther Mann, Carol Oram, Don Oasis, Ron Riggert or Jean Semple.

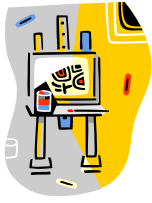
July and August at the Movies



We'll be holding two film festivals this summer.

On **Thursdays**, we'll hold our regular pizza-and-a-movie event, showing recent, well reviewed films just released on DVD. We begin at **12:00** for the pizza, and the movie starts at 12:30. (Pizza is \$1.00 a slice.)

On **Mondays**, we'll have a classic movie selection beginning at **1:00**, with free popcorn (no pizza). If you have a classic movie you would like to suggest for the Monday showing, please let us know. Our goal is to have a mix of subjects, including mysteries, dramas, comedies, musicals, and films that appeal to men. There will be no admission charge.



Cultural trips committee

The new committee to organize trips to museums and other cultural destinations is proposing four trips for the 2006-2007 season. In late September the group will travel to the Portland Art Museum.

That will be followed in late October or early November with a Thursday morning trip to a Boston Symphony orchestra rehearsal.

In January or February the group plans to go to the Fogg Museum in Cambridge.

The last offering of the season will be a play matinee in March or April, and the group will need to decide based on what plays are being offered at the time.

The next meeting of the committee will be **Tuesday, May 2 at 3:00** in the Senior Center. For more information, call committee chairman Don Oasis at 978-443-8203.

Thank you to all my Senior Center friends who sent me their very thoughtful sympathy cards and messages upon the death of my sister.

Carmel O'Connell



Soup's On: Diabetes Follow-up

The Sudbury Senior Center, along with Emerson Hospital in Concord is sponsoring a talk on Diabetes on **Thursday May 18, at 12:30**. Sue Kutenplon, RN, Diabetic Nurse Educator, will be our featured speaker. Sue spoke here over a year ago, and this presentation is a follow-up with new information.

Please reserve a spot by **Monday, May 15**, if you are planning to attend. We must guarantee a minimum of 10 people for the speaker. Soup will be served at 12:00. There is **no charge**.

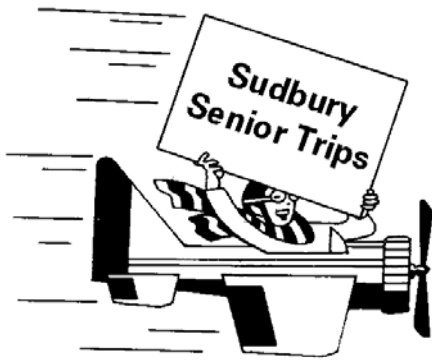
Better balance

Come join our next series of eight classes to practice improved balance, **Monday** afternoons from **1:00-2:00**. The focus is on empowering seniors to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture. The course also provides worksheets and exercises that can be done at home.

Class dates are **May 15, 22, June 5, 12, 19 and 26, and July 10, and 17**. The cost is **\$40** for the series, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

Free sample: Come to a class in the current session to see if this is for you!

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How delightful to see that spring has finally "sprung." It is a wonderful time to live in New England and one of the things that makes being here in the winter a lot more tolerable. Of course if you were one of the lucky folks who went to Florida with us in March you know that having such a fun-filled break did help to shorten the winter season. The response from all that were on the trip was quite positive. Our travel company is already working on a few changes to make the trip a little different next year (just to add some variety). So keep your ears open. More of you might like to join us next time.

Unfortunately, *we had to cancel our trip to Opryland* due to lack of sign-ups, ours as well as those from the other group the travel company had paired us with. I am disappointed and I know those who did sign up are too. I have asked the company to let me know if they schedule Opryland in the future so I can call those who signed up so we can try it again.

Foxwoods: Monday, May 1: The trip is sold out. Please be at the Senior Center at 7:45 AM for departure. The next Foxwoods trip will be August 7.

Rogers, Hammerstein and Hart, on **Wednesday, June 21** at Chez Joseph in Agawam. We still have some spaces! If you are interested the cost is \$62.00 payable to *Sudbury Senior Trips* by May 19 or when sold out. I understand from some of you who have been there before that it is a really lovely place. Our menu for this trip is: a buffet of savory appetizers, fresh fruit cup, chicken marsala with a salmon crepe, selection of vegetable and potato and hot fudge parfait. Then we can all sit back and listen to some of Broadway's greatest tunes from some of its best musicals. Depart at 9:30 AM, and return approximately at 5:30 PM.

Captain Jack's Lobster & Clam Bake and Cruise is sold out. After a lovely morning cruise off Matunuck Beach in Rhode Island, 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**. We are taking a wait list.

Singing in the Rain: Northshore Music Theater, **Wednesday, July 26**. Spaces are still available on this trip, but we will very shortly be calling our ticket order in so if you have been thinking about it, please let us know ASAP. *Singing in the Rain* is one of the best loved and celebrated musicals of all time. This theater is a nice place to visit in the summer. They have an outdoor grille where you can choose your own menu and a delightful restaurant on the hill where you can sit and

dine in a leisurely way (reservations are needed ahead of time for the restaurant). In case of rain we will plan on stopping at the Danvers Mall and have lunch there instead. The cost for ticket and transportation is \$57.00

Foxwoods Casino: Monday, August 7. We still have plenty of spaces available but we do advise an early sign-up as these trips are fast sellouts and we don't like to disappoint you. Cost is still only \$19.00. Our last Foxwood trip in 2006 will be November 6.

Villa Roma: October 9-13 Presently we are trying to fill a motor coach for our trip to the beautiful Catskills. We do have several signed up but have room for more. We have lists of the many available activities that they offer here at the Center or we can mail one to you. I am hoping to offer a bus excursion while we are there to see the area and hopefully some beautiful fall foliage. Cost of the trip is \$489.00 pp. double occupancy, \$589.00 pp. single occupancy.

Return of the Rockettes December 14: Our SPECIAL NEWS this month is that we have just booked the Rockettes at the Wang in Boston. This show promises to be even bigger and better than before. I recently was privileged to go into the Wang to meet some of the Rockettes and have lunch there and also to sign up for some excellent seats. I am not ready to take reservations yet but hope to be able to soon. I will let you know via this newsletter as soon as soon as we're ready to sign you up.

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

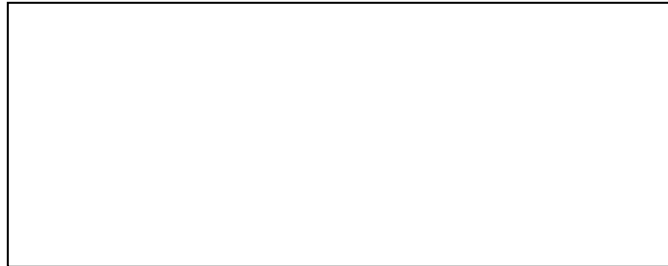
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

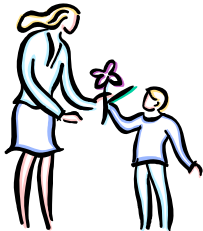
http://sudbury.ma.us/services/department_home.asp?dept=SeniorCenter

Change Service Requested



Sudbury Senior Center Phone: (978) 443-3055 Fax: (978) 443-6009 E-mail: senior@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



A Celebration of Parents

Wednesday May 24

12:00-2:00



Just in time to honor mothers and fathers . . . whether you are a parent, or had a parent. Come join us for a lunch of sandwiches, salad, chips and birthday cake for dessert, with sparkling cider to toast moms and dads everywhere.

Entertainment will be by John Root, who plays flute, clarinet, saxophone and piano, and sings songs from the 20s, 30s, 40s and 50s. He'll tell a bit of musical lore, and lead some sing-alongs.

Special door prizes: Ten lucky participants will get a free photographic portrait sitting during the event with Sudbury photographer Nadine Wallack. This service is provided through the generosity of Ms. Wallack.

The cost for this special event will be only **\$2.00**. The celebration is being underwritten by a generous donation from the Grace Chapel Community Service Group of Sudbury.

Reservations are required, by Friday, May 19.