



Art Appreciation

The paintings produced in Italy and Europe during the Renaissance continue to be some of the greatest art treasures of the world. Many of the artists are so renowned that just a mention of their names brings a sense of familiarity. But an appreciation of these classic works is heightened by knowing more about the artist and the circumstances under which each one was painted.

Our instructor, Jane Blair, is an art educator, and the founder of an art awareness program, Art Matters. Ms. Blair has a bachelor's degree in Fine Arts from Boston University and a master's degree in Fine Arts from the University of Illinois. She teaches art at the DeCordova Museum, covering art studio disciplines, art history, art appreciation, computer art, photography, and graphic illustration. She will take us on four journeys into the world of Renaissance artists **Thursdays in May at 2:00**. The series is **\$35**, or **\$10** for individual sessions. Reservations are required, as the space in the room is limited.

Thursday, May 10: The Italian Renaissance

After almost 1000 years of "dark ages", the genius of Leonardo da Vinci, and Michelangelo led the way for a "Rebirth" of learning, art and humanity. Their brilliance helped to shine a new light on culture, and to rekindle a love of learning which encouraged science, new technology and a growing humanity. Join us for a look at their lives, their work, and a discussion of the Italian Renaissance

Thursday, May 17: Leonardo da Vinci

Even though da Vinci was one of the greatest painters in the world, painting was not what he did the best. He was a scientist, a chemist, a designer of military equipment and strategy, a concert-level musician, a sculptor, and an inventor. He was quintessential "Renaissance Man". Join us for a look into all his works and the vision that was his genius.

Thursday, May 24: The Northern Renaissance

The Northern Renaissance includes some of the greatest artists and the boldest innovations yet seen in the world of art, not the least of which was the invention of oil painting itself. Join us to view some Old Masters artwork from Flanders, Holland, Germany, England, and France.

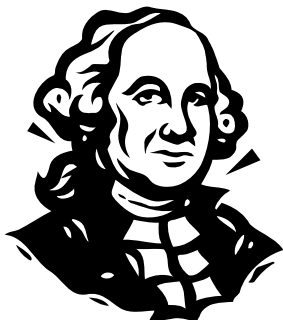
INSIDE THIS ISSUE

The Foundations of America	2
There's a Dance in the Ol' Dame Yet	3
Photography contest	3
Spring floral workshop	4
Evacuation plans	4
Walking club	4
Compassion and Choices	4
History class	4
Home maintenance	5
Calendar	6
Lunch menus	7
Movie: <i>The Queen</i>	7
Extra help for prescription drugs	8
Watercolors	8
Soup's On	8
Legal clinic	9
Medical equipment loan closet	9
Books on wheels	9
Trips	10
Services	11
Seniors prom	12

continued inside

*Art appreciation continued***Thursday, May 31: Rembrandt and Vermeer**

Rembrandt Harmenszoon van Rijn and Johannes Vermeer were two of the greatest painters the world has known. Their fame comes from their beloved masterpieces, but their lives were marred by their tragic bankruptcies. Come, relax, and just look at the sumptuous images. Enjoy the drama of Rembrandt and the special quiet of Vermeer.

**The Foundations of America series continues**

Join Dr. Gary Hylander on Monday, May 7 and 14 for a lively look at the values and people surrounding the birth of the United States. You may attend one or both of the remaining two sessions in this series for \$10 a session. Please let us know you are coming, since attendance is limited to 55.

Monday, May 7, 10:00 AM: Bill of Rights

Drafted by James Madison, the first ten amendments of the Constitution, called the Bill of Rights, guarantees certain rights and liberties to the American people. In our presentation, we will examine the origins and content of these first ten amendments and explain why without an inclusion of the Bill of Rights, the Constitution might never have been ratified at all by the States.

Monday, May 14, 10:00 AM Hail to the Chief: Washington and the Creation of the American Presidency

The Continental Congress of 1787 was in the words of Connecticut Governor Samuel Huntington a "new event in human history." In the midst of this new event nothing was newer than the creation of the office of the Presidency. At Philadelphia, Convention delegates boldly combined the responsibilities of head of state and chief executive into a single national office. Unanimously elected as the first President, Washington was well aware of his unique position: "I walk," he wrote, "on untrodden ground."

This class is presented in association with Framingham State College Center for Lifelong Learners.

COUNCIL ON AGING**CHAIRPERSON:**

Joseph Bausk

BOARD OF DIRECTORS:

Barbara Bahlkow

Elizabeth David

Marilyn Goodrich

Hale Lamont-Havers

Tamilyn Levin

David Levington

Patrick Mullen

Benjamin Stahl

**SUDBURY
SENIOR CENTER
STAFF****DIRECTOR**

Kristin Kiesel

ADMINISTRATIVE ASSISTANT

Claire Wigandt

INFORMATION AND**REFERRAL**

Debra Galloway

RECEPTIONIST

Jean Taylor

**SENIOR COMMUNITY WORK
PROGRAM COORDINATOR**

Peg Whittemore

S.H.I.N.E. COUNSELOR

Kara Harvey/Kathy Worhach

SMOC MEALSITE MANAGER

Henry Wester

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Ruth Mori

**MISSION
STATEMENT**

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

ads



Prometheus Dance Elders Ensemble presents

There's a Dance in the Ol' Dame Yet!

Wednesday, May 9

12:00-1:00

Free

Dance is often seen as a young persons' profession. But many older dancers possess a grace and depth of artistry that only someone with experience can express.

The Elders Ensemble of the Prometheus Dance Company of Cambridge worked with eight professional dancers aged 50 to 90 to create a work that challenges the notion that age brings limitations in movement and creativity.

This performance tells the bittersweet stories of the women's lives as dancers, daughters, mothers, and friends, through movement, theater and text. Several of the dancers studied with greats of modern dance like Martha Graham, and are a living link to the origin of modern dance.

The dance portion of the event lasts about twenty-five minutes, and is followed by a question and answer session with the audience.

The event is presented at no charge because it is supported in part by a grant from the Sudbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Reservations are required, by calling 978-443-3055.

Photography contest

Do you have or can you take a photograph of a special Sudbury space or place that defines the character of the town? The Sudbury Planning and Community Development Department and the Conservation Commission are holding a contest to identify our heritage landscapes.

Entries will be accepted until May 18, and prizes will be awarded in three age categories. Voting will be by e-mail on <http://sudbury.ma.us>, the Sudbury website. For more information, call Jody Kablack at **978-639-3387**.



**Wednesday, May 16
10:00**

The Sudbury Garden Club will sponsor this flower-arranging workshop. Please bring clippers or scissors with you. The class is limited to 24, so sign up early!

Checks for **\$10**, payable to the *Sudbury Garden Club*, must be received at the Senior Center by Friday, May 11.



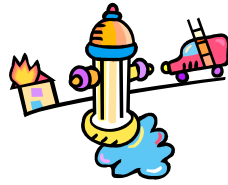
Sudbury Walking Club

Whether you walk fast or slow, come join our new **free** walking club on **Wednesdays at 10**, beginning **May 2**.

During our six-week series, we'll be building endurance and health. The group will be led by Ruth Mori, our Public Health Nurse.

Rain plans have been made for days when we can't walk outdoors, and a telephone chain will be established to notify walkers of any changes.

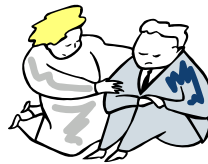
Call to enroll!



Emergency Planning: Evacuation Plans

If you had to leave your house in an emergency, what route would you take? What will Sudbury do if a section of town needs to be evacuated because of a fire or flood?

Come hear Lt. Rick Glavin of the Sudbury Police Department explain Sudbury's evacuation plans, and get all your questions answered about evacuation safety **Tuesday, May 22 at 10:00**. The event is **free**, but please call the Senior Center to let us know you're coming.



Compassion and Choices Monday, May 7 2:00

Life's ending comes for all of us sooner or later. It is possible to be in control of our treatment at the end of life, avoid unwanted treatment, and reduce unnecessary suffering at life's end.

Join Sidney Wanzer, M.D., the author of *To Die Well: Your Right to Comfort, Calm, and Choice in the Last Days of Life*, to learn more. He is president of the Boston chapter of Compassion and Choices. The event is **free**, but please call to reserve your spot, since space is limited.



U.S. history class interest meeting

At this stage in our lives, some of us find that what little we know of American history comes from our high school learning (now mostly forgotten). Others have continued their study of U.S. history through the lens of a particular historical period. Most of us, however, have not surveyed American history in one sweep—from earliest colonial settlements to the present day. By beginning at the beginning, we'll be reading history forward in order to understand how people of the past experienced events as they actually unfolded.

If a survey course in American History is of interest to you, come to an informational meeting at the Senior Center on **Wednesday, May 23, at 10:00**. Although many details are yet to be worked out, the general format of the class would be textbook reading augmented by lectures and student presentations in class.

The class as currently planned will be presented in two sections. The fall series will cover the discovery of America through the Civil War and Reconstruction. Then in the spring we will begin in the 1870's and continue to the present. The cost is to be determined.

Please call the Senior Center at (978) 443-3055 if you plan to attend.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY



Fix it!

Home repairs and maintenance

You've walked by it a thousand times and not really noticed it, but all of a sudden you can't miss it. You realize that what was once the tiniest little drip has now become a steady stream of water and has actually filled the sink and overflowed onto the floor!

The In-Home Fix-it volunteers would hate to hear this story. Here they are, just waiting to help you with your minor home repairs, and you haven't called. If you have a minor repair that could become a major repair, please call the Senior Center and request help from one of our Fix-it volunteers, before it's too late!


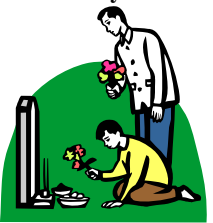

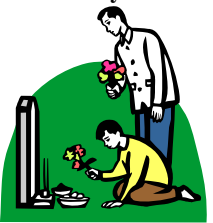

Our volunteers are able to install grab bars, replace light bulbs and batteries, perform simple electrical repairs, tack down carpets and more. Obviously, our volunteers are not prepared or able to do major home maintenance such as roof work, carpentry or remodeling. However, should you recognize that your house is in need of this type of work, call the Senior Center, as we are developing lists of contractors for these services. (If you have someone to recommend, please share their name with us!)

Unfortunately, many people put off this type of work until a simple roof patch turns into a full roof replacement with repairs to the house due to water damage. Let us help you avoid this scenario!

If you are considering major home maintenance work, you may be interested in information found on the AARP website. Setting up contractor appointments, comparing contractor bids and choosing a contractor can seem daunting. Recognizing this, AARP has developed a checklist for this process. You may find this [checklist](#) and AARP articles about [home maintenance](#) and [home modification](#) very helpful. The AARP website is located at www.aarp.org. Just click on the above links or contact me for a copy of this information at (978) 443-3055 or gallowayd@town.sudbury.ma.us

ads

MAY 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4		
	<p>9:00-9:30 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> <p>1:30 Qigong 6</p> <p>4:00 COA Board</p>	<p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Walking Club</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge lessons</p>	<p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>12:00 Soup's On: How to protect your home and assets</p>	<p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	
7	8	9	10	11	
<p><i>Van trip to Solomon Pond Mall/Bertuccis</i></p> <p>7:45 Foxwoods Trip</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Bill of Rights</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance 1</p> <p>2:00 Compassion and Choices</p>	<p>9:00-9:30 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p>	<p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Walking Club</p> <p>10:00 <i>Crazy for You Trip</i></p> <p>12:00 <i>There's a Dance in the Ol' Dame Yet</i></p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge lessons</p>	<p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>2:00 Art Appreciation: The Italian Renaissance</p>	<p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>	
14	15	16	17	18	
<p><i>Van trip to Ocean State Job Lot/Stephen Anthony's</i></p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Stamp club</p> <p>10:00 George Washington</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance 2</p>	<p>8-9:00 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p>	<p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Walking Club</p> <p>10:00 Garden Club</p> <p>Flower Arranging</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge lessons</p>	<p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>2:00 Art Appreciation: Leonardo da Vinci</p>	<p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 Watercolors 1</p>	
21	22	23	24	25	
<p><i>Van trip to Christmas Tree Shop/Boston Market</i></p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Pizza</p> <p>12:30 Movie: <i>The Queen</i></p> <p>1:00 Balance 3</p>	<p>9:00-9:30 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>10:00 Emergency Evacuation Planning</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p>	<p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Walking Club</p> <p>10:00 History Interest Meeting</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Quilters Studio</p> <p>1:00 Bridge Lessons</p>	<p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>2:00 Art Appreciation: The Northern Renaissance</p> <p>3:00 Friends meeting</p>	<p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 Watercolors 2</p>	
28	29	30	31		
<p>Memorial Day</p> <td style="text-align: center;"></td> <td> <p>9-9:30 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>10-12 Legal Clinic</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> </td> <td> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Walking Club</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Quilters Studio</p> <p>1:00 Bridge Lessons</p> </td> <td> <p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>2:00 Art Appreciation: Rembrandt and Vermeer</p> </td> <td style="text-align: center;"></td>		<p>9-9:30 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>10-12 Legal Clinic</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p>	<p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Walking Club</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Quilters Studio</p> <p>1:00 Bridge Lessons</p>	<p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>2:00 Art Appreciation: Rembrandt and Vermeer</p>	

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal may be made. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
May 1	May 2	May 4
Kale Bean Soup Chicken/Gravy Mashed Potatoes Rice Pudding	Fish/Newburgh Sauce Rotini Brussels Sprouts Mandarin Oranges	Stuffed Pepper/ Tomato Sauce Mexicali Corn Applesauce
May 8	May 9	May 11
Chicken Cordon Bleu/Supreme Sauce Rice Pilaf Jardinière Veggies Lemon Pudding	Meat Loaf/Brown Gravy Whipped Potatoes Beets Yellow Cake	Cheesy Potato Soup Sliced Ham Carrot Raisin Pineapple Salad Orange
May 15	May 16	May 18
Pork Roast/Brown Gravy Sweet Potatoes Cauliflower Supreme Pears	Roasted Chicken/ Lemon Mustard Sauce Delmonico Potatoes Peas Pineapple Tidbits	Swedish Meatballs/ Tomato Sauce Rotini Italian Style Veggies Choc Chip Cookie
May 22	May 23	May 25
Tomato Cabbage Soup Cottage Cheese Tropical Fruit Cherry Muffin	Hot Dog Baked Beans Carrots Cantaloupe	Salisbury Steak/ Jardinière Sauce Whipped potatoes Scandinavian Veggies Banana Pudding
May 29	May 30	
American Chop Suey Parmesan Cheese Corn Tapioca Pudding	Cream of Broccoli Soup Turkey Salad Potato Salad Apricot Halves	

**Movie Monday, May 21
12:30**



The Queen
103 min.

After Princess Diana's shocking death, Queen Elizabeth II ([Helen Mirren](#), in an Oscar-winning role) and Tony Blair ([Michael Sheen](#)) engage in intimate talks as Britain demands the princess be memorialized in a manner beyond standard protocol. This Oscar-nominated drama for Best Picture goes behind the scenes as the queen and prime minister try to manage Diana's death on a personal level while also dealing with a public calling for royal treatment for their beloved princess.

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).



Extra help to pay for prescription drugs

You can get “extra help” to pay for prescription drugs if you are on Medicare and have limited income and assets. If you qualify, this “extra help” will make your monthly premiums, deductibles and co-payments much lower. This program, the Limited Income Subsidy program (LIS) is available at any time during the year, but you can get the most help from this special benefit by applying now.

If your annual income is below \$15,312 (\$1,276/month) for an individual or \$20,532 (\$1,711/month) for a married couple living together, you may not have to pay monthly premiums or deductibles, and you could pay as little as \$2.15 for your co-payments. Even if your income is higher, you still may be able to get some help.

To qualify, your assets must be limited to \$10,210 for an individual (\$20,410 for a couple). These asset limits can be slightly higher (an additional \$1,500 per person) if you will use some of your money for burial expenses. Assets include such things as bank accounts, stocks and bonds. They **do not** count your house and car as assets.

To receive “extra help” get an application or apply over the phone by calling Social Security at **1-800-772-1213** (TTY **1-800-325-0778**), or apply online at www.socialsecurity.gov

If you need help with this or any aspect of your health insurance, SHINE offers free, unbiased one-on-one counseling here at the Senior Center. Call and ask for a SHINE appointment.



Soup's On: How to protect your home and assets

Thursday, May 3

Soup at **12:00**, talk at **12:30**

When the unexpected happens, whether in the form of illness, an accident, or the death of a family member, many of us are left legally unprotected.

Elder Law Attorney Philip B. Benjamin, of Bikofsky, White and Benjamin in Framingham, will speak on protecting your home and assets, and answer your legal questions.

Attorney Benjamin is a member of the Massachusetts Bar Association, is a certified Elder Law Attorney, and has been in practice 30 years.

He attended Brandeis University and is a graduate of the Boston University School of Law. The talk is made possible through the 2007 Elder Law Education Program of the Massachusetts Bar Association.

Soup, salad, and a dessert will be served at **12:00**, and the talk will begin at **12:30**. The event is **free**, but *please call the Senior Center at 978-443-3055 by the day before* to register.

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



Watercolors Friday, May 18, 1:00

Our next series of ten watercolor classes begins this month.

Popular instructor Cynthia Durost has her classes turning out some really good work, and having fun, too. There is a limit of 15 enrollees, and the cost is **\$60**. Payment is required at the time of registration.



Legal Clinic
Tuesday, May 29
10:00-12:00

Denise Yurkofsky, Elder Law Attorney, will provide free twenty-minute consultations here at the Senior Center on **Tuesday, May 29 from 10-noon**. This very popular free service fills up fast, so be sure to call for an appointment as soon as you are aware you need one!



Medical Equipment
Loan Closet

The Medical Equipment Loan Closet lends out such items as wheel chairs, travel chairs, walkers, shower chairs, commodes, transfer benches, canes, and much more.

Our inventory is getting low on a few items, and we hope that you might have one or more of these that you could donate: wheel chairs, travel chairs, shower chairs, and bed rails or bed guards. You can drop them off at the Senior Center during the regular hours of Monday to Friday, 9:00 AM to 4:00 PM. If you need a pick up, just call the Senior Center 443-3055.

Thank you for your support!



Books (and more) on Wheels

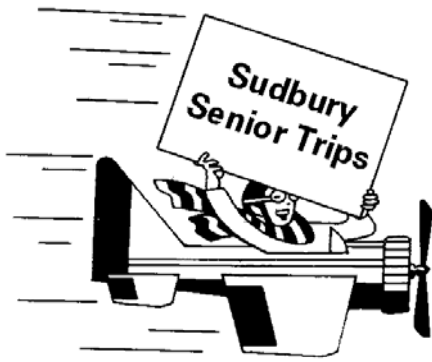
The Senior Center is collaborating with the Goodnow library to make books, audio books, and DVDs available to seniors and people with disabilities who can't get to the library very easily on their own.

To begin, call the Senior Center (978-443-3055) and ask to speak with Kristin Kiesel or Claire Wigandt.

Once you're signed up, someone from the Goodnow Library staff will call you and talk over just what kinds of books, tapes or DVDs you're interested in. Then, at a mutually convenient time the volunteer will drop by your house with a special delivery: the material you're borrowing, plus notes and any other special information the librarian thinks you might like or need.

You can keep most material for four weeks, DVD's for only two, and then the volunteer will come pick it up—or, if you need a bit longer, you can also renew most material. At the time the volunteer picks up material to be returned to Goodnow, they'll drop off other library material you've requested. You can chat with your volunteer or call the library to be sure you're getting books and materials that suit your interests. The service is **free**.

ads



As I sit here writing this on a very chilly April day, I can hardly wait for the lovely warm breezes of May to be here. Hopefully they will get here just about the time that you are reading this. We have two trips for you to enjoy this month.

Foxwoods, Monday, May 7: Our trip is sold out (as usual) with a wait list only. Our next Foxwoods trip will be on **August 6**, cost **\$19.00**. Enrollment will be accepted after **May 1** for our Sudbury friends and after May 14 for our out of town friends.

We already have a list of folks who opted to pay for the last three Foxwoods trips all at once and who are already on those trip lists. You may still pay for the last two Foxwoods trips (August and November) at the next sign-up if you choose. Sign up for all our other late summer or fall trips will also be accepted at this time.

Crazy For You, Northshore Music Theatre, Wednesday, May 9: Our other May trip is to see this wonderful Broadway hit. We have only two seats remaining at this writing, but there is always the possibility of a cancellation and as a ticket is involved we must sell the seat in order to refund the cost. Put your

name on the wait list if interested. The cost is **\$60.00**.

The Mt. Washington Luncheon Cruise, Friday, June 22: This excursion is already sold out and we are taking a wait list for the possibility of a second coach. The cost is **\$57.00**.

Longwood Gardens/ Brandywine July 26-29: We still have a few spaces left on our trip. This is considered to be a very lovely time of year to visit this area of Delaware as the gardens should be in full bloom.

The trip includes a visit to the Brandywine museum, renowned for its collection of paintings by three generations of Wyeths, a guided tour of the Winterthur home and estate, and a stop at the exquisite Longwood Gardens. There will also be a dinner and show at the Three Little Bakers Dinner Theater.

The cost is **\$479.00** per person, double occupancy. As the final payment is due May 25 we no longer can take the \$100.00 deposit but must have your full payment.

Full particulars for this and all our other trips are on our Trip Rack.

All Gershwin Program, Tanglewood, Sunday, August 26: Keith Lockhart will conduct the Boston Pops Orchestra as one of the very special events taking place in the Berkshires this summer. We will offer this event as a trip, but there's a catch. As of now, there are no available tickets for seats. We are high on

the waiting list for seats right behind the box seats. If those do not become available we will definitely be able to get lawn seats. To reserve your space, you must make a deposit of **\$25**. The full cost of the tickets for the better seats and transportation would be **\$79**. The cost for the lawn seats is less, but is not known at present. When making your reservation, please indicate whether you would be willing to take a lawn seat if that is all that is available. I thought that we might get there a little earlier than usual (about 1:00 PM) and either brown bag it or buy our own lunches at one of the concessions there.

Hawaii Cruise, September 6-16: This trip is sold out but there is always the possibility of a few people having to cancel out. We do suggest that you put your name on our wait list if you are still interested. We have a wonderful group going and I will be notifying you in our June newsletter of the date for our summer Hawaii get together. In the meantime I have copies of the insurance forms in the trip rack for you if you would like to see them (\$120.00 of your trip price was for the included insurance).

Also, if you have not received your cabin number, please call me. I have photos of the ship for you to see your cabin location. I will show them to you at our get together or sooner if you can't wait. Call me at 978-443-8320 if you have any questions on any of the above information.

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 **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 clients to medical appointments. Call **978-443-2145** one week in advance. Leave your request on the answering machine, and the coordinator will call you.

Sudbury Senior Access:

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly free drop-in health clinics. Clinic hours are **Tuesdays 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 medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

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

Legal Clinic: Denise Yurkofsky, an elder law attorney, is available for free private 20-minute consultations with seniors 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, **Thursdays 9-12**. Please call to make a **free** appointment.

IN-HOME SERVICES

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

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

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

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

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

NUTRITION

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

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

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

Return Service Requested



U.S. POSTAGE
PAID
Sudbury, MA
PERMIT NO. 141
PRESORT STANDARD

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

General Information Line: 978-639-3275 Menus: 978-639-3278 Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



Seniors Prom

Saturday, June 2

Live music from

Billy Couto and the After Hours Band

Music we can dance to!

Doors open at 7:00/Dancing 7:30-11:00

Finger food★coffee, soda and other beverages★dessert

Prom photos will be taken

Line dancing and dancing for people with partners

Festive prom attire is requested

Tickets: \$15 each in advance (available from the Senior Center), \$16 at the door

