

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



Florence Esposito crafted this large three-dimensional door ornament to be raffled off at the Holiday Bazaar.

HOLIDAY BAZAAR

Saturday, November 22

9:00 AM to 1:00 PM

ADMISSION FREE

★ Handmade Crafts ★ Games ★ Baked Goods ★
★ Cookie Bar ★ Grandma's Attic ★ Raffle ★

Come see what the Thursday Crafters have been working on all year. We will offer wonderful handmade gifts, attic treasures and baked goods, as well as our popular basket raffles and cookie bar.

You can help! Bakers are needed to bake cookies, brownies, breads and cupcakes. We ask only that you include a list of ingredients (No nuts, no peanut butter, please!) You can drop the goodies off at the Senior Center Friday, November 21, or Saturday morning after 8:30. Donations of knick knacks can be brought in any time.

The annual holiday bazaar is an opportunity for children to come and shop for inexpensive gifts to give at holiday time.



All proceeds benefit the Friends of Sudbury Seniors.

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Wayside Inn Christmas Dinner Wednesday, December 3, at noon

If you are 60 years of age or older and live in Sudbury, come to the annual Christmas dinner sponsored by Longfellow's Wayside Inn.

To sign up, come to the Senior Center after **9:30 on Monday, November 10**. Please bring the registration form below, and a check for \$14.00 made out to *Sudbury Senior Activities, Inc.* (A gratuity for the staff is included in the price.) Reservations must be accompanied by payment.

You may make reservations for two people, but all must be from Sudbury. There is a limit of 76 participants.

Wayside Inn Christmas Dinner

Reservation Form

Name(s)	Telephone	Salmon	Pot Roast

Please make checks payable to "Sudbury Senior Activities, Inc."



Vote!

Make your voice heard on Tuesday, November 4. The polls are open **7:00 AM to 8:00 PM**. Precincts 3 and 4 vote at the Town Hall on Concord Road and Precincts 1, 2 and 5 vote here at the Fairbank Community Center on Fairbank Road. If you aren't sure which precinct you live in, call us or look on line at <http://sudbury.ma.us/services/Clerk/custom/StreetList.08.htm>

Ride to the polls: Seniors and people with disabilities can get a ride to the polls in the Senior Center van, between 9:00 and 3:00. If you would like a ride, please call the week before so we can schedule all the pick-ups in your neighborhood at once to maximize efficiency. You can reach us at 978-443-3055.

COUNCIL ON AGING

CHAIRPERSON:

Patrick Mullen

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John Beeler

Elizabeth David

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Linda Curran

VOLUNTEER

COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Linda Sullivan

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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Shifting Gears Safe Driver Workshop
Thursday, November 20
10:00

This **free** workshop, presented by the Registry of Motor Vehicles, is for drivers age 55 and older.

You'll learn:

- How age affects driving
- How to identify the warning signs of unsafe driving
- How to obtain a disability plate or placard
- Adaptive equipment for older drivers
- When it is time to stop driving

Bring your questions; the registry will provide answers! Please call us at 978-443-3055 to reserve your space.



Free Food/Free Gas

We will be raffling off two more \$25 gas cards and two more \$25 grocery cards at the end of November. It is **free** to enter the raffle. Every time you scan your membership card when you come to the Senior Center, you can enter the drawing. The more times you scan in, the better are your chances of winning!

September's Roche Brothers gift cards were won by Betty Farmer and Ann Johnson, and the gas cards were won by Ed Silveira and Beverly Paro. Congratulations!

The cards are donated by Wingate Healthcare, and we thank them.



Sand buckets

Would you like a bucket of sand to sprinkle on those slippery walks and driveways? The Senior Center is once again offering its sand bucket delivery program.

A volunteer will bring you a filled bucket. It is up to you to use the sand wherever you need it. If you use up all the sand during the winter, call and get a refill. It's free.

To sign up, call the Senior Center at 978-443-3055.

Art history, anyone?

Alice Byington has a collection of art history DVDs from The Teaching Company. These programs featured a noted college professor discoursing on the art of various periods. If there is enough interest, we will schedule showings in the spring. Let us know if you'd like to come!



Yoga, anyone?

We are considering offering a chair yoga class taught by Leslie Worris, our popular balance teacher.

If you are interested, please let us know. We need at least six participants to offer the class.



Better balance and flexibility

Unintentional falls are a threat to the lives, independence and health of American adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone in this population dies as a result of their injuries.

Although one in three older adults falls each year in the United States, falls are not an inevitable part of aging. A great way to ward them off is to improve your balance.

Come join our next series of eight classes for balance and flexibility **Monday** afternoons from **1:00-2:00**. The classes will empower you to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture.

The class uses balls, bands, and weights to help participants gain in strength and endurance and decrease stress. A **free** exercise guide book is also included.

Class begins November 17, and you can take the first class free to see if it is for you. The cost is **\$50** 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.



Inviting all Sudbury seniors!

Annual Senior Citizen Thanksgiving Luncheon Wednesday, November 26 Noon-2:00

Come join the Martin Luther King Action Project for their traditional holiday treat for senior citizens in Lincoln and Sudbury. at Lincoln/Sudbury Regional High School.

This annual event is hosted by high school students in honor of local seniors, and with respect for all the contributions older people have made to our country and our community's life.

Turkey and all the fixings donated by Sudbury Farms will be served in the high school cafeteria. Entertainment is included, and there is **no charge**. This year there will also be a time for dancing.

Reservations are required! Call the Sudbury Senior Center at 978-443-3055 by **Wednesday, November 19**.

We are very grateful to Tom Danko, and all the students and staff from the MLK Action Project for hosting this event each year.



FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Financial resources

Heating oil and gasoline are at astronomical prices. Food costs are up. The economy is squeezing many an individual's budget this year. Individuals living on a fixed income with few supplemental resources may now be forced to choose which bills to pay. Even those individuals who are able to pay their bills may find it harder to pay for home maintenance or modifications.

At the Senior Center, we have a list of potential resources that help people who have tight budgets. These resources may help to pay for heat, or provide a grant or low interest loan for home modification or maintenance, or help avoid a home foreclosure.

Worried about paying your heating bills? The fuel assistance program may provide some help. To be eligible an individual living alone must have an income at or below \$20,800, a two person family must have an income at or below \$28,000 (larger families have higher limits). Call Debra Galloway at (978) 443-3055 for more information.

For persons with incomes somewhat above the Fuel Assistance limits, the Salvation Army Good Neighbor Energy Fund may help. Applications will be accepted as of January 2009. Please call Salvation Army Lieutenant Rebecca Kirt for more information at (508) 875-3341.

When under financial stress, homeowners may consider using their home equity to help pay the bills. For unbiased advice about saving the equity in your home, you can call H.O.M.E. – Homeowner Options for Massachusetts Elders. This non-profit agency is dedicated to helping persons who may need to use their home equity to pay bills or who find themselves at risk of losing their home. Counselors at H.O.M.E. help low to moderate income older homeowners with free, confidential assistance. Call (800) 583-5337 for more information.



If you have home maintenance or safety improvements that you are putting off due to financial strain, consider applying for help through the Home Modification Loan program, the Assistive Technology Loan Program or the Sudbury Small Grants Program. Loans or grants are available that can help to pay for a new roof, a handicapped accessible bathroom, a ramp into the house and more. Please call Debra Galloway at (978) 443-3055 for more information.

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NOVEMBER 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>7:45 <i>Foxwoods Trip</i> 9:30-2:30 I&R Hours No Fit for the Future 1:00 Balance (7) 2:00 Astronomy (2)</p>	<p>4</p> <p>Election VOTE! 8:00 Parmenter Clinic 9:00 Cribbage 9:30-12:00 My Life/My Health (5) 12:00 Lunch 12-1:00 Parmenter Clinic 12:30 Bridge 1:30-3 Robert Frost (6) 3:30 COA Board</p>	<p>5</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Andrew Jackson (9) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 2:00 DEC Connection</p>	<p>6</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Mediation</p>	<p>7</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (5) 1:00 Cards Saturday November 8 <i>Pancake Breakfast</i></p>
<p>10</p> <p>9:30-2:30 I&R Hours 9:30 Wayside Inn Sign-Up 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance (8)</p>	<p>11</p> <p>Veterans' Day</p> 	<p>12</p> <p>No 8:30 Fit for the Future 9:00 Cribbage 9:30 Andrew Jackson (10) 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters</p>	<p>13</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 9:00-12:00 Flu Clinic (M-Z)</p>	<p>14</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (6)</p>
<p>17</p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00-4:00 Flu Clinic (A-L) 1:00 Balance (1)</p>	<p>18</p> <p>8:00 Parmenter Clinic 9:00 Cribbage 9:30-12:00 My Life/My Health (6) 10:00-12:00 Legal Clinic 12:00 Birthday Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>19</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Andrew Jackson (11) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters</p>	<p>20</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:00 Shifting Gears 12:00 Pizza 12:30 Movie: <i>The Notebook</i></p>	<p>21</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards Saturday, November 22 <i>Holiday Bazaar</i></p>
<p>24</p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (2)</p>	<p>25</p> <p>8:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>26</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Thanksgiving Lunch at L/S High 12:30 Informal Quilters</p>	<p>27</p> <p>Thanksgiving</p> 	<p>28</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards</p>
<p>31</p> <p><i>Van trip to Walmart</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (3)</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
November 4	November 5	November 7
Meatballs/Sweet & Sour Sauce Brown Rice Carrots Mixed Fruit	Breaded Pork/Gravy Whipped Potatoes Broccoli Rice Pudding	Baked Fish/ Newburgh Sauce Scalloped Potatoes Tahitian Veggies Cherry Muffin
November 11	November 12	November 14
	Shepherds' Pie Mashed Potatoes Green Beans Cake	Macaroni and Cheese Stewed Tomatoes Pineapple
November 18	November 19	November 21
Roast Turkey/Gravy Whipped Potato Peas Cranberry Sauce Pumpkin Pudding Birthday Cake	American Chop Suey Italian Veggies Fresh Fruit	Beef Rib/BBQ Sauce Whipped Potatoes Green Beans Peaches
November 25	November 26	November 28
Chicken Strip Cacciatore Penne Pasta Italian Green Beans Pears	Tomato Rice Soup Fish Wedge Broccoli Muffin	Sloppy Joes Brown Rice Carrots Fresh Orange

Movie and Pizza



The Notebook
Thursday,
November 20

2 hours 1 minute

Pizza: 12:00
Movie: 12:30

An older man visits a woman in a nursing home, and from an old notebook he reads her the story of a couple who were separated by World War II, and were then passionately reunited seven years later. In the meantime they had taken different paths in life. Though her memory has faded, his words give her the chance to relive her turbulent youth and the unforgettable love they shared.

The movie is adapted from the 1996 best-selling novel of the same name by Nicholas Sparks. Stars Ryan Gosling, Tim Ivey, and Rachel McAdams.

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 (\$1.25 per slice).



Sudbury Community Work Program

Get help with your property taxes! If you are age 60 or older, and are a Sudbury resident living in your own home, and are willing to commit 100 hours of service to Sudbury in 2008, you may qualify for this program.

Participants earn \$750 toward their 2010 property taxes by serving in a variety of jobs that support Town departments. Every attempt is made to make the skills and interests of applicants mesh with the needs of Town departments.

Applications are available at the Senior Center, 40 Fairbank Road. Funding is available this year for about 50 positions. First round interviews will be held during November, and final interviews will be made with department heads, who will make the final choice of applicants.

Although many participants fill the same job year after year, there is no guarantee that you will receive the same assignment each year. All qualities being equal, preference is given to those in greatest financial need.

The program begins January 1, 2009. Applications are due to the Senior Center no later than **November 15**.

Questions? Call the Senior Center at (978) 443-3055 or Program Coordinator Peg Whittemore at 978-443-2023 for further information.



Soup's On: Mediation: Peace of Mind Thursday, November 6

Soup at 12:00, talk at 12:30

Families sometimes have to make tough decisions about care for someone, and may not agree.

Some of the areas of disagreement may be about finances, decisions about where to live, driving, or caregiving responsibilities. Most families want to work together, but many don't know how to overcome the stumbling blocks.

This talk will help you learn about ways to make getting consensus go much more smoothly, and when to use the services of a professional mediator. Mediators help the family work together to craft an agreement they can all live with. This reduces the chance of confusion and disruption in a crisis. There will be a role play!

The speaker will be Jan O'Keefe, the Coordinator of the Framingham Elder Care Mediation Program.

The event is **free** but we must know how many people to prepare food for, so advance registration is required by calling 978-443-3055.

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.



Legal clinic

Elder law attorney Denise Yurkofsky will be here **Tuesday, November 18** from **10:00-12:00** to give free, twenty-minute legal consultations.

For an appointment with Denise, please call 978-443-3055.



The Senior Center will be closed **Tuesday, November 11**, in observance of Veteran's Day. There will be no lunch, no home delivered meal, and no blood pressure clinic.

Special Events

Wingate honored the Senior Center with an Outstanding Service Award in October, and in celebration it provided a free breakfast in October. There will be three other treats in November.

Monday, November 3: 100 Gift bags will be given out at the Senior Center. First come, first served. Be sure to scan in and enter the gas card raffle (drawing December 2).

Friday, November 14: There will be special prizes at our regular bingo games.

Friday, November 21: In time for Thanksgiving, 100 holiday pies will be available for those who attend the Senior Center.



Flu Clinics

Flu clinics sponsored by the Sudbury Board of Health and administered by the Parmenter will be held at the Sudbury Senior Center in November.

Thursday, November 13 from **9:00** to **12:00** will be for people whose last names begin with **M-Z** (To minimize wait times, M, N, and O should arrive at 9:00; P, Q, R, and S, at 10:00; and T, U, V, W, X, Y, Z at 11:00.)

Monday, November 17 from **12:00** to **4:00** will be for those whose last names begin with **A-L**. (To minimize wait times, A, B and C should arrive at 12:00; D, E, F at 1:00; G, H, and I at 2:00; and J, K, and L at 3:00.)

The shots are for Sudbury residents **aged 65 and older** or who have a chronic medical condition (a doctor's note is required).

Pneumococcal immunization shots will be available during the clinic for those with a doctor's order.

Please note: Bring with you your Medicare and your HMO health insurance card (if you have one).

Please wear a short-sleeved or roll-up sleeve shirt.



Birthday Lunch Tuesday, November 18 12:00

Were you a November baby? If so, come join our regular lunch bunch **Tuesday, November 18** at **noon** for lunch and birthday cake. All those with November birthdays eat for **free**. Not born in November? No problem. Just reserve your space and come for a donation of **\$2**.

Please be sure to reserve your meal by 10 AM, Monday, November 17. We regret we can't serve lunch to those without reservations.



Space Heater Swap

The U.S. Consumer Product Safety Commission estimates that more than 25,000 residential fires every year are associated with the use of space heaters.

Sudbury seniors: If you have an old, outdated space heater, call us. We will swap it for a new, safer space heater, **free of charge**. The cost of the heaters is being underwritten by HOPEsudbury. Thank you!

ads



Happy Thanksgiving to all my traveling friends. As we peek around the corner at the December holidays I'll bet that many of you are wondering where all the other months have gone. This is the fastest year that I can remember (or maybe it's just because it seems I am growing old so fast). There aren't many of our 2008 trips left, but I am already working on our 2009 program and hope to have it out to you in our January newsletter.

Boston Pops December 18: We **SOLD OUT** so quickly that you would have thought I was giving tickets away. Not to be confused with the BSO Rehearsal December 4, details elsewhere on this page. We are offering you the chance to purchase a \$5.00 box lunch to bring along with you. I do not yet know the choices, but will by the December newsletter. By the way, some of you overpaid for this trip. I was able to reduce the price to \$62.00. If you overpaid you can either deduct your overpayment from your box lunch or get a refund.

Mediterranean Cruise

November 8-15: All those lucky folks going on our cruise should have received their documents at this time. If not or if you have any questions, call me at 978-443-8320.

Foxwoods, Monday, November

3: Departure time, 7:45. Sold out! We are always willing to take a wait list. Cost is the usual **\$19**. I have not had to raise the price of this trip for several years.

Snowbird Escape, March 8-22,

2009: I couldn't wait to let you know about our cold-weather get away. This trip is becoming a tradition that people look forward to every year.

The trip includes 14 nights hotel accommodations, including 9 at the Dolphin Beach resort right on St. Petersburg beach. A dinner cruise and five more breakfasts and five dinners are also included, as well as a professional tour escort and guide.

Busch Gardens is one of the optional trips. Another day will feature "**Pizza and Pipes**", a chance to lunch on your own while enjoying a performance on a huge Wurlitzer Theater pipe organ. Pack a Hawaiian outfit for the **Luau night** at the Dolphin. **Tarpon Springs** is another optional side trip.

The price is \$1,899 pp double, \$1,699 pp triple, and \$2,699 pp single. A \$200 deposit is due **December 15**, with final payment due by **February 1, 2009**. Read all about it in the flyer on the trip rack. Trip insurance is highly recommended.

If you have gone with us before you know what a great time we have. Please include an emergency contact name and phone number with your application.

Cultural trips



Boston Symphony Orchestra Open Rehearsal Thursday, December 4

Go with the Senior Center Cultural Trips group to an open rehearsal and talk **Thursday, December 4**.

Under the direction of James Levine, the program will feature Schubert, *Fantasia in F minor* for piano four-hands, D.940; Beethoven, *Piano Concerto No. 3*; Carter, *Interventions*, for piano and orchestra (world premiere; BSO co-commission); Stravinsky, *The Rite of Spring*.

James Levine, the BSO, and Daniel Barenboim, guest pianist, will give the premiere performances of Carter's *Interventions* for piano and orchestra, a BSO co-commission.

Barenboim is also soloist in Beethoven's forceful *Piano Concerto No. 3*. Barenboim and Levine will begin the program uniquely, without the orchestra, as partners in Schubert's *Fantasia in F minor* for piano four-hands.

The Pre-Concert Talk will be given by [Robert Kirzinger, BSO Publications Associate](#), from **9:30 - 10:00 AM**. The rehearsal begins at **10:30**. Lunch will be at Maggiano's Little Italy. The event is **\$68**. The bus will leave promptly at **8:15 AM**. Please get to the Senior Center by 8:00 so as not to miss the bus.

Carmel

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 9:00 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for 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 8:00-9:00**

and **noon to 1:00**. Free blood sugar testing is also provided each **Tuesday from 8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet: For those in need of medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

CONSULTATION

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@sudbury.ma.us

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Monday through Friday, 8:30 AM to 3:30 PM

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

Come to our annual

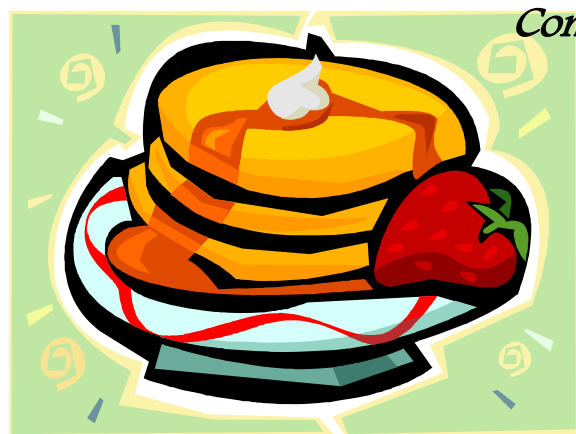
Pancake Breakfast

Saturday, November 8

8:00 to 10:30

Fairbank Community Center Gym

40 Fairbank Road



Featuring the famous...

- * Gristmill Pancakes
- * Wayside Sausages
- * Starbucks Coffee
- * Raffle Prizes

Advance tickets are on sale at the Senior Center for **\$4.00** per person (\$5.00 on the day of the breakfast.)

Great raffle prizes! You do not have to be present to win. Tickets are \$1.00 each or 6 for \$5.00.

The Pancake Breakfast benefits **F.I.S.H.***, a volunteer program that provides free transportation to medical appointments for Sudbury residents.

In 2007 **F.I.S.H.** arranged for 1,750 medical rides.

**F.I.S.H. stands for Friends In Service Helping. F.I.S.H. is a program of the Sudbury Senior Center.*