



First Ladies, First Partners

Tuesdays, November 9, 16, 23
1:30PM

There is no job description for First Lady. Her role is not mentioned in the Constitution. Yet, her influence is enormous as she sees the President first and last every day. As President Truman remarked, "A First Lady is the greatest help a President can have." Join us as we discuss the lives, politics and presidential marriages of three First Ladies of the nineteenth century: Abigail Adams, Mary Todd Lincoln and Julia Grant.

The life of Abigail Adams was unlike that of most educated women. She married a man who respected her intellect and valued her counsel. With her husband absent for over four years in Europe in the service of the Continental Congress, she was faced with the task of protecting her children and providing financial security. Mrs. Adams fully accepted the responsibilities of "republican motherhood" and patriotic citizenship.

Born to wealth in Kentucky, Mary Lincoln later joined her sister, Elizabeth, in Springfield, Illinois where she met and married Abraham Lincoln. An ambitious woman in her own right, Mary was convinced that one day her husband would be elected president. Upon Lincoln's election, Mary suffered as she was viewed by Washington socialites as a sharp-tongued, frontier hayseed who was perhaps a Confederate sympathizer.

Although married to one of the least prepared presidents in America's history, Mrs. Grant and her husband emerged as appealing occupants of the White House after the Lincoln and Johnson years. Often referred to as "Mrs. G", Julia Grant attended Senate Hearings, recommended Cabinet nominations and handled her husband's professional correspondence. The cost for the series is \$25. *Please call the Senior Center at (978) 443-3055 to reserve your space.*

The mini-series will be taught by Dr. Gary Hylander who is Professor of History at Stonehill College, Easton, Massachusetts and offered in partnership with Sage Educational Services. Dr. Hylander is a frequent lecturer at historical societies, libraries, and professional organizations.

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HOLIDAY BAZAAR

Saturday, November 20

9:00 AM to 1:00 PM

ADMISSION FREE

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

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 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 19, 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.



Senior/Healing Yoga

Tuesdays, November 9 – January 11

9:40AM/11:00AM

Discover the joys of hatha yoga at a gentle, accessible pace. This class is for seniors and those living with a chronic illness. Postures are modified as needed, and students are encouraged to work within their limits to build strength, flexibility, endurance and improve their balance, mobility, posture and prevent falls. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners. Now choose from two class times: 9:40AM or 11:00AM. No class 11/30, 12/28.

Cost: **\$56**. Try a free class 10/26 or 11/2.

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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.*



**America’s Journalist:
Edward R. Murrow
Monday, November 22, 2:00PM**

The legacy of Edward R. Murrow continues long after his untimely death in 1964. He set the standard for broadcast journalism and even today, reporters both print and media, try to emulate not only his style and presentation but his high professional standards. Who was this man? What made his reporting so riveting and insightful?

He brought special meaning to his reports to America during World War II and became a pioneer in early television news. His *Hear It Now* on radio became television’s *See It Now* and *Person to Person*. Murrow produced a now-legendary series of reports that helped end anti-Communist Senator Joseph McCarthy’s irresponsible accusations against political opponents. Together, through the words of Murrow himself, we will rediscover this giant of American journalism. The cost for the class is \$10, please call to reserve your space.

Norman H. Finklestein is a writer, editor and teacher. He holds degrees from Boston University and Hebrew College and has written sixteen books. This course is offered in partnership with Sage Educational Services.



**Wayside Inn
Dinner
Wednesday, December 1, at noon**



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

To sign up, come to the Senior Center after **9:30** on Monday, November 8. Please bring the registration form below, and a check for \$18.00 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 80 participants.

**Wayside Inn Christmas Dinner
Reservation Form**

Name(s)	Telephone	Pot Roast	Salmon

Please make checks payable to “Sudbury Senior Activities, Inc.”



Boston University Hip Fracture Study

The School of Public Health at Boston University is conducting a hip fracture study in persons aged 60 and over for the Health and Disability Research Institute. The study's purpose is to see whether a home-based exercise program will improve function in participants who have broken their hips.

The participants will be given free home-based physical therapy which will incorporate exercises that will promote the return to daily activities. This program is free of charge and could benefit those who have suffered from a hip fracture after their initial rehabilitation. For information about this study, please contact Debra Galloway at (978) 443-3055 or gallowayd@sudbury.ma.us.



Lock box

Can emergency personnel get access to your house when you are away or when you need an ambulance? They can if you have a lock box! Call the Senior Center for details at 978-443-3055.

Medicare changes are coming!

Every year, Medicare Health plans and Medicare Drug plans change. If you have Medicare, you should have received a package last month telling you about changes to your plans for 2011. Plans may change their premiums, their co-pays, their network of doctors, or the list of drugs they cover.

Some plans are being discontinued and if you are in one of these plans, you *must* choose a new plan. If you do nothing, on January 1, 2011 you will automatically return to "Original Medicare" without drug coverage.

During Medicare Open Enrollment (November 15–December 31) you can make changes to your coverage. Everyone on Medicare should review their coverage, understand possible changes to that coverage, and consider other plans that are available.

Deciding which drug plan is best for you depends not only on the monthly premium, but also on how many of your drugs are covered by a particular plan and whether the plan has co-pays, deductibles and restrictions. Our volunteer SHINE Counselors are trained, unbiased professionals who can help you sort through the often confusing details of the drug plans.

Appointments for a free SHINE counseling session will fill up quickly at the Senior Center. Call for an appointment at 978-443-3055. You may also leave your number on the SHINE Counselor line by calling 1-800-AGE-INFO (1-800-243-4636) and pressing or saying "3". A counselor will return your call as soon as possible.



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 2011, you may qualify for this program.

Participants earn **\$750** toward their 2011 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 conducted by 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, 2011. 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.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

What is an ethical will?

Ethical wills are a way to share your values, blessings, life's lessons, hopes and dreams for the future, love, and forgiveness with your family, friends, and community.

Ethical wills are not new. The Hebrew Bible first described ethical wills 3000 years ago (Genesis Ch. 49). References to this tradition are also found in the Christian Bible (John Ch. 15-18) and in other cultures. Initially, ethical wills were transmitted orally. Over time, they evolved into written documents. 'Ethical wills' are not considered legal documents as compared to 'living wills' and your 'last will and testament' which are legal documents.

Today, ethical wills are being written by people at turning points and transitions in their lives and when facing challenging life situations. They are usually shared with family and community while the writer is still alive.

Ethical wills may be one of the most cherished and meaningful gifts you can leave to your family and community. An ethical will reflects the "voice of the heart." Think of it as a love letter to your family. Every ethical will is as unique as the person writing it.

After reading a number of ethical wills, there are common themes that run through many of them. Older ethical wills contained burial instructions, blessings, and personal and spiritual values.

Here's a partial list of common themes seen in more modern ethical wills:


- Important personal values and beliefs
- Important spiritual values
- Hopes and blessings for future generations
- Life's lessons
- Love
- Forgiving others and asking for forgiveness

Reprinted from www.ethicalwill.com. For more information on ethical wills, please contact Debra Galloway at 978-443-3055 or gallowayd@sudbury.ma.us.



NOVEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30-12:00 I&R Hours <i>No Fit for the Future</i> 1:30 Opera (4) 1:00 Better Balance (7)</p>	<p>2</p> <p><i>Election, VOTE!</i> 8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 SHINE 9:40 Yoga (4) 11:00 Yoga (8) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board</p>	<p>3</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-12:00 I&R Hours 9:30-11:15 The American Mind (7) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 American Art (2)</p>	<p>4</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters</p>	<p>5</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:00 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (9) 1:30 The Cold War (4) <i>No cards</i></p>
<p>8</p> <p>9:30-12:00 I&R Hours 11:00 Fit for the Future 10:00 Stamp club 1:00 Better Balance (8) 1:00 Trip Meeting – Florida Options</p>	<p>9</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:40 Yoga (1) 11:00 Yoga (1) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Presidential Wives (1)</p>	<p>10</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-12:00 I&R Hours 9:30-11:15 The American Mind (8) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 American Art (3)</p>	<p>11</p> <p>Veteran's Day  <i>Remembering All Who Served</i> <i>Senior Center Closed</i> <i>No Van Service</i></p>	<p>12</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:00 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (10) <i>No Cold War</i></p>
Saturday, November 13				
Pancake Breakfast				
<p>15</p> <p>9:30-12:00 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (1)</p>	<p>16</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 SHINE 9:40 Yoga (2) 11:00 Yoga (2) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Presidential Wives (2)</p>	<p>17</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-12:00 I&R Hours 9:30-11:15 The American Mind (9) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 American Art (4)</p>	<p>18</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: Temple Grandin 3:00 Friends Meeting</p>	<p>19</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:00 I&R Hours 11:00 Fit for the Future 12:00 Lunch <i>No Cards/no Watercolors/ no Cold War</i></p>
Saturday, November 20				
Holiday Bazaar				
<p>22</p> <p>9:30-12:00 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (2) 2:00 Edward R. Murrow</p>	<p>23</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 SHINE 9:40 Yoga (3) 11:00 Yoga (3) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Presidential Wives (3)</p>	<p>24</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-12:00 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:00 Lincoln-Sudbury HS Thanksgiving Dinner 12:30 Quilting Studio No American Art</p>	<p>25</p> <p>Thanksgiving  <i>Senior Center Closed</i> <i>No Van Service</i></p>	<p>26</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-12:00 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards <i>No Watercolors/No Cold War</i></p>
<p>29</p> <p><i>Special Van Trip</i> 9:30-12:00 I&R Hours 11:00 Fit for the Future No Balance class</p>	<p>30</p> <p>8-9:00 BP Clinic 9:00 Cribbage No Yoga 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>			

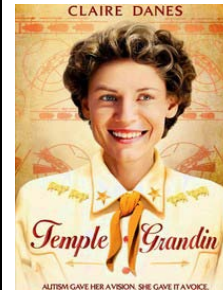
LUNCH MENUS

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 is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
November 2	November 3	November 5
Hot Dog and bun Baked Beans Carrots Fresh Orange	Baked Fish w/ Newburg Sauce Brown Rice Broccoli Whole Wheat Bread Muffin	American Chop Suey Italian Green Beans Multigrain Bread Arctic Ice
November 9	November 10	November 12
Roast Pork/ Sweet & Sour Sauce Brown Rice Brussels Sprouts Multigrain Bread Applesauce	Cheese Lasagna w/ Tomato Sauce Broccoli Green Beans Italian Bread Peaches	Swedish Meatballs w/ Mushroom Gravy Egg Noodles Green Beans Whole Wheat Bread Fresh Orange
November 16	November 17	November 19
SPECIAL Roast Turkey w/ Gravy/ Stuffing Cranberry Sauce Whipped Potato Peas Whole Wheat Roll Baked Apple Crisp	Shepherds Pie Corn Rye Bread Smoothie	Crunchy Fish Red Bliss Potatoes Mixed Vegetables Hamburger Bun Pineapple
November 23	November 24	November 26
Roast Chicken w/ Coq A Vin Sauce Sweet Potatoes Hot Spiced Apples Multigrain Bread Mandarin Oranges	Meatballs w/BBQ Sauce Mashed Potatoes Carrots Whole Wheat Bread Oatmeal Raisin Cookie	Stuffed Shells w/ Marinara Sauce Vegetable Whole Wheat Bread Tapioca Pudding
November 30		
Chicken Parmesan Ziti w/ Marinara Sauce Vegetable Multigrain Bread Pineapple		

Please note: The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.

**Movie and pizza
Thursday, November 18**



Temple Grandin

Pizza: 12:00
Movie: 12:30

Emmy winner Claire Danes stars as Temple Grandin, a brilliant young woman coping with the stigma of autism at a time when it was misunderstood. With the support of her loving family, Temple dedicates herself to learning and becomes a famed animal behaviorist. Her passion for animals gives her a unique ability to understand them, and she fulfills her love of education by teaching about autism and the most humane ways to treat both livestock and pets.

Stars: Claire Danes, Catherine O'Hara, Julia Ormond

Not rated
120 minutes

Please call by 10:00 that morning if you are coming! Also please let us know if you want pizza (\$1.25/slice). Pizza will be served at **12 noon**, followed by the movie at **12:30**.

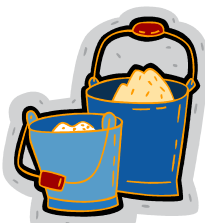


Bad weather policies: If Sudbury schools are cancelled due to bad weather, the Senior Center *will be open* but all events, meals, and classes are canceled. In some cases, bad road conditions mean that the van services will be cancelled. For the latest information, call the recorded **cancellation line** at 978-639-3276.

Got grit?

Our volunteers will deliver a bucket of sand for you to use on your walks and driveways, **free**, just for the asking.

Just call 978-443-3055 and tell us if this is a new bucket or a refill. Pick a place for the bucket to be placed and we'll do the rest.



Legal clinic

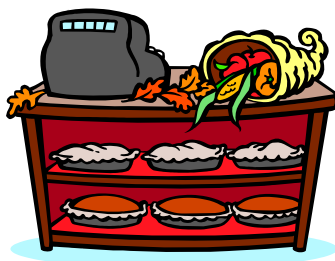
Tuesday, November 30

Elder law attorney Denise Yurkofsky will be here from **10:00-12:00** to give free, twenty-minute legal consultations. For an appointment with Denise, please call 978-443-3055.

American Art 1740-1850 Continues...

Dr. Donald Oasis continues his course on American Art as it developed before the Civil War.

Wednesdays at 1:30PM
No class November 24



Thanksgiving Luncheon Wednesday, November 24 Noon-1:30

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**. Reservations are required! Call the Sudbury Senior Center at 978-443-3055 by **Wednesday, November 17**.

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



Better Balance/ Living Stronger Mondays, November 15- January 25 1:00

Join us to have fun while learning to improve your balance and increase strength and flexibility. Using balls, bands, weights and incorporating yoga and chi gong, this class will help improve, posture, gait, mobility, stability, breath, endurance and maintain your independence.

- Learn strategies to avoid and prevent falls.
- Manage medication.
- Learn home and outdoor modifications to reduce falls.
- Decrease stress, especially with the upcoming holidays.
- Learn breathing and relaxation techniques.
- Discover brain games to maintain and improve memory.
- Gain confidence and improve overall quality of life.

This class is great for beginners and those are who are looking for a change from your usual exercise routine. Instructor Leslie Worris is the founder of The Wellness Alliance in Newton.

The cost is **\$50** for the 8-week series. Preregistration is required. The classes build on each other so participants may not join mid-session. No class November 29.



Money Management Program – Volunteers Make the Difference!

BayPath Elder Services administers the Money Management Program which matches volunteers with elders to provide support with monthly bill paying activities. Volunteers assist with balancing checkbooks, organizing and paying bills, and writing checks for the client's signature. Volunteers may also act as an advocate between the client and creditors or service providers to resolve problems. The program's goal is to prolong independent living and improve the quality of life for elders who need assistance with their day-to-day finances.

The Money Management Program is sponsored by AARP, Mass Home Care and the Executive Office of Elder Affairs. The program provides free liability insurance to each volunteer and client. **If you are interested in volunteering, please call Deb Luekens at 508-573-7241 for more information.**



Space Heater Swap

Don't use that old, dangerous space heater! If you are a Sudbury senior with a space heater that should be retired, we'll swap it for a new one!

Thanks to HOPEsudbury and Kaz, Inc. of Southboro we have some brand new Honeywell space heaters to trade for your old ones. These have a switch that shuts the heater off if it tips over, a fan to move the warm air around, and best of all, even while they give lots of heat, they stay cool to the touch.

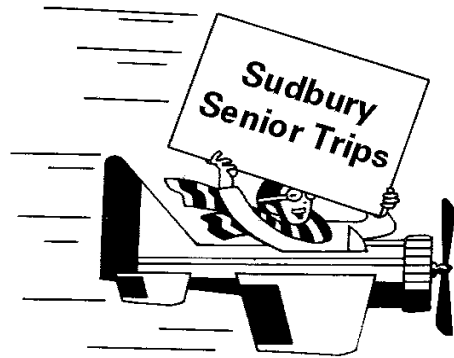
A new space heater can be yours **free** if you are a Sudbury senior and have an old, unsafe heater to trade. To arrange a swap, call 978-443-3055. One of the Senior Center's Fix-It volunteers will bring you the new heater, show you how to use it, and take the old one away free of charge.



In Gratitude

The Lubash Family wishes to thank all those at the Sudbury Senior Center who provided support and assistance to Deborah Lubash during her last illness and comfort to her family after her death.

ads



The final trips for 2010 are posted on the trip rack. At this time we are sold out on both our Chorus Line trip of November 17 and our Rockettes trip of December 16. However, we will be happy to take your name and telephone number for any possible cancellations on either of these trips. If you made only a partial payment on either of them, your final payment is now due.

Some additional information for these trips is as follows:

Chorus Line: Nov. 17 -We will leave the Senior Center at 10AM and make a morning stop at a mall close to the Northshore Music Theatre. You may browse or shop and have lunch on your own. We will leave the mall at 12:15 for our 2PM theatre performance. We should be home at approximately 5:30PM.

Rockettes: Thursday, December 16: I have been asked by a few of our trip participants if we might have a pre-trip luncheon. I have talked with the folks at Wingate who have done luncheons before for us and they have agreed to prepare bag lunches for anyone who would like to have one to either eat on the way in or on the way home. More information on price and lunch menu will be in our next newsletter.

We will leave the center at 12:15 in order to arrive at the Wang by 1:30. At the end of the show we will take a ride, if possible, around Boston Common to see the Christmas displays in the area before returning to Sudbury.

For our trip friends who signed up for our Florida trip to Clearwater, February 26-March 11: We were not able to get enough people to fill the motor coach on our own. We have been asked to wait until the end of October to see if other Senior Centers will share the coach with us.

I have written to all of you with this information and a few suggestions for an alternate trip in that time frame. I will be calling you during the first week of November and possibly setting up a meeting at the Senior Center on November 8 to explore other options. Anyone else who might be interested is welcome to attend. Please call the Center after November 1 to see if this meeting will take place. If you have suggestions, please bring as much information as you can with you.

Some of the alternate trip options are:

- Costa Rica-or some other tropical island (It may be somewhat more expensive as the day trips would be optional.)
- Panama Canal – Stay right on the island with a 1 day Canal cruise or do a full 9-12 day cruise.
- Caribbean Cruise - A 12-15 day Cruise to islands that we have not already been to.
- The Costa del Sol in Spain with an optional day trip to Morocco.

I am also compiling information for our 2011 day and multi-day trips. Suggestions are welcome!

Happy autumn to you all,

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 to schedule a ride. Leave your request on the answering machine, and the coordinator will return your call.

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00** 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 such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost.** We welcome donations of equipment.

CONSULTATION

Information and Referral: 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 12:00.**

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

S.H.I.N.E. (Serving the Health Information Needs of Elders): Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Tuesdays and Thursdays 9-12.** Please call to make a **free** appointment.

IN-HOME SERVICES

Friendly Visitor Program: Seniors who can't get out to socialize can be 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 these small jobs. Seniors will only be expected to pay for necessary parts and materials.

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

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

Lock Boxes: The Senior Center can 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 13

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 2010 **F.I.S.H.** arranged for 1,243 medical rides.

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