

Sudbury Senior Scene

November
2005

**The Sudbury Senior Strutters present
their 14th annual musical**



Saturday November 19

7:30 PM

&

Sunday, November 20

2:30 PM

**Curtis Middle School
22 Pratt's Mill Road
Sudbury**

Tickets on sale at the Senior Center: \$10.00 adults, \$5.00 children

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Great Broadway Songwriters: Irving Berlin, George and Ira Gershwin, and Rodgers and Hart

Come hear Benjamin Sears and Bradford Conner, a Cabaret duo and theater historians as they give a presentation on the history of the musical theater and perform examples of work from three noted Broadway composers!

You can attend one or all three classes, but you must make reservations in advance. The cost is **\$15** for each class or **\$40** for the series. Each class is on a Monday from **2:00-3:15**. Here's the lineup:

Monday, November 14: *Say it with Music:* Irving Berlin's Music Box Revues

Monday, November 21: *Nice Work if You Can Get It:* The Gershwins in Hollywood

Monday, November 28: *You Took Advantage:* The Shows and Films of Rodgers and Hart

This program is offered in partnership with Framingham State College, the Center for Lifelong learners.



Reading Critically to Sharpen the Mind: Thinking about Ethics/Session 2 Monday, November 7, 10:00-11:15

Philosophy professor Joe D'Andrea, Ph.D. will offer the second session of his course in critical thinking, using exercises that sharpen skills for understanding ethical arguments. By understanding an argument at a deeper level, people are better poised to judge its worth. Come learn how to sharpen your skills for critical thought in a discussion of stem cell research and euthanasia.

This seminar will describe thinking as an exercise consisting of eight fundamental elements in any ethical argument. In class, the nature of these elements will be taught and their identification in some ethical arguments will be practiced. Come prepared for a lively discussion.

The cost for the second session of the course will be **\$5**. Please call the Senior Center to register so that we know how many spaces to plan for! This course is offered in collaboration with Framingham State College.

COUNCIL ON AGING

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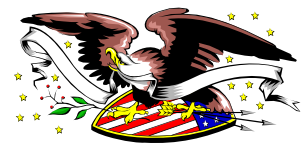
To be announced

Volunteer Coordinator

Ed Gottmann

Mission Statement

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



Veterans

See page 7 for
our free pizza and movie
offer to thank you for your
service to our country!

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Wayside Inn Christmas Dinner Tuesday, December 6, 12:00

Each year the Wayside Inn provides a complete Christmas Dinner for Sudbury seniors. This always popular event is limited to the first 175 seniors who sign up. You are eligible if you are 60 years of age or older, and live in Sudbury. If you wish to attend, please bring the registration form below along with your check for **\$12.00** per person to the Senior Center after **9:30 on Tuesday, November 15**. (This price includes a gratuity for the staff.) We regret that no reservations can be accepted by mail, and none will be accepted before 9:30 AM on November 15. Reservations must be accompanied by payment. You may make reservations in person for up to four people. This popular event sells out quickly!

Please be sure to check off your choice of entrée.



Reservation Form Wayside Inn Christmas Dinner

Name(s)	Telephone	Salmon	Pot Roast

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

Not Too Late to Claim Circuit Breaker Credits

From the South Middlesex Legal Services office

Since 2001, Massachusetts has offered eligible seniors a credit on their state taxes for the property taxes they pay on their home. But some seniors normally do not file a state income tax return, and therefore may not have claimed the credit for recent years, even though they were eligible.

Massachusetts law allows an individual to **claim a credit for up to three years from the date the tax return was due**. Therefore, a senior may still claim a circuit breaker credit for tax year 2002 if they file the return and schedule CB (for the Circuit Breaker credit) no later than April 15, 2006.

Eligible taxpayers may claim a credit equal to the amount by which their property taxes and 50% of water and sewer payments exceed 10% of their total income. For tax year 2004, the maximum credit allowed was \$820.

To be eligible for the credit in 2004, the senior or spouse must be 65 or older and have a total income of less than \$44,000 for a single filer, \$55,000 for the head of a household, or \$66,000 for taxpayers filing jointly.

Call South Middlesex Legal Services at (800) 696-1501 for more information.

Sudbury Senior 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 84 hours of service to Sudbury in 2006, you may qualify for this program.

Participants earn \$500 toward their 2006 property taxes by serving in a variety of jobs that support Town departments. Past placements have been with the Senior Center, the schools, the library and the DPW.

Tasks have included accepting and filing permits, word processing, clerical work, organizing files, collating and envelope stuffing, serving as receptionist, drafting, building maintenance, and technology-inspired jobs such as installing software and writing training manuals.

Every attempt is made to make the skills and interests of applicants with the needs of Town departments.

Applications are available at the Senior Center, 40 Fairbank Road. Funding is available this year for about 40 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.

All qualities being equal, preference is given to those in greatest financial need.

The program begins January 1, 2006. 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.



Parkinson's Daily Olympics

People with Parkinson's Disease and people who care for them know that living with the illness isn't easy.

Even though there is no cure, the good news is that there are strategies that can be used to cope more effectively with the symptoms.

We have been lucky enough at the Senior Center to be given a copy of a board game called The Parkinson's Daily Olympics. The game was designed in Australia by someone with the illness.

The game is designed to promote discussion and awareness of the illness and strategies to manage living with it. The game gives players a taste of what it is like to have Parkinson's, and rewards proper use of coping strategies.

For more information, give us a call!

Soup's On Alzheimer's: Best bets for Staying Sharp!

Research is beginning to show that there are things people can do to delay onset of Alzheimer's disease. And interestingly, these are the same things that also benefit the cardiovascular system and health as a whole. Join the Sudbury Senior Center for the second in a series of five talks on related topics addressing these health and lifestyle changes!

Thursday, November 17 at 12:30: Ena Sandler, a dietician from Emerson Hospital, will outline the qualities of a healthy diet and explain how using the new food pyramid can reduce obesity and control diabetes.

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

The series will continue in the next few months: **Thursday, December 15**, a cardiologist will speak on the cardiovascular system and the benefits of controlling blood pressure; on **Thursday, January 26**, a pharmacist will help participants understand the use of cholesterol and blood pressure lowering medications; and on **Thursday, February 23**, an exercise physiologist will speak on the benefits of regular activity to lower blood pressure, increase HDL cholesterol, lose weight, and avoid or control diabetes.

From the Desk of Information and Consultation Specialist Debra Galloway



You've Decided to Move – But Where?




Home maintenance has become a headache; you're having a hard time paying those property tax bills; or you need a smaller space – so you've decided to move. But what are your options? It depends on your reasons for moving.

- **Downsizing?** Are you moving to make life easier – to minimize the work involved in maintaining a large home? A condominium or 55+ retirement community might be your choice. This option offers less worry about home maintenance, possible amenities such as a pool or fitness center on the property and a built-in community. The costs vary greatly but are generally market rate. This will work best if you are able to handle your finances and your daily activities independently. However, private pay and subsidized home care is available.
- **Need Assistance?** Having trouble caring for yourself? Feeling isolated? For those who need some assistance at home and the security of 24 hour staff on-site, there is assisted living. They offer smaller apartments with kitchenettes, and common dining and social areas. Aides provide assistance with personal care and medication reminders if necessary. Meals are cooked on site and available 1 – 3 times per day. The cost varies but is approximately \$3,000 - \$6,500 per month, which includes: meals, living space, heat, personal care assistance each day and other services.
- **Planning Ahead?** Unique among options is the Continuing Care Retirement Community or CCRC. They feature independent living apartments/houses, an assisted living residence and a nursing home all on the same campus. A large entrance fee is required, but it is 90%-100% refundable when you move out; residents also pay a monthly service fee of \$1,000-\$3,000. Residents of the independent apartments usually receive priority when moving to other settings on the campus.
- **Financial Needs?** Not enough money to pay your bills? If you have a low retirement income, you might consider subsidized housing where residents pay approximately 30% of their income toward rent. There are many apartment complexes available that are subsidized for seniors and/or disabled persons in Sudbury and surrounding towns. In Sudbury, Musketahquid Village is a state subsidized complex (income limit for a single person is \$40,800); while Longfellow Glen is a federally subsidized complex (income limit for a single person is \$28,950). There is sometimes a waiting list for subsidized housing, it is best to apply before you need to move.

These are some of the more common options for retirement living. It is best to begin your research before you are ready to move. Go to open houses, schedule tours, talk with friends who have moved, explore your options and decide what will suit you best. If you would like further information or to discuss housing options, please feel free to call me at (978) 443-3055.

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November 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>8-9:00 Parmenter Clinic 9-11:30 Quilters 5 9:00 Cribbage 11:00 Chair Yoga 1 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>2</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-11:30 Quilters 5 9:30-11:30 Roman World 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 5 1:00 Bridge lessons</p>	<p>3</p> <p>9-12 SHINE 9:30 Tap Class 7 9:45 Thursday Crafters 9:30-11:30 Pulse of a Nation</p>	<p>4</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 8</p>
<p>7</p> <p>7:45 Foxwood Trip 9:00-3:00 AARP Safe Driving Program 9:30-2:30 I&R Hours 10:00 Critical Thinking 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics</p>	<p>8</p> <p>8-9:00 Parmenter Clinic 9-11:30 Quilters 6 9:00 Cribbage 10:00-3:00 AARP Safe Driving Program 11:00 Chair Yoga 2 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>9</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-11:30 Quilters 6 9:30-11:30 Roman World 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 6 1:00 Bridge lessons</p>	<p>10</p> <p>9-12 SHINE 9:30 Tap Class 8 9:45 Thursday Crafters 9:30-11:30 Pulse of a Nation 12:00 Pizza 12:30 Movie: <i>The Last of the Blonde Bombshells</i></p>	<p>11</p> <p>Veteran's Day</p>  <p>Center closed; no van</p>
<p>14</p> <p>9:30-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 12:00 Bridges Celebration 12:00 Tai Chi 1:00 Ceramics 2:00 Great Broadway Songwriters</p>	<p>15</p> <p>8-9:00 Parmenter Clinic 9-11:30 Quilters 7 9:00 Cribbage 9:30 Wayside Dinner sign-up 11:00 Chair Yoga 3 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>16</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-11:30 Quilters 7 9:30-11:30 Roman World 9:30-2:30 I&R Hours 10:00-12:00 Legal clinic 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 7 1:00 Bridge lessons</p>	<p>17</p> <p>9-12 SHINE 9:30 Tap Class 1 9:30-11:30 Pulse of a Nation 9:45 Thursday Crafters 12:00 Soup's On: Healthy Eating for your Brain</p>	<p>18</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Set up for Craft Holiday Bazaar <u>Saturday, November 19</u> 9:00-2:00 Craft Bazaar</p>
<p>21</p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Bridges Celebration 12:00 Tai Chi 1:00 Ceramics 2:00 Great Broadway Songwriters</p>	<p>22</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 9-11:30 Quilters 8 11:00 Chair Yoga 4 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>23</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-11:30 Quilters 8 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Thanksgiving luncheon at L/S High 12:30 Quilters 8 1:00 Bridge lessons</p>	<p>24</p> <p>Thanksgiving</p>  <p>Center closed No van service</p>	<p>25</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta</p>
<p>28</p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics 2:00 Great Broadway Songwriters</p>	<p>29</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 5 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>30</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Roman World 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Bridge lessons</p>		

Lunch Menus

A full lunch is served at the Sudbury Senior Center at 12 noon on Tuesdays, Wednesdays and Fridays. A donation of \$2.00 per meal is suggested. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
November 1	November 2	November 4
Cream of spinach soup Chick strip stir fry /red peppers, mushrooms, onions Brown rice Vienna bread Fresh fruit	Yankee pot roast Mashed potatoes Carrots Rye bread Vanilla pudding	Mulligatawny soup Beef strips/ gravy Mashed potatoes Oatmeal bread Sweet potato muffin
November 8	November 9	November 11
Crunchy fish wedge Tarter sauce Diced parslied potatoes Carrots Hamburger roll Chocolate pudding	Tomato cabbage soup / crackers Roast pork / rosemary gravy Sweet potatoes Multigrain bread Pumpkin spice cake / cream cheese frosting	Veteran's Day Senior Center closed
November 15	November 16	November 18
Corn chowder Meatballs and tomato sauce Italian blend veggies Sub roll Smoothie	<u>Thanksgiving special</u> Orange juice Roast turkey / gravy Mashed potatoes Peas Cranberry sauce Dinner roll Pumpkin pie	Chicken fajitas Onions, red peppers and mushrooms Black beans Corn bread Pineapple
November 22	November 23	November 25
Cheese lasagna / tomato sauce Broccoli Wheat bread Fresh fruit	Burgundy beef tips Over roast potatoes Winter squash Oatmeal bread Fig bar	Minestrone soup chicken/ marsala sauce Brown rice Italian bread pineapple
November 29	November 30	December 1
Kale bean soup Chicken /red pepper sauce Sweet potato Oatmeal bread Chocolate mousse	Fish loin / spinach Florentine sauce Rotini Corn Multigrain bread Mandarin oranges	Stuffed pepper / tomato sauce Jardinière veggies Dinner roll Pear cherry crisp



The Last of the Blonde Bombshells Thursday November 10 12:30

Comedy, 1 hr. 24 minutes A charming example of British humor. Elizabeth (played by Judi Dench) is widowed, and her family worries that she'll be at a loss for how to spend her time. But a chance encounter with a street musician reawakens her memories of playing saxophone in an (almost) all-girl swing band (The Blonde Bombshells) during World War II. Soon she runs into Patrick (Ian Holm) an old flame, and together they decide to get the old band reunited for one more performance.

Rated PG-13

Starring [Judi Dench](#), [Ian Holm](#), [Leslie Caron](#), [Olympia Dukakis](#), [Joan Sims](#)

There is no charge to see the film. 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).

Veterans please note: In honor of Veteran's Day, any veteran who attends the movie will receive one free slice of pizza, courtesy of the Sudbury Council on Aging. Please call (978) 443-3055 before 10:00 to let us know you are coming!



AARP Safe Driving Program

Come brush up your driving skills with this two-day course designed by AARP on **Monday and Tuesday, November 7 and 8.**

Until they actually take this life-saving course, too many seniors believe that simply because they have survived as drivers for a number of decades, they don't need to update their knowledge and skills.

The AARP Safe Driving program not only provides a skills brush-up, but also teaches seniors how to compensate for the normal physiological changes that occur as people age.

There are no tests. There are a few quizzes to help students recognize their knowledge of good driving, but no one but the students will see their answers.

Minimum class size is 15, and maximum is 30. Participants must preregister, with checks in the amount of **\$10** made out to **AARP**.

Starting times:

Monday, November 7: 9:45 AM

Tuesday, November 8: 10:00 AM

Both days:

Lunch break, 12-1:00. Bring your own brown bag lunch Monday; if you'd like to eat a hot lunch at the Senior Center on Tuesday, please let us know Monday morning. There is a \$2 donation for our meal.

Afternoon sessions: 1:00-3:00

 ***Please bring a pen and pencil to class.***

The instructor is Harold Homefield, one of more than 10,000 AARP trained instructors nationwide. Call the Senior Center at (978) 443-3055 to register.

Friends of Sudbury Seniors

Fun and fundraising . . . that's what the **Friends** group is all about!

The group meets each month on the **fourth Thursday at 3:00** in the Senior Center.

Many people don't realize that only 60% of the Senior Center's annual operating budget comes from the Town of Sudbury. The remaining 40% comes from foundations through grants, and from organizations like the friends.

One example of the support provided by the Friends is the refurbishment of the cabinets and countertops at the Senior Center, helping the physical surrounding reflect the excellence in service delivered by the staff on a daily basis.

Another example of the Friends support is underwriting the cost of mailing this newsletter to everyone aged 60 and older in Sudbury, free of charge. The *Sudbury Senior Scene* is a vital link between the programs and services offered at the Senior Center and those who want to participate.

Come join us, and be a friend!



The urge to confide

Are you one of the more than 33 million Americans whose urge to use the bathroom keeps you from travel, exercise, or socializing? Do you wear pads "just in case" you may have an accident? Do you wake up several times a night to use the bathroom?

Thursday, November 17 from 7 AM to 7 PM, you can call a **free** bladder health hotline at **1-866-874-3266** to talk in confidence to a health professional. You can learn about the things you can do to regain control!



HOLIDAY BAZAAR

Saturday, November 19
9:00 AM to 1:00 PM

ADMISSION FREE

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

Wonderful handmade gifts, attic treasures and baked goods will go on sale at the Sudbury Senior Center at 9:00 AM, one hour earlier than usual so everyone can come and shop early! As usual, there will be Children's Activities put on by the students from Curtis Middle School and our popular Basket Raffles and Cookie Bar.

You can help! Bakers are needed to bake **cookies, brownies, breads** and **cupcakes** for sale. We ask only that you include a list of ingredients (no nuts, please) and drop the goodies at the Senior Center either on Friday November 18, or Saturday morning after 8:30AM.

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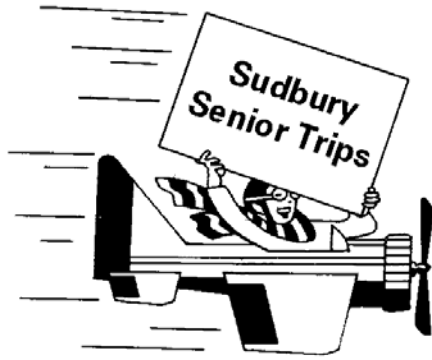


**Flu Clinic: Monday November 28 and
Thursday, December 1**

Last names beginning A-L will be served on November 28: 1:00-2:00: A, B, C; 2:00-3:00: D, E, F; 3:00-4:00: G, H, I; and 4:00-5:00: J, K, L.

Last names beginning M-Z will be served on December 1: 1:00-2:00: M, N; 2:00-3:00: O, P, Q; 3:00-4:00: R, S, T, U; and 4:00-5:00: V, W, X, Y, Z.

Please be sure to bring your health insurance card to the clinic, since Parmenter may be able to bill for the cost of the vaccine.



Allah wa-sahlan (Greetings)! By the time that you are reading this I will have arrived in Egypt with 31 other very excited travelers. I'll tell you all about it when I return insha'allah (God willing). I'm learning fast.

As you are probably aware by now, we have been having a very successful year with our trips. Almost every trip was a sellout. I am working very diligently and will continue to work just as diligently when I return on next year's trip program.

As always, we welcome your ideas. We're looking for trips that we haven't done in recent years. (We seldom repeat a trip.)

Next year I am considering doing our traditional Tanglewood Trip either on a weekday or perhaps to see a Saturday rehearsal. Let me know via the Suggestion Box how you feel about that.

I am also planning to make a list of possible Mini-multi-day trips (these were especially successful this past year) and ask those who are interested to rate them on a scale of 1-10 to help me choose a few of them for 2006. Get your copy at the Senior Center and return it by **November 12**.

Late Fall Foxwoods Trip Monday, November 7

This is our last Foxwoods trip for 2005. The trip is sold out but if you are still interested, please call and let us know you would like to be on our wait list and whether you could be a last minute fill-in. The cost is **\$19.00**.

The Moscow Boys Choir *Christmas Around the World* Thursday, December 8

There are still a few openings for our last day trip of the season! It features a concert and a sit-down lunch at *The Oaks* in Agawam. I saw the Moscow Boys Choir many years ago. They are quite wonderful and an experience not to be missed. If join us on this beautiful holiday offering I don't think you will regret it. These young boys have the most beautiful, pure voices I have ever heard.

Founded in 1957, the Choir is the most prestigious all-boy choir in Russia. Their repertoire includes new and vibrant carols from Russia, Europe, and North America.

The meal at *The Oaks* before the performance is a full dinner with soup, turkey and stuffing, vegetable and potato, rolls and butter, and apple crisp for dessert.

Ticket deadline is November 4. We have already reserved the first block of tickets to help ensure good seating for those who signed up early. Cost: **\$69.95**, payable to *Sudbury Senior Trips*. Departure time will be at 9:45 AM, return about 6:00 PM.

Florida Snowbird Escape March 2 to March 17

If you haven't yet signed up for our Florida trip but have been thinking about it, you may still have time to put down your \$250.00 deposit. After our September 15 preliminary deposit date passed, the trip was opened up to other Senior Centers but it may not be completely sold out. This is going to be a great get away. We have a wonderful group going from this center, and the activities planned are exciting. Pick up a flyer and check it out!

This will be a kind of "Circle Tour" of Florida starting with our arrival by bus into St. Augustine for two nights. Then on down to Ft. Lauderdale for four nights, across Alligator Alley to Naples for four more nights, then up to Savannah for two additional nights, and then home.

We will have some exciting optional side trips at each of our stops such as cruises to Key West and the Bahamas, some evening dining out dinner cruises, and time for shopping or relaxing. In all, the tour covers 15 nights hotel, 24 meals, two river cruises, four city tours, and the bus transportation. Cost is **\$1,599 double** and **\$2,399 single**. Trip insurance is available and recommended.

We'll need to know if you are interested in the Key West and/or the Bahamas side trips as we've been given a special discount for our group and spaces on the boats will sell out fast.

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 **8:00 AM to 4 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

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

Health Services

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

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly

free drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00** and **noon to 1:00**. Free blood sugar testing is provided on the **first Tuesday** of each month **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

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

Counseling

Information and Referral: Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays** from **9:30 to 2:30**. You may reach her at **(978) 443-3055**.

Legal Clinic: Richard Burpee, an elder law attorney, is available for free private 15-minute consultations with seniors monthly. Call the Senior Center to make an appointment.

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

In-Home Services

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

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and the like. Seniors will only be expected to pay for any necessary parts and materials.

Nutrition

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

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

Exercise

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

Sudbury Senior Scene

A monthly publication from the

Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

<http://sudbury.ma.us/services/seniorcenter/custom/hal/index.htm>

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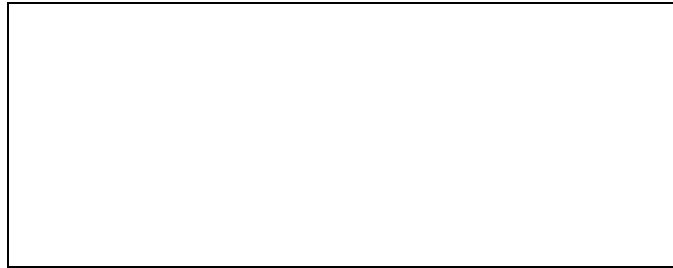
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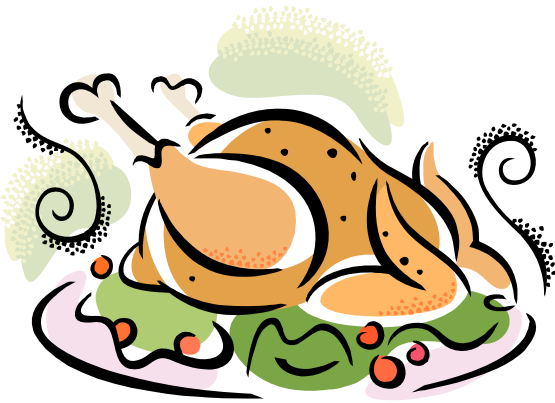
PRESORT STANDARD

Change Service Requested



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

Senior Center hours: Monday through Friday, 9 AM to 4 PM/**Van Service Hours:** Tuesday through Friday, 8:00 AM to 4:00 PM



Thanksgiving Dinner

at Lincoln-Sudbury Regional High
School

Wednesday, November 23

Noon

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

The dinner with all the fixings will be served at 12 noon in the high school cafeteria. Entertainment is included, and there is **no charge!** **Reservations are required**, by calling the Sudbury Senior Center by Monday, November 14.

A big thank you to Tom Danko, the teacher who coordinates the project, Grace Gunderson, a students leader, and all the students and staff from the MLK Action project.

Happy Thanksgiving to all!