

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

**The Senior Strutters present
their 16th annual musical:**



**A Day
in the
Park**

**Saturday December 1, 2007 7:30pm
Sunday December 2, 2007 2:30pm**

Curtis Middle School, 22 Pratt's Mill Road
Donation*: \$10 (children under 12, \$5)

Tickets available at the Sudbury Senior Center or at the door

* Proceeds benefit the Sudbury Senior Center

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Flu Clinics

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

Monday, November 5 from **10:00** to **2:00** will be for people whose last names begin with **A-L** (To minimize wait times, A, B, and C, should arrive at 10:00; D, E, and F, at 11:00; and G, H and I, at 12 :00; and J, K, and L at 1:00.)

Thursday, November 8 from **12:00** to **4:00** will be for those whose last names begin with **M-Z**. (To minimize wait times, M, N should arrive at 12:00; O, P, Q at 1:00; R, S, T at 2:00; and U, V, W, X, Y, Z at 3:00.)

The shots are for Sudbury residents **aged 65 and older** or who have a chronic medical condition. 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).

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 2009 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, 2008. 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 Whittlemore at 978-443-2023 for further information.

COUNCIL ON AGING

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MISSION STATEMENT

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

ads



The History of Stamps
Rescheduled!!!
Thursday, December 6 at 1:00

Did you know that the first stamp ever issued was a British one penny stamp (in 1840)? Do you know the criteria for choosing a person, place, or event to be featured on a stamp? Do you know which US stamps have been the most popular over the years?

The Sudbury Senior Center Stamp Club is pleased to be able to offer a **free** one-hour presentation from the Spellman Museum of Stamps and Postal History on **Thursday, December 6**. This program was postponed from its original date in November.

Henry Lukas, the museum's Education Director, will describe stamps that have caused international controversies, a stamp that had an impact on the building of the Panama Canal, and a stamp that helped start a war.

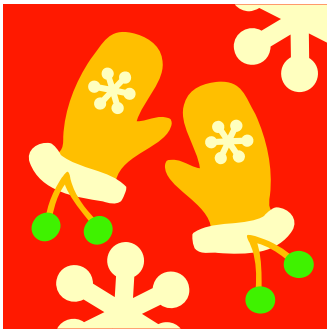
Please call ahead to register for this free program at 978-443-3055. Although the event is free, donations will be accepted to cover the cost of the speaker.

The Sudbury Stamp Club is always ready to welcome newcomers, help those who used to collect stamps but haven't worked on their collection in years, and those who need to assess a collection they've been bequeathed. The club meets the second Monday of every month at 10:00 in the Senior Center. The meetings for the remainder of 2007 will be **November 19** and **December 10**



Need help paying for heat this winter?

The federally funded fuel assistance program provides a benefit to income eligible persons who need help paying for heat. The application requires documentation of income and other information. For a person living alone, the maximum income to be eligible is \$19,140, for two persons living together, the income maximum is \$25,660. The maximum income level increases for larger families. Persons who are eligible for fuel assistance may also receive discounts on electricity, heating fuel and other utilities. To apply, please make an appointment with Debra Galloway at 978-443-3055.



Holiday Bazaar

to benefit the Friends of Sudbury Seniors
Saturday, December 8
9:00 AM to 1:00 PM
 Admission **Free**

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

Wonderful handmade gifts, attic treasures and baked goods will go on sale at the Sudbury Senior Center beginning at 9:00 AM, (one hour earlier so everyone can come and shop early!)

Grandparents, bring your grandchildren to shop for inexpensive gifts for their parents. 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, no peanut butter please) and drop the goodies at the Senior Center either on Friday, December 7, or Saturday morning after 8:30 AM.

Donations of knick knacks for Grandma's Attic can be brought in anytime.



Soup's On: Travel Medicine Thursday, November 15

How can you protect your health as you travel both in this country and abroad? Come hear two physicians speak about routine recommendations and required vaccines for everyday life and international travel. Included will be information about the vaccine for shingles, flu and pneumonia vaccines, and travel vaccines.

Nancy Herriott, PA-C, received her degree from Yale University School of Medicine in the Physician Associate Program and is board certified by the American Academy of Physician Assistants and International Society of Travel Medicine.

Andrea Rizzo, MD, earned her medical degree from Tufts University School of Medicine, is board certified in internal medicine and has over 20 years of experience practicing medicine.

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 noon 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.



Boxwood Christmas Tree Workshop Wednesday, November 28 1:00

Come make a miniature Christmas tree out of Boxwood with help from the Sudbury Garden Club. These fresh trees keep for a couple of months to make your table look festive for the holidays.

There is a limit of 15 participants, and the \$15 cost must be paid in advance.



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.

One example of the support provided by the Friends 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. Please give generously when you receive the Friends' letter in December.

Come join us, and be a Friend!

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY



Getting There from Here

When you can't drive and you live in Sudbury, getting around can be a challenge.

The Senior Center operates a wheelchair lift-equipped van, but service is only available 35 hours a week, and sometimes the demand for this service is so great that not everyone can get a ride when they need one.

That's why the Senior Center is offering a subsidized taxi service for residents age 60 and older and for people with disabilities.

Working with two local cab companies, Natick Cab and Tommy's Taxi, the Senior Center has made arrangements for cab service seven days a week, and from as early as 5:00 in the morning to as late as 1:00 AM.

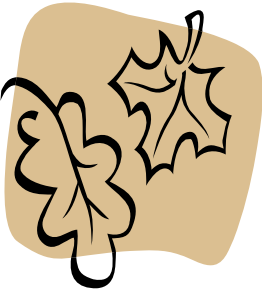

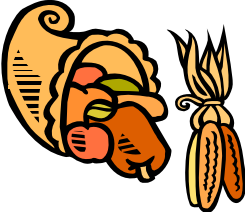
To use the system, you must purchase a coupon book at the Senior Center. Books cost **\$12.50**, and are good for **\$25.00** worth of taxi rides. Then you call the taxi company directly and schedule your ride. You can pay for the ride with coupons as if they were \$5.00 bills. Of course, any gratuity to the driver must be paid in cash, and you can't cash in your coupons or get "change" for using part of a coupon.

Where can you go? You can travel within Sudbury, and to any town that touches Sudbury, including Acton, Concord, Framingham, Hudson, Lincoln, Marlboro, Maynard, Natick, Stow, and Wayland. You can use the coupons to get to the Logan Express and to the commuter rail stations to get you to Boston.

The program is called Sudbury Senior Access, and is subsidized by the Town in recognition of the fact that seniors and people with disabilities have few other options when it comes to transportation. For more information, call the Senior Center at 978-443-3055.

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NOVEMBER 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:00 Walking Club (5) 1:00 The History of Stamps	2 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 (9) <hr/> Saturday, November 3 FISH Pancake Breakfast
5 <i>Van trip to Natick Mall/ Olive Garden</i> 7:45 Foxwoods Trip 9:30-2:30 I&R Hours 10:00-2:00 Flu Clinic A-L 11:00 Fit for the Future 1:00 Balance (8) 1:30 Water aerobics 2:00 Memoirs	6 Election Day 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00-3:00 Mythology (6) 4:00 COA Board	7 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Settling America 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons 1:30 Water aerobics	8 8:15 BSO Rehearsal Trip 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:00 Walking Club (6) 12:00-4:00 Flu Clinic M-Z	9 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 (10)
12 Veteran's Day Celebrated  Senior Center closed	13 <i>No Blood Pressure Clinics</i> 9:00 Cribbage 10:00-12:00 Legal clinic 12:00 Lunch 12:30 Bridge 1:00-3:00 Mythology (7)	14 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Settling America 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons	15 9-12 SHINE 9:30 Tap Class 9:30 Wayside Inn Dinner Sign-up 9:45 Thursday Crafters 12:00 Soup's on: Travel Medicine	16 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 (11)
19 <i>Van trip to Chestnut Hill Mall/Villa</i> 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 12:00 Frequent Users Forum 1:00 Balance (1)	20 8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge <i>No Mythology Class</i>	21 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 Luncheon at L/S High School 12:30 Informal Quilters 1:00 Bridge Lessons	22 Thanksgiving 	23 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 <i>No Watercolors</i>
26 <i>Van trip to WalMart- Hudson/Applebees</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future <i>No Balance</i>	27 <i>No Blood Pressure Clinics</i> 9:00 Cribbage 12:00 Lunch 12:30 Bridge 1:00-3:00 Mythology (8)	28 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Settling America 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Boxwood Christmas Tree Workshop 1:00 Bridge Lessons	29 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Wind that Shakes the Barley</i> 3:00 Friends Meeting	30 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 (12)

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 6	November 7	November 9
Cream of Broccoli Soup Chicken/Lemon Mustard Sauce Whipped Potatoes Butterscotch Pudding	Roast Pork/ Applesauce Sweet Potatoes Brussels Sprouts Fresh Fruit	Macaroni and Cheese Stewed Tomatoes Green Beans Pears
November 13	November 14	November 16
Beef Steak/ Stroganoff Sauce Seasoned Rotini Carrots Mandarin Orange	Cream of Spinach Soup Roasted Chicken/ tarragon gravy Mashed Potatoes Fruited Jello	Minestrone Soup Fish Wedge Tarter Sauce Parsley Potatoes Pineapple
November 20	November 21	November 23
Tomato Rice Soup Broccoli Bake Chuckwagon Corn Fig Bars	<i>Special Thanksgiving Meal at L/S High</i>	Hot Dog Baked Beans Carrots Tropical Fruit
November 27	November 28	November 30
Sweet Potato Soup Chicken/Supreme Sauce Scandinavian Veggies Smoothie	Salisbury Steak/ Jardinière Gravy Mashed Potatoes Broccoli Oatmeal Raisin Cookie	Chicken Strip Primavera Penne Pasta Italian Veggies Fresh Fruit

Movie Thursday, November 29 12:30



The Wind that Shakes the Barley

2 hours 4 minutes
Not rated

In this Irish film set in 1920, "Black and Tan" squads are being shipped from Britain to block Ireland's bid for independence. Young men from across Ireland unite to combat these ruthless enemies. One young man is motivated by his sense of duty and love for his country to abandon his medical career and joins his brother to fight for his country's freedom.

The resistance movement is effective, and a treaty is near. But civil war erupts and families, who fought side by side, find themselves pitted against one another as family loyalties clash with political convictions.

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).



Medicare Annual Open Enrollment November 15 – December 31

- 1) **Medicare Prescription Drug Plans** (Part D Plans) will be open for enrollment between November 15 and December 31, effective January 2008. If you don't have prescription drug coverage, you can join a plan during this time (a penalty may apply). If you have limited income and assets, there is federal assistance to help pay for your Medicare Part D costs.

If you currently have prescription drug coverage, you can change plans at this time. In October, you should have received information about any changes to your plan for next year. The plan you have now may not be the best plan for you in 2008.

- 2) **Prescription Advantage**, the state prescription assistance program, is currently open for enrollment. This program helps pay your Part D plan (or other "creditable" drug plan) costs. If you join Prescription Advantage, there is no monthly premium and based upon your income, you can save money on your Part D premium, deductible and co-payments. For most people, it also provides coverage in the so-called "donut hole", the gap in coverage that begins once you reach a specified expense.
- 3) **Medicare Advantage Plans** will be open for enrollment between November 15 and December 31, effective January 2008. Many Medicare Advantage Plans are also changing in 2008. Your plan should have notified you in October of any changes for next year. If you have been satisfied with your plan and it is not changing significantly, you may want to keep it. However, if you have been unhappy or your plan is changing in a major way, you may want to consider all your options.

If you would like help with any aspect of your health insurance, Kara Harvey, our SHINE counselor, offers free confidential assistance here at the Senior Center. Call 978-443-3055 and ask for a SHINE appointment.



Books on Wheels

If you can't get out to the library, we'll bring the library to you! In collaboration with the Goodnow Library, Sudbury Senior Center volunteers will pick up and deliver books, DVDs and audiobooks right to your home. Call 978-443-3055 for more information.



Legal clinic

Elder law attorney Denise Yurkofsky will be here **Tuesday, November 13** from **10:00-12:00** to give free, twenty-minute legal consultations.

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



Inviting all Sudbury seniors!

Annual Senior Citizen Thanksgiving Luncheon

at Lincoln/Sudbury Regional High School on **Wednesday, November 21**, beginning at **noon**.

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

Turkey and all the fixings donated by Sudbury Farms will be served at noon 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 **Tuesday, November 13**.

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



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.

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**Wayside Inn
Christmas Dinner
Wednesday, December 5**

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 **Thursday, November 15**. 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."



To all my traveling friends,

Our Hawaiian trip was really wonderful. So many of our people were constantly telling me what a great time they were having and it seemed like everywhere I went on the ship and of course especially on our excursions there were so many people I knew. So there was always someone to eat or talk with. The weather was superb, the service on the ship was great and the crew was very obliging and helpful. I wish you all could have been with us. Maybe the next trip!

Now I am hard at work on the trip schedule for next year, and we hope to have some great surprises lined up for you.

I am still open to suggestions for our "big" trip. I put some information on a Japan trip in the trip rack but there has not been a lot of response, so I think we will move on to other possibilities.

Meanwhile, the **Foxwoods** trip **Monday, November 5** is sold out but we are taking names for waiting list. This will be the last trip to Foxwoods for this year, but we hope to offer our usual four trips again in 2008.

Our Christmas show, *Irving Berlin's White Christmas*, **Thursday, December 6** has sold out. If you are going with us, please join us at **11:15** for a light lunch at the Senior Center. We will leave about 12:15, and return to Sudbury immediately after the show.

Our big news is our **Florida Snowbird Escape March 2-16**. This year we will stay at the Dolphin Beach resort on St. Petersburg Beach. Day excursions will include the Wagon Wheel Flea Market, dinner cruise on the Starlight Princess, an old-time New Orleans paddle wheeler, dinner and a \$10 free bet at the Hard Rock Casino, a day of shopping at John's Pass at Madeira Beach, and a cookout at Fort DeSoto Park beach. Optional trips include the Ringling Museum in Sarasota (\$16) and Busch Gardens (\$60).

The trip cost will be **\$1,849 PP double**, or \$1,649 triple, and includes 14 nights hotel, 17 meals, the dinner cruise, and a tour of Charleston, SC on the way home.

For those interested in going with us, Sudbury residents may sign up beginning November 1. Enrollment is open to all beginning Monday, November 19. Please sign up early as this trip has generated a lot of interest among other Senior Centers and I want to make sure we get as many spaces on it as we need (maybe even a full busload!) Fliers for this trip should be ready in early November.

CULTURAL TRIPS NEWS



Boston Symphony Orchestra Rehearsal Thursday, November 8

Come with us to hear a working rehearsal of the orchestra. They will play Berg's violin concerto with Christian Tetslaff as soloist, and Mahler's Symphony Number 9. James Levine conducts. A lecture about the works is also on the program.

All participants must fill out the one day reservation form (goldenrod color). Please give your street address and not a post office box number. This is confidential information and is used only in case of an emergency.

Lunch will be at Maggione's Restaurant. The cost will be **\$70** per person, and includes lunch, transportation, and BSO tickets.

Bus will leave the Senior Center promptly at **8:15 AM**, so plan to get to the parking lot by 8:00. (We need to arrive at Symphony Hall by 9:30 AM in order to hear the lecture.)

Stay tuned for details on the **February** trip to the **British Museum at Yale** in New Haven, Connecticut.

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 \$25.00 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

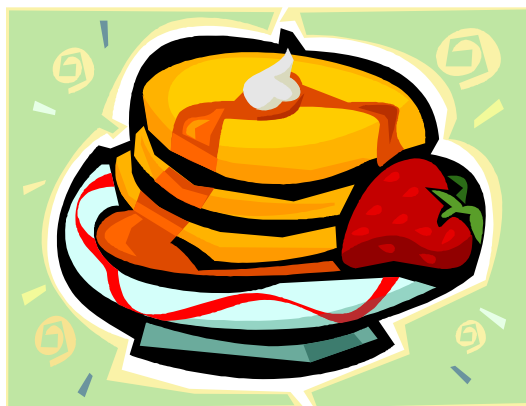
PRESORT STANDARD

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



Come to our annual

Pancake Breakfast

Saturday, November 3

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 2006 **F.I.S.H.** arranged for 1,564 medical rides.

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