

The Roaring Twenties



Sudbury University: A Day of Learning

Saturday, October 18

8:30-3:30

The 1920s were a pivotal era for the United States. It was then that the country as a whole made the transition from a farm-based way of life to an urban, “modern” ethos. Women bobbed their hair and shortened their skirts. Average families bought automobiles. People from new cultures began to be assimilated into the fabric of the nation through waves of immigration.

On **Saturday, October 18**, we’ll offer a college-level look at the changes that took place in the 20s. There will be six classes to choose from, as well as lunch. Topics will include *Images of the Roaring 20s*, *Jewish, Irish, and Italian Gangsters of the 1920s*, *Music of the Jazz Age* (pick one or the other of two sessions that feature a live performance), *The “Look” of the 1920s*, and *A Chicken in Every Pot: The Election of 1928*.

Here is the schedule:

8:30-9:00	Registration
9:00-9:30	Introduction and Orientation
9:30-10:45	Session I: Images of the Roaring 20s (John Clarke) OR Session II: Jewish, Irish, and Italian Gangsters (Larry Lowenthal)
10:45-11:05	Break
11:05-12:15	Session III: Music of the Jazz Age (John Clark and Henry Francis on clarinet and piano) OR Session IV: The “Look” of the Twenties (Willy Garver)
12:15-1:15	Lunch
1:15-2:30	Session V: Music of the Jazz Age (repeat of Session III) OR Session VI: A Chicken in Every Pot: The Election of 1928 (Gary Hylander)
2:30-2:45	Break
2:45-3:15	Wrap-up, comments, evaluation, next steps

A detailed syllabus, including course descriptions, is available. Reserve your spot by calling the Sudbury Senior Center at 978-443-3055. Tuition for the day’s events, including lunch, is **\$50**. Enrollment is limited to 75.

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Astronomy
Monday, October 27 and November 3
2:00-3:15

This is an exciting time for scientists working in astrophysics. New information about our solar system and the universe beyond is flowing to earth from an assortment of landers, satellites, telescopes and other instruments, allowing us to see deeper into the heavens with more clarity than ever before.

This series of two presentations by Dr. Hal Coyle will help your imagination go where no man has gone before.

October 27: New Solar System Findings includes latest from Messenger flyby of Mercury, rover data and Phoenix lander data from Mars, the latest from Cassini at Saturn about its moon Titan, and why Pluto was ‘demoted’ as a planet.

November 3: New Findings from Beyond the Solar System includes latest on discoveries of planets orbiting other stars, new findings on the structure of our galaxy, updates on ‘missing mass’(so- called dark matter) in the universe, and the latest thinking about the recent discovery that the universe is accelerating, including the concept of ‘dark energy’.

Dr. Coyle is a research project manager with the Science Education Department at the Harvard-Smithsonian Center for Astrophysics. His presentations on the weather and climate have been very well received here at the Senior Center.

The cost for the series is \$20. Please call to reserve your space.

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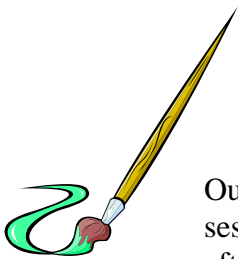
Ed Gottmann

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.



Watercolors
Friday, October 10
1:00-3:00

Our popular painting classes will resume with a 12 week session beginning October 10, and continuing most Friday afternoons through January 16.

The instructor will again be Cynthia Durost, a noted local watercolorist and teacher. The class is limited to 16 participants. The cost will be **\$80** for the series. Enrollment is open to all. A materials list is available at the Senior Center.

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My Life/My Health

15 hours to a better life

Is living with a persistent health condition preventing you from *really* living? We're offering a way for people to manage their own health conditions to increase energy, relieve depression, and even need to see the doctor less often.

My Life/My Health is a six-week series of structured activities led by trained peers, and developed at the Stanford University School of Medicine. It has been shown to have benefits that include improved symptom management, improved feelings of wellness, and fewer limitations on social and other activities.

What's more, the benefits last. Even five years later, the original participants in the Stanford study are using the emergency room less and are continuing to be able to manage their conditions well on their own. They spent fewer days in the hospital, and reported less fatigue and disability.

As the series progresses, you'll set and meet personal goals; learn how to communicate effectively with your doctor, family and friends about your health; make choices about your treatment; increase your energy level; learn new techniques to improve your quality of life, and have fun.

In partnership with the Arthritis Foundation, we'll offer the series **Tuesdays, October 7 through November 18, 9:30-12:00.**

Each participant will receive a copy of the book *Living a Healthy Life with Chronic Conditions*, and an audio tape or CD for relaxation, called *Time for Healing*.

Our peer leaders, Anita Simon and Linda Lieberman, ran one series this past spring, and participants were very enthusiastic. The process in which the program is taught helps its effectiveness. The will be small and highly participatory. Group members will offer each other support and help build confidence.

Because of a grant, we are able to offer this series for **\$21**, which simply covers the cost of the class books, tapes, and CDs. Scholarships are available.

Preregistration is required. The class is open to anyone 20 years of age or older with a chronic health condition. To enroll, call 978-443-3055.



Leaders of World War II 1:00

Our eleven part series concludes this month. The classes have focused on the way personal qualities of the major leaders during World War II affected the outcome of the war. If there is enough interest there will be a trip to the Museum of World War II in Natick.

October 3: *Douglas McArthur Part 2: The Politics of War*

Revered by his men, reviled by his commanders, MacArthur thought his greatest battles were not against the Japanese but the planners in Washington, the rival services (especially the Navy), and his commanders.

October 10: *Great Generals: George Marshall, Admiral Chester Nimitz, and Marshal Georgi Konstantinovich Zhukov*

Marshall, America's foremost soldier during World War II, served as chief of staff from 1939 to 1945, building and directing the largest army in history. Admiral Nimitz, assuming command at the most critical period of the war in the Pacific, and despite the losses from the attack on Pearl Harbor and the shortage of ships, planes and supplies, successfully organized his forces to halt the Japanese advance. Of General Georgi Zhukov, it was said by the Soviet Red Army during the war, "Where you find Zhukov, you find victory."



Attention Veterans, Spouses, Widows, Widowers, Active Duty Military, National Guard, and Reserve Forces

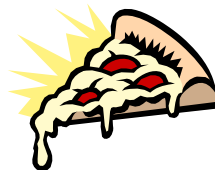
Please come to an informational briefing **Thursday, October 16** at **1:00** and meet your new Veterans Service Officer to learn more about state and federal Veterans Benefits. The agenda includes the following:

- Filing federal benefits claims for pension and compensation
- Accessing VA healthcare benefits
- Education and employment options
- Global War on Terror war bonuses

... plus much more.

The briefing is free, but please call 978-443-3055 to register, so we know how large a room to reserve.

The new Sudbury Veterans Officer is Brian Stearns, and he is available Wednesdays at 978-639-3357.



Price Increase

Due to an increase in price from our supplier, beginning this month pizza slices at our movies will be **\$1.25** each. Call ahead to reserve!

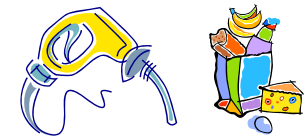


Meet the Police Thursday, October 23 1:00

How secure is your home? Is it ready to resist the attentions of burglars and other intruders? When returning from time away, are you confident that things will be just as you left them?

Join Sudbury Sergeant Rich MacLean **October 23** for an information session on low-cost ways to help your property be more secure.

The session is **free**, but please call 978-443-3055 to let us know you are coming.



Free food and fuel

Win a free \$25 gas card or \$25 grocery card in our scan-in raffle.

Each day you come to the Sudbury Senior Center, scan your member card and receive a free raffle ticket. If you don't have a member card, fill out a form and we will give you one. It's free too. The more days you come, the better your chance to win!

Drawing will be held during the Senior Center lunch **October 1**. You do not have to be present to win.

The raffle is courtesy of Wingate Healthcare.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY



Fire Safety

What would happen if your home caught fire? Would you be alerted by a smoke detector? Would you be able to get out safely? Would you be able to contact your family to let them know? In the unlikely event of a fire, you and your family want to be prepared. Early warning is key. Make sure you have a functioning smoke detector outside of each bedroom and on each level of your home. Check the batteries once a month, replace them twice a year¹.

Also important is having a plan. Visualize how you would get out via two different routes . . . a second route for when the first is blocked by smoke, heat or fire. If you had to pass through a smoky area, you would need to crawl under the smoke to your exit. Would you be able to do this?

Heating equipment, such as space heaters, accounted for about 62,200 U.S. home fires in 2005². Usually the fire got started when the heating equipment was too close to something flammable. Another common cause of home fires was using a chimney that had not been cleaned. The peak months for home heating fires are December, January and February.

Alternative heat sources such as portable generators can be dangerous, too. The most common risk is carbon monoxide poisoning, but there is also risk of electrical shock and fire. Always operate a generator in a well-ventilated area outdoors, away from windows, doors and vents. Make sure to have a carbon monoxide (CO) detector. Do not refuel your generator while it is running and never store fuel in your home.

Knowledge and preparation can make a fire less likely to happen, and if one does start, make it less dangerous. Should you need more information or assistance in planning for a fire or other emergency, please contact Debra Galloway, Information and Referral Specialist at (978) 443-3055 or gallowayd@sudbury.ma.us or the Sudbury Fire Department at (978) 443-2239.

¹ In-Home Fix-it program volunteers are available to help with smoke detector or battery installation.

² The National Fire Prevention Association has a great deal of useful information at their website at nfpa.org.

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OCTOBER 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:30 Fit for the Future 1 9:00 Cribbage 9:15 Balance 9:30-2:30 I&R Hours 9:30 Andrew Jackson (4) 11:00 Fit for the Future 12:00 Lunch/raffle 12:30 Informal Quilters 1:00 Bridge lessons	2 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters	3 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 World War II (10)
6 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (3) 2:00 Stained Glass	7 8-9:00 Parmenter Clinic 9:00 Cribbage 9:30 Walking Club (4) 9:30-12:00 My Life/My Health (1) 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:30-3 Robert Frost (2)	8 8:30 Fit for the Future 9:00 Cribbage 9:15 Balance 9:30-2:30 I&R Hours 9:30 Andrew Jackson (5) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons	9 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Seasonal Affective Disorder	10 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 (1) 1:00 World War II (11)
Columbus Day 13  <i>Senior Center closed</i>	14 9:30 <i>Oktoberfest Trip</i> 8-9:00 Parmenter Clinic 9:00 Cribbage 9:30 Walking Club (5) 9:30-12:00 My Life/My Health (2) 12-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:30-3 Robert Frost (3)	15 8:30 Fit for the Future 9:00 Cribbage 9:15 Balance 9:30 Andrew Jackson (6) 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons	16 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Veteran's benefits	17 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 (2) <u>Saturday, October 18</u> <i>Sudbury University</i>
20 9:30-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Balance (4) 2:00 Watercolors	21 8-9 Parmenter Clinic 9:00 Cribbage 9:30 Walking Club (6) 9:30-12:00 My Life/My Health (3) 10:00-12:00 Legal Clinic 12-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:30-3 Robert Frost (4)	22 8:30 Fit for the Future 9:00 Cribbage 9:15 Balance 9:30-2:30 I&R Hours 9:30 Andrew Jackson (7) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons	23 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Meet the Police 3:00 Friends Meeting	24 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 Birthday Lunch 1:00 Watercolors (3) 1:00 Cards
27 <i>Van trip to Walmart</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (5) 2:00 Astronomy (1)	28 8-9:00 Parmenter Clinic 9:00 Cribbage 9:30-12:00 My Life/My Health (4) 12-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:30-3 Robert Frost (5)	29 <i>8:00 Mark Twain Trip</i> 8:30 Fit for the Future 9:00 Cribbage 9:15 Balance 9:30-2:30 I&R Hours 9:30 Andrew Jackson (8) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons	30 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Young@Heart</i>	31 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 (4) 1:00 Cards

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
September 30	October 1	October 3
Cream of Broccoli Soup Chicken Supreme Whipped Potato Pears	Baked Ham/Raisin Sauce Au Gratin Potatoes Summer Veggies Smoothie	Tuna Primavera Rotini Noodles Broccoli Peaches
October 7	October 8	October 10
Cream/Vegetable Soup Roast Turkey Mashed Potato Fresh Fruit	Stuffed Pepper/ Tomato Sauce Italian Veggies Cake	Macaroni and Cheese Stewed tomatoes Broccoli Pears
October 14	October 15	October 17
Cream/Mushroom Soup Beef Bordelaise Whipped Potatoes Mandarin Oranges	Roasted Chicken/ Apricot Glaze Sweet Potatoes Peas Fresh Fruit	Ziti/Meat Sauce Genoa Blend Veggies Muffin
October 21	October 22	October 24
Broccoli Bake Brown Rice Stewed Tomatoes Butterscotch Pudding	Roast Pork/ Tarragon Gravy Whipped Potato Broccoli Animal Crackers	Hot Dog Baked Beans Corn Pineapple Birthday Cake
October 28	October 29	October 31
Meatballs/Sweet & Sour Sauce Brown Rice Carrots Pineapple	Minestrone Soup Roast Chicken/ Lemon Sauce Whipped Potatoes Cantaloupe	Chicken Strip Tetrazini Ziti Peas Applesauce

Movie Thursday, October 30 12:30



Young@Heart

Documentary
107 Minutes

We wanted to show this as part of our summer documentary series, but (oops!) it wasn't released on DVD in time.

It's the true story of the Young at Heart Chorus from Northampton, MA, whose average age is 81.

Despite their age and some medical problems, the seniors perform energetic rock and roll numbers that help break stereotypes of aging.

The group has toured Europe and sung for the nobility, but this film shows them getting new material ready for a concert in Northampton.

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).



Artists Live 2:00

Our popular “open studio” series of presentations and demonstrations by local artists and crafts people wraps up this month with these events:

Monday, October 6: Stained Glass with Carolyn Stock. This slide show and demonstration will feature techniques and methods, including cutting glass and soldering the metal that hold the pieces. Ms. Stock has created pieces for movie director Spike Lee and the Children’s Discovery Museum in Acton, and has taught at Middlesex Community College.

Monday, October 20: Watercolors with Cynthia Durost. This lecture/demonstration will feature a discussion of impressionism, and the techniques of washes, brush painting, the use of color, and au plein air work. Ms. Durost teaches watercolors here and at other venues, and has a studio in Acton.

The cost for each session is **\$10**.

Rescuing America’s Health Care Sunday, October 19 2:30 PM

Goodnow Library

Dr. Arnold Relman will discuss needed reforms to the US health care system. *Sponsored by the League of Women Voters.* Call 978-443-8609 for information.

Should you change your healthcare coverage?

Here are ten reasons you may want to consider changing Medicare plans during the annual open enrollment period (November 15 – December 31):

1. Your plan’s premium is too high
2. Some of your prescriptions are not covered by your drug plan
3. The cost of your prescriptions on your drug plan is too expensive
4. Your doctor stopped taking your plan
5. Your co-payments to providers cost too much
6. It is difficult for you to get referrals to specialists
7. You want to see a doctor who does not take your plan
8. You have been denied medical services that you believe were needed
9. Your plan has made billing errors, which have been difficult to correct
10. Your plan’s Customer Service is difficult to reach and not very helpful

Even if you are happy with your plan, you may want to change plans for next year. Your plan’s premiums, co-pays and coverage may be changing. And if your own health changes, a different plan may be better for you.

Your plan will notify you about changes which will begin in January 2009. Be sure to read and save your plan’s letter. We can help. Call us for a SHINE appointment at 978-443-3055.



Robert Frost Series 1:30-3:00

Robert Frost’s poetry quietly generates powerful drama, urgency and passion. He seeks answers to the most essential questions of existence, often with humor and always with keen observation of people, places and moments. Our series continues this month.

October 7: *Come In and The Draft Horse*

October 14: *Mending Wall and Stopping by Woods on a Snowy Evening*

October 21: *After Apple Picking* and time permitting, Philip Freneau, *On Observing a Large Red-Streak Apple*

October 28: *Birches and The Woodpile*

November 11: *Tree at My Window, Mowing,* and, time permitting, *The Most of It*

The instructor is Dr. Eugene Narrett who has an MA and PhD in English and Comparative Literature from Columbia. Dr. Narrett has taught at Cambridge College, Boston University, and Bentley among others, and was a consultant to the National Council on Teacher Quality.

The cost is **\$10** a session. Participants receive copies of all the poems under consideration. Call for availability.



**Soup's On:
Seasonal Affective Disorder
Thursday, October 9
Soup at 12:00, talk at 12:30**

As the days get shorter and winter looms, many people find themselves with unexplained sadness, exhaustion, or feeling out of sorts.

Unfortunately, many cases of Seasonal Affective Disorder go undiagnosed. But there are simple, inexpensive ways to help beat these seasonal blahs. Come hear about some of them, and join us for homemade soup. The presenter will be Jim DiNapoli, RN of Caretenders.

The event is **free** but we must know how many people to prepare food for, so advance registration is required.

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.

**Sneak Preview
Soup's On November 6
Mediation**

Families sometimes have to make tough decisions about care for someone, and may not agree. Learn about ways to make getting consensus go much more smoothly!



Fuel Assistance

If the high cost of heating your home this winter has you worried, consider applying for fuel assistance. Debra Galloway can help you determine whether you might qualify, and she'll also help you to apply. Call her for an appointment at 978-443-3055.

Lock Boxes

Get a small safe for the outside of your house. Put a key to your house in the safe. If emergency personnel need to get in fast, they unlock the safe. Call 978-443-3055.

The Senior Strutters present
their 17th annual musical:

"Coming to America"



October 25th & 26th, 2008

Saturday 7:30pm

Sunday 2:30pm

Hudson High School

69 Brigham Street

Hudson, MA

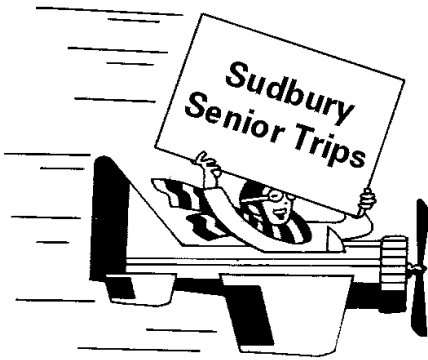
Tickets*: \$10 (children under 12, \$5)

Available at the door

* To benefit the Hudson Senior Center

For more information, call the Hudson Senior center at 978-568-9638. Tickets are also available here.

ads



Can you believe it is fall already? It seems like yesterday that we were just making plans for the trips of 2008, and now we've experienced most of them! We have some good things yet to come, some good news for December, and we even have a head start on trips for 2009. Read on for more!

Oktoberfest, October 14: As of this writing (September 10) we still have a few spaces as we are taking our own motor coach. The cost is **\$66** and should be a lively toe-tapping or polka dancing day for everyone (and yes, beer will be available as long as you won't be driving our bus). The menu is Weiner schnitzel or baked stuffed chicken breast authentic style Bavarian dinner. Flyers are still available on our trip rack. Please be sure to indicate your meal choice.

Foxwoods Trip, Monday November 3: Our last trip to Foxwoods in 2008 will be in November. The cost of \$19.00 includes all the usual amenities.

Showboat, Thursday, October 2: At this writing we still have a few tickets available for this special 10:00 AM matinee performance. If you can hum *Ol' Man River*, you know one of the tunes from *Showboat!* Call for the latest on this trip.

Holiday Pops Thursday, December 18: The good news that many of you have been waiting for is finally here. We have just been able to book our tickets for the Holiday Pops. We will be going in for the **4:00** performance. We lucked out as they had just had a return of a block of 44 seats in the front area of the second balcony which I was told were superior to the only ones still available in the first balcony, and at only \$41 a seat.

I will be offering you the choice of purchasing from us a delicious box lunch to bring along and eat going in or on the way home if you choose (\$5.00, payable at a later date; details about the choices will be available in November). The cost of the trip (without the box lunch) will be **\$65**.

We will be taking a post-concert ride downtown to see the decorated Boston Common. I will need your check ASAP as Symphony for that performance is already almost sold out, and they may ask us to return any unsold tickets by the end of this month. We will leave the center at **2:15** and return about 8:00 PM.

Florida Trip, March 8 – March 22: Our annual down to the Dolphin in St. Petersburg is ready for booking. By the time that you receive this newsletter the flyers should already be on our trip rack. We will be going one week later than last year so we should have some great weather. Cost will be \$1,899 pp, dble occ. There will be 10 breakfasts and 6 dinners included, and much optional sightseeing. Pick up a flyer or we will mail you one on request.

Cultural trips

We have some spaces left for Hartford!

On **Wednesday, October 29** we'll go to Hartford, Connecticut to visit the home of **Mark Twain** in the morning and have a docent-led tour of the **Wadsworth Athenaeum** in the afternoon.

After lunch we will go to the Athenaeum, a world class museum. Their collection of Hudson River School art is one of the best anywhere.

The bus leaves promptly at **8:00 AM** and returns about 5:00 PM. The cost will be **\$65**.



Boston Symphony Orchestra Open Rehearsal Thursday, December 4

Go with the Senior Center Cultural trips group to an open rehearsal of the Boston Symphony.

Under the direction of James Levine, the program will feature Schubert, *Fantasie 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*.

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, transportation and rehearsal tickets: **\$68**.

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 8:30 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.

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

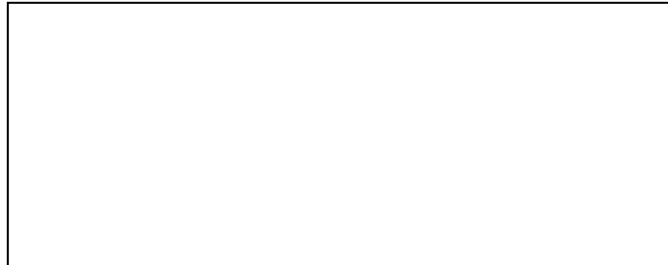
SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

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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: Tuesday 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

If you are a Sudbury senior (aged 60 or older) and were born in the month of October, be our guest!

Monthly Birthday Luncheon

Friday, October 24

12:00-1:00

Join our regular Friday lunch bunch.

If you were an **October** baby, the **meal and cake is on us.**

Call to RSVP by 10:00 AM October 23.
(No meal will be available without reservations.)

Not born in October? No problem!
Reserve by 10:00 AM October 23,
and you can have lunch for a donation of \$2.00.

