



American Art 1740-1850

Semester I: From the Founding to the Civil War

Wednesdays, October 27-December 1

(no class November 24)

1:30, \$30/semester

It is hard to really imagine what the world was like when America was founded. Modern technology like photography, movies and videotape were not even a glimmer in anyone's mind. Communication with Europe took months, moving at the speed of a sailing boat. Paintings and drawings were the only way a visual impression of the new world could be communicated.

Artists in America began with ideas formed by European sensibilities, using techniques developed by Europeans. But soon enough the conditions here prompted change, expansion, and creative innovation. Don Oasis returns this month with Semester I of a new course on American art, using PowerPoint illustrations and handouts. The class sequence is:

October 27: John Copley and Benjamin West

November 3: The Art of the Revolutionary War: Gilbert Stuart, John Trumbull, and the Peales of Philadelphia, a prominent artistic family for 3 generations

November 10 and 17: The Hudson River artists and their message

December 1: Concentration on scenes of early American life as recorded by William Sidney Mount, Fitz Henry Lane, Samuel Morse, Washington Allston, and others.

This series will end with the start of the Civil War. The era 1860-1900 will be presented in a second series in February-March 2011, when the invention and use of photography will be incorporated into the discussions. There will be handouts at each class meeting.

Please call 978-443-3055 to reserve your space. Class size is limited to 40. Make checks payable to the *Friends of Sudbury Seniors*.

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Turning Opera into Ballet

Monday, October 4-November 1 (No class October 11)

1:30, \$35 for the series or \$10 a class

Join musicologist Marina Katseva as she presents the process of translating classical operas into contemporary dance scenes. Our four-part series will feature video clips of *Marguerite and Armand* (1963), *Carmen* (1980), *Onegin* (1965) and *Hamlet* (1996).

Ms. Katseva will discuss the highlights of each ballet along with the historical background and various interpretations.

Marina Katseva graduated from the State Kharkov Conservatory (Ukraine) and holds a Masters of Music degree in Theory and History of Music. In Moscow she worked at the Moscow State Drama Institute and as a lecturer at the Moscow State Philharmonic. In 1989 she emigrated to Boston and works at Boston University.

This series is offered in partnership with Sage Educational Services.

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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.



Policeman's Picnic

Sunday, October 17

Noon-2:00

The annual Policeman's Picnic for Sudbury residents age 60 and older will be held at the Fairbank Community Center gymnasium. (Doors open at 11:00 AM.)

Entertainment will be provided by Larry Zuck and the New Orleans Jazz Band. The menu will feature steak, chicken, potato salad, pasta and green salad, beverages and special desserts. There will also be door prizes.

The event is **free**, courtesy of the Sudbury Police Association.

Please be sure to reserve your spot by calling 978-443-3055.

ads



**The Major Confrontations of the Cold War:
American Military Operations 1950-1975
Fridays, October 8-February 25
1:30 \$40**

Pat Mullen returns this month with a fresh look at recent military history. Pat has delivered a number of WW II and WWI programs over the past three years, and his new offering is in response to many requests from participants. Here's what will be covered in the twelve sessions:

Korean War 1950-Present, also known as "The Forgotten War", this was the first major conflict of the Cold War. The course will examine what went right and what went wrong. How could a country supported by the US be so easily overrun, and how did the personalities of the various leaders affect the outcome?

Cuban Missile Crisis October 12-28, 1962. This was the closest the US ever came to all-out nuclear war. Hear Pat's firsthand account of the countdown to the crisis. His unit, the 18th Airborne Strike Force, was scheduled to be in the initial wave of the invasion of Cuba. The planning was based on inadequate military intelligence, and would have resulted in a massacre of US troops. How did this all play out in Washington and what were the missteps along the way?

Vietnam War 1945-1975: a war whose first casualty was "Truth". We will examine a number of political decisions that led to war. Why Did President Johnson seize on the Tonkin Gulf Incident to go to war? Many choices were made that could have prevented war but instead made it inevitable. There was not only an anti-war sentiment at home but also within the military, with over 98,000 deserters. We'll take a close look at the corrupt South Vietnamese government that was installed by the CIA. Why were we doomed to failure from the beginning? At the recommendation of Robert McNamara, just prior to his death President Kennedy had ordered withdrawal of our military advisors. Why did President Johnson reverse this decision?

Early enrollment is recommended, as the class size is limited to 50, and Pat's classes fill up quickly. *Please note:* there will be no classes October 15, November 12, 19, 26, December 10, 24 and 31, January 14 and February 11.



**Thursday Crafters
intergenerational morning
Thursday, October 28
9:45-10:45**

Generations helping generations:
The Thursday Crafters will host a group of three to five years olds from the Sudbury pre-school program do crafts projects.

The crafters are a congenial group of people who meet each Thursday morning to work on craft projects and to enjoy each other's company. You are invited to come join the group, enjoy working with the children, and meet the crafters.

Each fall in November the crafters host an intergenerational bazaar that offers for sale the craft projects they have worked on throughout the year, as well as attic treasures and home baked cookies. The goal is to make it possible for children to shop for inexpensive holiday gifts. This year the Holiday Bazaar will be **Saturday, November 20** from **9:00-noon** here in the Senior Center.

The crafters are looking for donations of gently used small items such as jewelry, knick-knacks, ornaments, handcrafts, and knitted items. All donations must be clean and in good condition. No electronic devices are accepted. Home baked cookies and cakes are welcome, but no nuts, please!



PILOT news

The *Public Independent Living Options Team* (PILOT, formerly known as ILOT) is an independent interest group of citizens in Sudbury, Wayland, and Weston who are exploring ways to provide affordable services to allow seniors to remain independent in their own homes as they grow older.

The taskforce is exploring options for services which support independence at home so that people don't feel they must move to a retirement community or other senior living residence. *To ensure that this service will meet actual needs, the taskforce would like your input.*

The taskforce's intent is not to duplicate programs already provided by the Senior Center, but to facilitate access to custom-tailored services.

Click [here](#) to link to a copy of the survey that you can print, or you may pick one up at the Senior Center. Please complete it and mail it OR you may drop it off at the Sudbury Senior Center. Results will be published in a future issue of this newsletter. Please return your input by **November 1, 2010.**

Your feedback is critical. Without it the task force will be limited in its ability to develop a service that will meet your needs.



**Boston Post Cane
Oldest Citizen Ceremony
Wednesday, October 6
4:00-6:00**

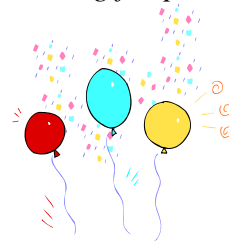
Join Sudbury Town officials, the Council on Aging, and the Friends of Sudbury Seniors as they honor Sudbury's oldest citizen, Berthe Lessard, who will turn 100 on **October 6.**

Ms. Lessard will be awarded a proclamation and the Boston Post Cane, traditionally presented to the oldest citizen in the town.

Ms. Lessard is a long-term resident of Sudbury, and was one of those who were very instrumental in the establishment of the Sudbury Senior Center as we know it today.

There will be an open house with light refreshments, and the presentation ceremony will begin at 4:45.

The event is **free** and open to everyone who wants to drop by and wish Ms. Lessard well. If you plan to come, please call the Senior Center at 978-443-3055 so the committee knows how many guests to plan for. *No gifts, please.*



FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Better Choices, Better Health

For those with chronic disease, life can become a roller coaster: feeling well and able to function and then having a setback and getting discouraged. Sometimes the ups and downs of chronic illness sap your self-confidence and make you feel less whole. There are ways to improve your ability to manage your illness and symptoms and thereby keep yourself on a more even keel. Whether you have debilitating arthritis, multiple sclerosis, diabetes, lung disease or another condition, these methods can assist you.

Thinking about your illness in a different way, sharing your frustration, learning ways to cope, setting goals and having fun: these are all part of the six week program called *My Life, My Health*. This Stanford University developed program has shown significant improvements in persons with chronic disease. Research results indicate participants have less fatigue, better health, less doctor and emergency visits, better communication with doctors and families about illness, and less disability. The Senior Center has trained Coordinators for this program and has already offered two successful sessions. BayPath Elder Services and the Arthritis Foundation will offer a new session at Traditions of Wayland beginning Tuesday, September 28 at 1:30PM – please call 508-573-7239 to pre-register.

The *My Life, My Health* program is now offered across the country. To help the program reach more people, the National Council on Aging is providing an online version of this program called *Better Choices, Better Health*TM. Those who do not have access to a local program can now participate in this free interactive workshop online at www.SelfManage.org. For more information, please contact the National Council on Aging at CDSMP@ncoa.org or (202) 479-1200, or contact Debra Galloway at (978) 443-3055 or gallowayd@sudbury.ma.us.



A New Role

As many of you know, we said goodbye to our fantastic Director, Kris Kiesel on September 10. I am pleased to continue Kris' work by functioning as Interim Director while a formal search is conducted for a permanent replacement. I will continue to also provide Information and Referral services. Although I may not be able to respond as quickly as I would like, please feel free to contact me with your questions about senior resources. Thank you!



OCTOBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 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 (4) 2:00 Plate Tectonics (3)
4 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:30 Opera (1) 1:00 Better Balance (4)	5 8-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (4) 11:00 Yoga (4) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board	6 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 9:30-11:15 The American Mind (3) 11:00 Fit for the Future 12:00 Lunch 4:00 Oldest Citizen Celebration	7 8:30 BSO Rehearsal Trip 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Emma</i> (Parts 1 & 2)	8 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 (5) 1:30 The Cold War (1)
11 Columbus Day  <i>Senior Center Closed</i>	12 8-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (5) 11:00 Yoga (5) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	13 <i>Mohawk Trail Trip</i> 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 9:30-11:15 The American Mind (4) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters	14 9-12 SHINE 9:00-10:00 Men's Breakfast 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Emma</i> (Parts 3 & 4)	15 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (6) <i>No Cold War</i>
18 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:30 Opera (2) 1:00 Better Balance (5) <i>Sunday, October 17</i> 12:00 Policeman's Picnic	19 8-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (6) 10-12:00 Legal Clinic 11:00 Yoga (6) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	20 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 9:30-11:15 The American Mind (5) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters	21 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: The 70-40 Rule	22 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 (7) 1:30 The Cold War (2)
25 <i>Special Van Trip</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:30 Opera (3) 1:00 Better Balance (6)	26 8-9:00 BP Clinic 9:00 Cribbage 11:00 Yoga (7) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	27 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 9:30-11:15 The American Mind (6) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:30 American Art (1)	28 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters Intergenerational Day 1:00 SHINE Talk 3:00 Friends	29 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 (8) 1:30 The Cold War (3)

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
September 28	September 29	October 1
Roast Pork/ Rosemary Gravy Sweet Potato Italian Green Beans Applesauce	Chicken Patty Au Gratin Potatoes Wax Beans Orange Julius Arctic Ice	Ham/Pineapple Sauce Whipped Potatoes Zucchini Blend Oatmeal Cookie
October 5	October 6	October 8
Chili Brown Rice Green Beans Whole Wheat Bread Fresh Fruit	Soup w/ Crackers Sandwich Wrap 2 oz Turkey, 1/2 oz Cheese Italian Pasta Salad Flat Bread/Muffin	Macaroni, Cheese and Hamburger Skillet Stewed Tomatoes Whole Wheat Bread/Apricots
October 12	October 13	October 15
Cheese Lasagna w/Tomato Sauce Spinach Italian Bread Apple Crisp	Cream of Broccoli Soup Chicken w/ Teriyaki Sauce Brown Rice Whole Wheat Bread/Peaches	Ground Beef Stroganoff Baked Potato Mixed Veg. Multigrain Bread Chocolate Pudding
October 19	October 20	October 22
Turkey and Corn Stew Beets Crusty Roll Cranberry Orange Loaf	BBQ Hot Meatloaf Home fries Broccoli Hamburger Roll Smoothie	Roast Chicken w/ Marsala Sauce Brown Rice California Blend Multigrain Bread Applesauce
October 26	October 27	October 29
Cheesy Cauliflower Soup Baked Chicken w/ Lemon Sauce Rice Pilaf Whole Wheat Bread/Yogurt	Cheesy Cauliflower Soup Baked Chicken w/ Lemon Sauce Rice Pilaf Whole Wheat Bread/Yogurt	Ground Beef Taco w/ Beans Brown Rice/Cheese Chopped Lettuce/Tomato Soft Taco Shell Mandarin Oranges

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

Movie and pizza Thursdays, October 7 and 14

Emma

2 hours each day

Pizza: 12:00

Movie: 12:30



We're showing four BBC episodes, two on **October 7** and two on **October 14** for an *Emma* immersion experience. Convinced that she's a superb matchmaker, Emma Woodhouse (Romola Garai) -- despite warnings from her friend Mr. Knightley (Jonny Lee Miller) -- persuades her chum Harriet Smith (Louise Dylan) to reject suitor Robert Martin (Jefferson Hall) and find a better husband. After Emma suffers the consequences of her meddling, she learns that love often hides in plain sight. Emmy nominee Michael Gambon also stars in this BBC adaptation of Jane Austen's beloved novel.

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

How the Patient Protection and Affordable Care Act of 2010 Will Affect Massachusetts: David Morales, Commissioner of the Massachusetts Department of Health Care Finance and Policy, will speak on this subject Sunday, October 24, 2:30 P.M. at the Goodnow Library, explaining how seniors will be affected.



Prescription Medication Discount Cards

There has been a recent increase in the promotion of new discount card initiatives providing dollars off on both brand name and generic medications at pharmacies across the state.

Some of these plans indicate that they are a “statewide initiative” which may lead you to think that the program is a product of the Commonwealth of Massachusetts. There are multiple programs for patients to obtain their medications at an affordable cost, but these drug discount plans from stores and pharmacies are not sponsored or endorsed by the Commonwealth.

Please know that you can reach **MassMedLine** (toll-free: **1-866-633-1617**) as a trusted resource for all programs (federal, state and private) that provide assistance accessing medications and available plans.

MassMedLine is the result of a long-standing partnership between the Massachusetts College of Pharmacy and Health Sciences and the Massachusetts Executive Office of Elder Affairs. You can call their toll-free help line, or click on the “Ask The Pharmacist” link on the web site www.massmedline.com to ensure that programs you are signing up for are the programs that are best for you.



Sudbury Senior Community Work Program for 2011

Get help with high property taxes while helping your town! Join the Sudbury Senior Community Work Program for 2011. If you qualify you can earn as much as \$750 of property tax relief by working 100 hours for a Town department.

Placements occur in schools, the library, at the Senior Center, the transfer station, and in other departments. Every attempt is made to match the skills and interests of seniors with the needs of the various departments.

To be eligible, you must be age 60 or older, and be a Sudbury resident who owns and is living in the property for which the tax relief is sought. You must also be willing to commit to 100 hours of service.

Please note that there is no guarantee that anyone will be able to have the same placement as they had last year, as the Senior Center is looking for the best match between skills and needs. All qualities being equal, preference is given to those in greatest financial need.

Applications are available at the Sudbury Senior Center, and should be filed as soon as possible. Interviews will be held with department heads in November and December, and work begins in January.

For more information call the Senior Center at 978-443-3055 or Peg Whittemore at 978-443-2023.



Healthcare Reform: What does it mean for Medicare? Thursday, October 28 1:00 Free

The new health care reform act aims to make health insurance more affordable, responsive, and universal, and there will be changes to Medicare that were mandated by the act.

One benefit will be the gradual disappearance of the “donut hole”, a gap in prescription drug coverage that primarily affects seniors with very expensive medications.

Other changes include better coverage for preventive services beginning in 2011, and changes in what Medicare pays to certain health plans that cover seniors.

Join Kathy Worhach on **October 28** to hear all the details about what these changes mean for Medicare, and how you can determine what coverage is best for you.

Kathy is familiar to many as a former SHINE Counselor for Sudbury. She now works as a community educator for the SHINE program. Her talk is **free** of charge, but we do expect a full house. The room cannot accommodate more than 50, so please call 978-443-3055 to let us know that you are coming.

You will have a chance to change your coverage for 2011 during “open enrollment”, a period that begins in November.

Legal Clinic**Tuesday, October 19
10:00-12:00**

Call for a **free** 20-minute appointment with Denise Yurkofsky, Elder law Attorney.

Plastics Collection**Saturday, October 2**

Sustainable Sudbury will hold a plastics/foam collection **Saturday October 2** from **10 AM to noon** at the Curtis Middle School. People with questions can call Peg Whittemore at 978-443-2023.

Medicare's Important Time of Year

In October, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information about plan changes for next year.

OPEN, READ and SAVE ALL LETTERS FROM YOUR PLANS!

During the annual Medicare Open Enrollment (November 15 - December 31), our SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have. If you want a different plan for next year, you will have a chance to *change* plans at this time. Call 978-443-3055 for a **free** SHINE appointment.

**Soup's On: The 70-40 Rule****Thursday, October 21****Soup at noon****Talk at 12:30**

Families: We often have a clear idea about how they are supposed to work, but in practice they may not work quite that way.

This talk will offer hints for seniors about the ways they can speak with their boomer generation children about the various issues that come up in families, including deciding about living situations, privacy vs. safety, money and inheritance, coping with a new diagnosis, family feuds, driving, and a lot more.

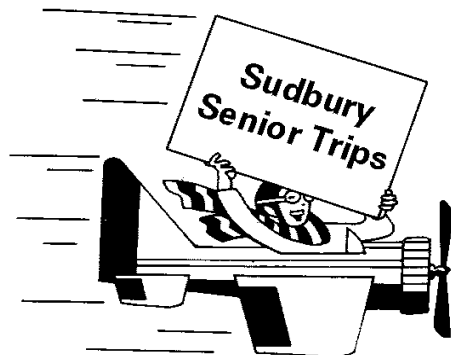
The 70-40 Rule means that if you are 70 (or older) and your children are 40 (or older) it is time to begin talking about your wishes as you age. The speaker will be Laurie Bender from Home Instead Senior Care.

The program is **free**. Even if you don't want soup, please call to let us know you'll be here.

Reservations for soup must be made by 4:00 the previous day.

We regret that we can't guarantee soup for those who do not sign up in advance. The kitchen closes at 12:30 as a courtesy to the speaker.

ads



September in New England is a beautiful time of year if you do not have too many leaves to rake. But before the leaves fall, many of us will be having the opportunity to view their colors as we travel up the **Mohawk Trail October 13** to the beautiful Bridge of Flowers. Depart at 8:30 AM and return approx. 5:30 PM. The trip is sold out but we will be happy to take a wait list.

A Chorus Line Northshore Music Theatre, Wednesday, November 17: We only have about 10 tickets left. Leave the center at 10:30 and make a stop at a mall near the theatre for shopping and lunch on our own prior to the 2:00 show. Return approximately 5:30 PM. *Cost **\$60** for ticket and transportation.

Rockettes Thursday, December 16: At this writing (early September) we have only about eight tickets left for this wonderful show at the Wang in Boston, and a slight possibility of purchasing a few more in the general area of the ones we have. If you are interested it is important that you get your tickets now. *Cost is **\$75** and includes the tickets and transportation. I have had a few requests for a pre lunch at the center before leaving. I have inquired about it but have not yet received an answer. We leave at 12:30; return about 6:30.

* NOTE: If you are interested in both *Chorus Line* and the Rockettes you may pay for both trips in two payments each: (\$30 and \$30 in Oct. and Nov. for Chorus Line) and (\$50 and \$25 Oct. and Nov for The Rockettes.)

California Rose Bowl Parade December 29-January 2: This new trip is with the Collette Company. Cost is **\$1,919** pp dbl, with the possibility of a three night Las Vegas extension. Flyers are available in our trip rack. We must have your **\$250** deposit ASAP as the company tells me that they do not have very many spaces left. A cancellation waiver is available. Pick up our colorful brochure for more details. We have put off the meeting for this trip until later. I will call each interested person and let them know when we will be having it.

Florida Winter Getaway February 26-March 11: Come to beautiful Clearwater Beach, enjoy many included trips: to Tarpon Springs, with a catamaran cruise on a sponge boat; to Venice with a picnic on the beach and time to stroll the boulevard to browse followed by an evening at the theatre to see *The King and I*; a visit to Fort Myers (for a baseball game if available) or shopping at the famous "Best of Everything" in Naples; an afternoon of thoroughbred racing or a visit to the flea market; and end with a three day jaunt to beautiful Jekyll Island. A visit to St. Simon's Island and historic Beaufort, SC will finish our wonderful trip before returning home. Cost is **\$1,999** pp. dbl, \$2,849 pp single. Pick up a flyer and *read all about it.*

Carmel

The Cultural Trips group presents:



**BSO Rehearsal Trip
Thursday, October 7
Bus leaves at 8:30 sharp**

The Friends of Sudbury Seniors Cultural Trips group will sponsor a trip to an open rehearsal of the Boston Symphony Orchestra on **October 7.**

James Levine will conduct Mahler's Symphony No. 2, *The Resurrection*. The Second Symphony is the first of the three so-called "Wunderhorn" symphonies, tied closely to Mahler's individual song settings of poetry from the folk poetry collection *Des Knaben Wunderhorn* ("The Boy's Magic Horn"). The soprano will be Layla Claire, and Karen Cargill will be the mezzo-soprano. The concert will also feature the Tanglewood Festival Chorus with John Oliver conducting. A pre-performance talk is included.

Lunch after the rehearsal will be at Bella Costa in Framingham. Choices include chicken parmesan, chicken marsala, or ziti with meatballs. Each choice also includes salad, rolls, and coffee.

Cost per person: **\$57.** The Bus will leave the Senior Center promptly at 8:30 AM.

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

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

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00** and **noon to 1:00.** **Free** blood sugar testing is also provided each **Tuesday** from **8:00-9:00.** No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost.** We welcome donations of equipment.

CONSULTATION

Information and Referral: Debra Galloway, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:30 to 2:30.**

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

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

IN-HOME SERVICES

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

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get **free** volunteer assistance with these small jobs. Seniors will only be expected to pay for necessary parts and materials.

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

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

Lock Boxes: The Senior Center can supply lock boxes at no cost to Sudbury seniors. These are small safes containing a key to the house. Volunteers install the boxes at **no charge.** A donation of **\$60** may be given to purchase a lock box for a senior who cannot afford one.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays, Wednesdays and Fridays at noon. Please call to make a reservation at **least 24 hours in advance.** Menus can be found each month in the *Sudbury Senior Scene* or by calling **978-639-3278.**

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

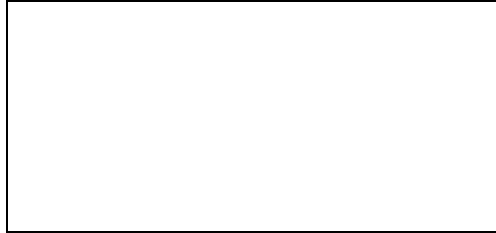
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Senior Center hours: Monday through Friday, 9 AM to 4 PM/**Van Service Hours:** Monday through Friday, 8:30 AM to 3:30 PM

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277

For men only!



Men's Breakfast Thursday, October 14 9:00-10:00



Join chefs Joe Bausk and Barry David
for juice, pancakes, fresh fruit
and coffee



\$3.00 at the door

Call 978-443-3055 to reserve your space.