



How Art Became Modern

Wednesdays, October 3 – November 7

1:30 PM

\$30

On Wednesday October 3, at 1:30 pm, Dr. Donald Oasis will begin his 5 week art series. The 1st lecture deals with the transition to modernism: most specifically whether the subject or the technique was of prime importance or more simply was it just time. Examples of different schools of art will be presented, and we will try to learn why some died out as short lived fads and others survived. The 2nd lecture highlights Robert Henri, teacher and mentor to most of the Ashcan school, and the 3rd concerns the New York Armory Show of 1913. Henri achieved fame early in his life and took many trips to Europe. He was not only a dedicated teacher but a strong supporter of his pupils. His mentors were Thomas Hovenden and Thomas Anshutz from the Pennsylvania Academy of Art. It was at the Armory show that the American public was exposed to European art of painters such as Picasso and Marcel DuChamp. We will also address the importance of men who worked as illustrators for newspapers in the late 19th century. Photography will be discussed; specifically its influence on painting as well as the reverse.

The 4th power point presentation discusses John Sloan and William Glackens, both members of the Ashcan School. Glackens importance is not only as an artist but also as advisor to Alfred Barnes, who built his fantastic and innovative museum in Merion, Pennsylvania. Our final topic is the art of George Wesley Bellows. His art encompasses topics from sporting events to the 1st World War. There will be a Bellows show starting November 15th at the Metropolitan Museum of Art in New York City. We are hopeful of running a day trip there and will keep you updated.

There will be no class Wednesday October 17th. All lectures utilize Power Point and are approximately 75 minutes in length. Handouts will be given before the start of each session. The cost of the 5 week series is \$30 with check made out to the *Friends of Sudbury Seniors* (a charitable donation for tax purposes). Space is limited.

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FROM THE CHAIR OF THE COUNCIL ON AGING, DAVID LEVINGTON:

Vote in November – Vote in December

We don't have to remind you to vote in November, but December 4th will be a special election in Sudbury, and we urge your support for the new

Senior Citizen Property Tax Exemption

As you know, this bill represents almost ten years' work by advocates for seniors. It passed Town Meeting, it was approved by the legislature, and signed by the Governor. Now it's up to us in Town to approve it at the ballot box on December 4th.

The plan "shifts the burden" from about 200 seniors whose property taxes exceed 10% of their income. The burden is shifted to all other taxpayers, raising everyone's taxes by ½%, so the seniors' taxes are reduced to 10% of their income.

You'll be hearing lots more about this; please learn all about it; I'm sure you'll agree with us here at the COA that it's a wonderful bill, and a credit to our town.

Thoughts about Downsizing

The COA has been focusing on **housing** recently. We know that many of our neighbors would like an affordable way to stay in Sudbury but still reduce their housing burden. The Town provides a number of opportunities, but most of them have income restrictions that make many of us ineligible. **Frost Farm** is one of the most attractive options; it consists of 44 attractive condominiums built by the Town. There are income restrictions, but they are pretty reasonable. When a unit comes on the market, it's offered to seniors who have registered and are on the waiting list.

If you are thinking about downsizing, your first step should be to contact Beth Rust, the Community Housing Specialist at Town Hall (rustb@sudbury.ma.us or 978-639-3388) to ask for an application for Frost Farm. There's no obligation, but you'll be contacted any time there's a unit available.

Soups On!

Veteran's Aid and Attendance Pension Benefit

Thursday, October 25

Soup: 12 noon; Speaker: 12:30 PM

Learn more about this little known benefit for Veterans and spouses who need long-term assistance. Jim Merchant of Veterans Financial, Inc., will discuss eligibility and application guidelines. Please let us know if you will be coming by calling (978) 443-3055; if you would like soup, please call by Wed., Oct. 24 at 4pm.

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- Donald Oasis

Lifelong Learning Opportunities...**Random Events that Changed History**

Bill Koenigsberg, Ph.D., Concord, MA

6 Tuesdays, 10:00-11:30 AM

October 23 – November 27

\$25

This course will introduce the student to circumstances involving events that significantly influenced history. Ancient and modern history are filled with stories that are puzzling or awe-inspiring, or both. One conjecture is that history, recorded or inferred, is often driven by random events that are not fully understood or appreciated until ‘later’. For example, we will address the Tunguska, Russia atmospheric explosion in June 1908, the Great Molasses Flood of January 1919 in Boston, the Bent Pyramid of Egypt (circa 2600 BCE), and the year without a summer in New England (1816). Other topics, such as Teflon, Yellowstone National Park (a supervolcano), Sherman neckties, and The Great Flood (Noah’s Ark) will also be considered. The class participants are encouraged to investigate the believability of the anecdotes advanced by the presenter and to introduce similar material based on their own experiences or historical research.

Bill Koenigsberg had a 4-decade-long career in industrial research involving a broad range of disciplines, including electronics, physics, mechanics, ceramics, nondestructive testing, and failure analysis. He has always been interested in finding the root cause of problems (technical or otherwise). Many of the historical accounts presented in this course illustrate the principle that there is an explanation (often unexpected) for almost everything. Bill received his engineering degrees, all in electrical engineering, from Rensselaer Polytechnic Institute, Troy, New York. He is also a nationally recognized expert on the restoration of upright and grand player and reproducing pianos. Please visit or call the Senior Center to register and for more information at (978) 443-3055. Please pay as you register – your payment reserves your space. Maximum enrollment is 55 persons.

**A Series featuring
George and Ira Gershwin**

October 25 – November 29

5 Thursdays, 10:00 AM

\$25

Cabaret performers Ben Sears and Brad Conner will present music by George and Ira Gershwin. Included in the series are the following:

Week 1: George and Ira: The Early Years featuring *Swanee*, *Rhapsody in Blue*, *George White Scandals*, and Ira’s songs without George

Week II: George and Ira in the 20s featuring *Lady Be Good*, *Oh, Kay*, *Strike Up the Band*

Week III: George and Ira in the 30s featuring *Delishious*, *Girl Crazy*, *Of Thee I Sing*, *Let Em Eat Cake*

Week IV: *Porgy and Bess*

Week V: George and Ira in Hollywood and Ira in the later years

Ben Sears and Brad Conner, entertainers extraordinaire, have been called “Boston’s favorite song duo” by the Boston Globe and “the delightful cabaret team” by the Boston Phoenix. Theatre historians Sears and Conner are noted recording artists and performers. Ben Sears received his bachelor’s degree from Ithaca College and Brad Conner received his bachelor’s and master’s degrees from West Virginia University. Please visit or call the Senior Center to register and for more information at (978) 443-3055. Please pay as you register – *your payment reserves your space*. Maximum enrollment is 55 participants.

This program is offered in partnership with Sage Educational Services.

TED Talks & Discussions

Thursdays
October 11, 18, 25
7:00 PM
Goodnow Library
Meeting Room
\$20

TED (Technology, Entertainment, Design) is a non-profit organization devoted to "Ideas worth spreading". Talks on a wide range of subjects are presented by highly accomplished professionals in their fields, at two or more annual conferences. All talks are made available to the public free of charge, in 70 languages, via the internet. Individual talks are generally between 15 and 20 minutes in duration. There are about 1,200 of them so far. You can view them yourself at www.ted.com/talks.

We will meet for three one-hour sessions. In each session we will watch two or three TED talks and then discuss them among ourselves. The talks for each session will be selected so that they deal more-or-less with the same subject, possibly offering different opinions or points of view. Three sessions, three subjects. Subjects for the three sessions will be selected by the participants at our first meeting, from a short menu of possibilities.

Ted Bially, facilitator of this forum, is a resident of Sudbury with an interest in many subjects who relishes a lively discussion.

You must register for this series at the Sudbury Senior Center, call (978) 443-3055 for information. There is a 30 student limit.

What was the Cuban Missile Crisis?

Friday, October 19 and 26
1:00 - 4:00 PM
\$10

The Cuban Missile Crisis was a pivotal moment in the Cold War. Fifty years ago this October, the United States and the Soviet Union stood closer to Armageddon than at any other moment in history. In October 1962, President John F. Kennedy was informed of a U-2 spy-plane's discovery of Soviet nuclear-tipped missiles in Cuba. The President resolved immediately that this could not stand. Over an intense 13 days, he and his Soviet counterpart Nikita Khrushchev confronted each other "eyeball to eyeball," each with the power of mutual destruction. A war would have meant the deaths of 100 million Americans and more than 100 million Russians. What were the roots of this Crisis? The seed was planted many years before. Where and when, we will attempt to answer.

The first session we'll hear from the key players, with taped interviews, letters and pictures: John F. Kennedy, Special Counsel Theodore Sorensen, Secretary of Defense Robert McNamara, National Security Adviser McGeorge Bundy & Sergei Khrushchev. You will also listen to an analysis of the tapes from the Oval Office by key historians.

The second module will be Hollywood's interpretation of those 13 days. How much license did Hollywood take to make it more interesting on the big screen? Our presenter Pat Mullen will share his personal experiences - the unit he was assigned to as an artillery Battery commander was scheduled to be in the first wave of the invasion. Please register at the Senior Center for this course, space is limited.



HOLIDAY BAZAAR

Saturday, November 10th
9:00am to 2:00pm

Save the date! Come and browse the various tables displaying yummy baked goods, cookies, pies etc. plus jewelry, handmade items, raffles, Penny Candy, and of course, our most popular Grandma's Attic Treasures !!

Lots of comfortable space for one to sit and enjoy a cup of coffee, a doughnut and around noon, have a light lunch of homemade soup, sandwiches, etc.

Proceeds from the Bazaar will be donated to *Friends of the Sudbury Seniors* in support of the Sudbury Senior Center.

Martha Dow, the Thursday Crafters, and Jean Semple are working hard to make THIS BAZAAR the best ever!! Everyone is invited to participate by baking, donating costume jewelry, perhaps a special raffle item or SMALL attic treasures. We will accept things starting October 31st.

Teen Tech Days

Wednesdays, Oct. 10 and 24
2:00 - 4:00 PM

Visit with one of our fabulous Lincoln-Sudbury High School students and ask all your tech questions. Students will be here to answer questions about email, Facebook, your laptop, your cell phone, etc. Sign up for a 1 hour session at 2:00 or 3:00 PM.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
ANNE MANNING

Downsizing?

For seniors downsizing or moving into retirement complexes, where they will be living in smaller quarters, estate sales may become necessary. It can be a painful process to get rid of many of their belongings. Dishes, furniture and photos can be given to children, donated to charity or even thrown out. Children of seniors often already have homes with everything they need, or have different style preferences than their parents, therefore the possessions will not be handed down to the next generation. Some seniors want or even need money in exchange for possessions they have accumulated throughout their lives.

Increasingly, people are turning to estate sales as a means of selling their belongings. An estate sale, often in the seller's home, uses the services of professionals who appraise items. They are familiar with the market, have connections to collectors or dealers and know how to advertise the sale. The downside is that these professionals (known also as liquidators) often take a percentage of the net proceeds – anywhere from 15 to 50 percent.

Trust your Instincts

The blog estatelane.com (www.estatelane.com) also advises seniors to trust their instincts: “When estate liquidators enter your home during the initial consultation, take careful note of your instinctual reaction to them.... If you have a bad feeling about them at the door, don't hesitate to turn them away....Based on our experience, you'll know when it's a good fit.”

On the other hand, a good estate-sale professional can provide services that sellers lack when putting out their items in the driveway for a garage sale. A skilled professional should offer compassion for the customer, have good sales management skills, knowledge of the market and thus accurate appraisals.

Auction vs. Estate Sale

Another option for selling an estate is an auction, in which the price is set by the highest bidder rather than by the liquidator. Whereas an estate sale often takes place in the seller's home, sometimes over several days, an auction is usually held off-site, for a set time (less than a day). The auction business is regulated, while estate-sale companies are not.

For those deciding to hire an estate-sale professional, the estateplan.com blog has some preparation suggestions:

- Separate what you think are the most valuable items for the liquidator to view;
- Clean your house so messiness doesn't detract from your valuables;
- Don't throw anything out, even if you think it's worthless, because the liquidator may have a different opinion;
- Set aside possessions (sentimental, for example) that you want to keep so they don't get accidentally sold.

Skinner's Appraisal Services – 508-970-3299

Next Stage Associates – 508-898-8688

Household Goods Recycling of Massachusetts – 978-635-1710

For further assistance please contact Anne Manning, LMHC, Information and Referral, at (978) 443-3055.

Reference: www.csa.us, Society of Certified Senior Advisors

OCTOBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (3)</p> <p><i>Please note: Remember to order lunch for Tuesday or Wednesday by 11 AM on Mondays...</i></p>	<p>2</p> <p>No America Votes 8:00 BP Clinic 9:00 Cribbage 9:30-11:30 <i>Bridge Lessons</i> 9:40/11:00 Yoga (3) 10:00 FitWalk 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 12:30-3:30 Bridges Trning.</p>	<p>3</p> <p>8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30-11 <i>U.S. History</i> (3) 9:30-11:30 <i>Drawing</i> (3) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Zumba 55+ (1) 1:30 <i>Modern Art</i> (1)</p>	<p>4</p> <p>9-12 SHINE 9:30 Tap Dance (4) 9:45 Thursday Crafters 10:00 <i>Current Events</i> (Room 1)</p>	<p>5</p> <p>9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Games/Cards 11:00 Fit for the Future <i>No Friday movies this month</i> 1:00 <i>California Trip mtg.</i> 1:00 Watercolors (3) 1:30 FitWalk</p>
<p>8</p> <p>Columbus Day Holiday</p>  <p><i>Senior Center Closed</i></p>	<p>9</p> <p>8:00 BP Clinic 9:00 Cribbage 9:30-11:30 <i>Bridge Lessons</i> (#6 - last class) 9:40/11:00 Yoga (4) 10:00 FitWalk 12:00 BP Clinic 12:00 Lunch 12:30 Bridge <i>No America Votes this week</i></p>	<p>10</p> <p>8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30-11 <i>U.S. History</i> (4) 9:30-11:30 <i>Drawing</i> (4) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Zumba 55+ (2) 1:30 <i>Modern Art</i> (2) 2:00-4:00 Teen Tech</p>	<p>11</p> <p>9:00 <u>Men's Breakfast</u></p> <p>9-12 SHINE 9:30 Tap Dance (5) 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie:</p> <p>7:00 PM - <i>TED Talks</i> at Goodnow Library (1)</p>	<p>12</p> <p>9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Games/Cards 11:00 Fit for the Future 1:00 Watercolors (4) 1:30 FitWalk</p> <p>----- <i>Saturday, October 13</i> ⇨ Policemen's Picnic! FREE 12 noon – 2 PM</p>
<p>15</p> <p>9:00-2:30 I&R Hours 11:00 Fit for the Future</p> <p>1:00 Better Bones (4)</p>	<p>16</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10:00 FitWalk 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 2:00 <i>America Votes</i> (3)</p>	<p>17</p> <p>NO <i>Modern Art</i> 9:00-2:30 I&R Hours 9:30 <i>U.S. History</i> (5) 9:30-11:30 <i>Drawing</i> <i>Portraits</i> (5) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Zumba 55+ (3)</p>	<p>18</p> <p>9-12 SHINE 9:30 Tap Dance (6) 9:45 Thursday Crafters 10:00 <i>Current Events</i></p> <p>7:00 PM - <i>TED Talks</i> at Goodnow Library (2)</p>	<p>19</p> <p>9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Games/Cards 1-4 <i>Cuban Missile Crisis</i> 1:00 Watercolors (5) 1:30 FitWalk</p>
<p>22</p> <p>9:00-2:30 I&R Hours 11:00 Fit for the Future</p> <p>1:00 Better Bones (5)</p>	<p>23</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 10-11:30 <i>Random Events -1</i> 10:00 FitWalk 12:00 BP Clinic 12:00 Lunch 12:30 <i>Sodium Secrets</i> 12:30 Bridge 2:00 <i>America Votes</i> (4)</p>	<p>24</p> <p>9:00-2:30 I&R Hours 9:30 <i>U.S. History</i> (6) 9:30-11:30 <i>Drawing</i> <i>Portraits</i> (6) 12:30 Quilters 12:00 Lunch 1:00 Zumba 55+ (4) 1:30 <i>Modern Art</i> (3) 2:00-4:00 Teen Tech</p>	<p>25</p> <p>9-12 SHINE 9:30 Tap Dance (7) 9:45 Thursday Crafters 10:00 <i>Gershwin</i> (1) 12:00 Soups On: <i>Veterans Aid</i> 3:00 Friends meeting</p> <p>7:00 PM - <i>TED Talks</i> at Goodnow Library (3)</p>	<p>26</p> <p>9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Games/Cards 1-4 <i>Cuban Missile Crisis</i> 1:00 Watercolors (6) 1:30 FitWalk (last)</p> <p>Sudbury Halloween 5K and Senior Stride ⇨ <i>Sun. October 28</i> 11AM-Run; 12PM-Walk</p>
<p>29</p> <p><i>Special Van trip</i> 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (6)</p>	<p>30</p> <p>8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 10-11:30 <i>Random Events -2</i> 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 2:00 <i>America Votes</i> (5)</p>	<p>31</p> <p><i>Guys and Dolls Trip</i> 9:00-2:30 I&R Hours 9:30 <i>U.S. History</i> (7) 12:00 Lunch 12:30 Quilters 1:00 Zumba 55+ (5) 1:30 <i>Modern Art</i> (4)</p>	<p>Would you like to receive our newsletter via email? You can join our email subscription list at ⇨ www.sudbury.ma.us.</p>	<p>Click on "Email Lists" and follow the instructions. Let us know if you no longer need the paper edition. Thanks!</p>

LUNCH

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays and Wednesdays. A voluntary donation of **\$3.00** per meal is requested. Please call by Monday 11:00 AM to make a reservation for either day.

NEW: There will be two choices for Wednesday lunch! One will be a traditional hot lunch, the other a “cold” option that will include salad or soup. *Menu available soon.*

- 10/2 Roast Chicken/Egg Noodles
- 10/3 Shepherds Pie/Mashed Potato
- 10/9 Breaded Chicken/Mashed Potato
- 10/10 Empanada w/Spanish Rice
- 10/16 Fish Fillet/Couscous
- 10/17 American Chop Suey/Veggies
- 10/23 Zita Bake/ Green Beans
- 10/24 Stir Fry Chicken/Brown Rice
- 10/30 Bake Chicken Teriyaki/Rice
- 10/31 Chicken a la King/Mashed Potato

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

Space Heater Program

Don't use that old, dangerous space heater! If you are a Sudbury senior with a space heater that should be retired, we'll swap it for a new one! Thanks to Kaz, Inc. of Southborough we have some brand new Honeywell space heaters to trade for your old ones.

A new space heater can be yours **free** if you are a Sudbury senior and have an *old, unsafe* heater to trade. To arrange a swap, call 978-443-3055.

Movie and Pizza Thursday, October 11

J. Edgar

2011

2 hours, 17 minutes

Rated: R



Leonardo DiCaprio stars in this riveting biopic as J. Edgar Hoover, the longtime FBI director as notorious for his overzealous methods of law enforcement as for the rumors regarding his cross-dressing and close relationship with protégé Clyde Tolson.

Starring: Leonardo DiCaprio, Naomi Watts, Armie Hammer, Josh Lucas

Please call (978) 443-3055 by 10:00 that morning if you are coming! And, please let us know if you want pizza (\$1.25/slice).

Pizza will be served at **12 noon**, the movie follows at **12:30 pm.**

Secrets of Sodium with Nutritionist Barbara Gold, R.D.

Tuesday, October 23

12:30 PM



Nutritionist Barbara Gold from BayPath Elder Services will be here to discuss all you ever wanted to know about sodium! Feel free to come for lunch and stay for the talk. She enjoys sharing information and will answer all of your questions. Please call to let us know that you are coming at (978) 443-3055.



Hello Everyone,

Autumn leaves will soon be dropping down. You might enjoy taking a day off from raking and join us on another wonderful trip to the North Shore Music Theatre in Beverly. This time, to see that perennial old favorite 'Guys and Dolls' on October 31 at 2PM. We will have to give our final ticket count to the theatre in the next week or two. This will probably mean that any additions after that will not be able to sit in the same area as the rest of us (if there are any tickets left). The cost is \$67.00 and includes motor coach transportation and the show ticket (in the prime area). We will stop at the Woburn Mall in the AM to have lunch on our own and a little shopping (remember Applesseeds). They have promised us a 10% discount.

For the people who are going on our California Coast trip, October 18 - 26, we will be having a get-together at 1PM on Friday, October 5 at the Senior Center. Brit from Tours of Distinction will be here with our Travel Documents and to answer any last minute questions that you may have. If you cannot make this meeting you can pick up your Travel Documents at the Center at a different time. I would appreciate it if you would let us know if you cannot come at that time.

Our last Foxwoods trip for 2012 is on November 5. Please have your reservation in by October 26 as that is the date that we must let Ritchie Bus know if we have enough people for the trip. Cost is \$24.00 per person.

Finally, our last regular Day trip for 2012 will be a visit to two of the Newport, RI mansions, all beautifully decked out for the Holidays. Cost is \$51.50 per person. We will visit the famous Breakers in the morning. Take a lunch break to Bowen's Wharf. Then back to visit the Marble House. From the pictures I have seen and from what I have heard, they are spectacular and well worth visiting.

As you know this is the time of year that I am looking for trips for the coming year. As we have really covered much of New England and beyond in the last 20+ years I think it might be time to revisit some old favorites. Let me know if you have any suggestions. Enjoy our lovely Fall and let's hope for another mild Winter.

Carmel



Sand Buckets

Our volunteers will deliver a bucket of sand for you to use on your walks and driveways, **free**, just for the asking. Just call 978-443-3055 and tell us if this is a new bucket or a refill. Pick a place for the bucket to be placed and we'll do the rest.



Mercury Removal and Disposal Program Saturdays, October 20 and 27 9:00 – 11:30 AM

Mercury is a very toxic and dangerous material to both humans and the environment. As much as possible, it should be removed from your home. To meet this challenge, the Sudbury Senior Center has established the Mercury Recovery & Disposal program. KAZ Inc. is generously donating Vick's brand digital fever thermometers to exchange for your mercury-containing fever thermometer or similar mercury-containing item.

You can exchange your mercury-containing item(s) for one new digital fever thermometer at the Sudbury Senior Center on October 20 and 27 from 9:00 to 11:30am.

Please note: we are unable to accept fluorescent lightbulbs.

Bridges Together

Adults 55+ from all towns are invited to join Sudbury's intergenerational program **Bridges Together**. Spend an hour per week for 6 weeks sharing experiences and learning with 4th grade students in Sudbury. Participating in this program will certainly put a smile on your face and warm your heart! For information, please contact Chris Hammer at 978-562-0760 or Andrea Weaver at 978-400-6813 or email: sudburybridges@gmail.com.

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 our out-of-town trips at the end of each month.

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: Anne Manning, 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 9:00 to 2:30**.

Legal Clinic: 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 with trained volunteers about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare. Please call to make a **free** appointment.

IN-HOME SERVICES

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.

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

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 install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$65 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays and Wednesdays at noon. Please call to make a reservation for either day **by 11:00 AM on Monday**. A voluntary donation of **\$3.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town website.

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 **\$3.00** a meal is suggested.

Information from the SHINE Program
Medicare Assistance

Each year in the fall, the Medicare program has an Open Enrollment for Prescription Drug plans and Medicare Advantage plans. This is when Medicare enrollees can switch their plans.

Members will receive updates from their plans detailing changes for the coming year (2013). If you need assistance in evaluating your plans and/or switching plans, our SHINE Counselors may be able to help. Call the Senior Center to ask about an appointment with one of our highly trained volunteer SHINE Counselors at (978) 443-3055. Or call the SHINE at 1-800-AGE-INFO, and press/say 3. Leave a message and your call will be returned. You may also call 1-800-MEDICARE. Raytheon retirees may call 1-866-695-8622.



New Fitness Sessions:

Zumba 55+

October 3 – 31

5 Wednesdays at 12:30 PM

Get into the groove with Zumba! Instructor Susan Craver keeps the music and students (safely) jumping. Drop-in \$4 per class; advance registration \$15.



Tap Dance

November 1- 29 – 4 weeks – \$20

The ultimate mind-body exercise! Please register at the Senior Center and pay as you register. Call (978) 443-3055 for more information.

THE
SUDBURY
SENIOR

SCENE

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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277

MEN'S BREAKFAST

Thursday, October 11
9:00 – 10:00 AM

**Pancakes, Sausage, Fresh fruit
Juice and Coffee**

\$3.00 at the door



Brought to you by:

Chefs Joe Bausk and Barry David

Please call the Senior Center
at (978) 443-3055 to reserve your space.

Sudbury Policemen's Picnic

Saturday, October 13
12 noon – 2 PM



FREE!

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: The New Orleans Jazz Band

Menu: 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.