

# Sudbury Senior Scene

October  
2005

*Introducing our new series on staying sharp with:*

## Maintain your Brain™ Thursday, October 13

We all joke about “senior moments”, but many older people don’t find the subject of memory loss to be a laughing matter. Always in the back of their minds is the fear of developing Alzheimer’s disease. It turns out that there are some excellent strategies for keeping your mind sharp. These include healthy eating, keeping your weight, cholesterol, blood sugar levels and blood pressure within safe limits, exercise, and avoiding head injuries, among others.

Join us on **Thursday, October 13** at **12:30** for a lively discussion of strategies you can use and habits you can adopt to keep your brain in tiptop shape. The presenter will be Debra Katt-Lloyd. She has been the regional coordinator of the greater Lowell office of the Alzheimer’s Association, Massachusetts Chapter since 2002. With a B.S. in psychology and a Certificate in Gerontology from Emmanuel College, Boston, Debra has many years of experience in the field of aging and has worked since 1987 specifically with persons with Alzheimer’s disease and their families, including 10 years as the resource specialist at the Memory Diagnostic Clinic of McLean Hospital in Belmont Massachusetts.

This session is the first of five talks on related topics addressing health and lifestyle changes. Research is beginning to show that there are things people can do to delay onset of Alzheimer’s disease. And interestingly, these are the same things that also benefit the cardiovascular system and health as a whole.

Other speakers for the series will include:

- a **cardiologist** speaking on the cardiovascular system and the benefits of controlling blood pressure, managing cholesterol, and wise use of aspirin and other anti-inflammatory medications;
- a **pharmacist** to instruct on the use of cholesterol and blood pressure lowering medications, and the wise use of vitamin supplements;
- a **nutritionist** to outline the qualities of a healthy diet and explain how using the new food pyramid can reduce obesity and control diabetes; and
- an **exercise physiologist** to speak on the benefits of regular activity to lower blood pressure, increase HDL cholesterol, lose weight, and avoid or control diabetes.

Soup, a salad, and dessert will be served at **12:00**, and the talk will begin at **12:30**. There will be no charge, but please call the Senior Center in advance to register. Donations are welcome.

*This series is made possible through a grant from BayPath Elder Services.*

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## Participant's Forum

Wednesday, October 26  
12:00-2:00

### *Do you use the Senior Center?*

Whether you come in every day or only once in a while, **we want to hear from you.** What are we doing well? What could we do better? What would you like to see in the future? What would you never like to see again?

Our second annual participant's Forum will be held **Wednesday, October 26 from 12:00-2:00.** Following a light lunch you'll hear a short report on the Senior Center, with special attention to what we've been able to do based on the feedback we got at last year's forum.

Then tie on your thinking cap to help us know what you would like to see in the coming year and even further ahead. We'll be talking about advocacy, education, the arts, exercise and nutrition, recreation, trips and transportation. We really want to know what you'd like from us. How can the Senior Center become an even more meaningful part of your life in Sudbury?

There will be **no charge** for the forum, but please **call to register** so that we know how many people to expect. And thank you!

**The Senior Strutters present their 14<sup>th</sup> annual musical**

# All Aboard

**Saturday November 19, 7:30 PM**

&

**Sunday, November 20, 2:30 PM**

**Curtis Middle School**

**Advance Notice**



### COUNCIL ON AGING

#### Chairperson:

Joseph Bausk

#### Board of Directors:

Barbara Bahlkow

Tamilyn Cheverie

Judy Deutsch

Beverly Guild

Catherine Kuras

Patrick Mullen

Edward Ross

Benjamin Stahl

### SUDBURY SENIOR CENTER

#### Director

Kristin Kiesel

#### Administrative Assistant

Claire Wigandt

#### Information and Referral

Debra Galloway

#### Senior Aide

Jean Taylor

#### Senior Community Work Program Coordinator

Peg Whittemore

#### S.H.I.N.E. Counselor

Kathy Worhach

#### SMOC Mealsite Manager

Marie Lupien

#### Trip Coordinator

Carmel O'Connell

#### Van Driver

#### Volunteer Coordinator

Ed Gottmann

#### Mission Statement

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

### Friends of Sudbury Seniors

This lively group supports the activities of the Sudbury Senior Center through donations and fundraising. Please support their efforts and join the Friends!

For more information, call the Senior Center at (978) 443-3055.

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**Reading Critically to Sharpen the Mind:  
Thinking about Ethics**  
**Monday October 31, and November 7, 10:00-11:15**

Please join us as we offer the first session in what we hope will be a growing new partnership with The Center for Lifelong Learners at Framingham State College!

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

Dr. D'Andrea teaches these methods of approaching an argument in ethics classes at Framingham State College and he is looking forward to sharing them with Sudbury seniors.

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

Dr. Joseph D'Andrea received his A.B. degree in History from the College of the Holy Cross and his M.A. and Ph.D. degrees in Philosophy from Boston University. After teaching in Africa, he has taught for many years English as a Second Language and Philosophy at Framingham State College.

The cost for the two session course will be **\$10**. Please call the Senior Center to register so that we know how many spaces to plan for!

***Coming Attractions:***

We are working on a collection of interesting courses in collaboration with Framingham State College. Beginning **November 14** we will offer a three part musical presentation on the great writers and composers of show tunes, with both a performance and a learning aspect. This mini-series will be taught by Ben Sears and Brad Connor, theatre historians, and feature Irving Berlin, the Gershwins, and Rogers and Harte.

In **February**, we will offer a ten-week series on Conversational Spanish, with Mark Perlmutter, who uses an immersion method. You'll speak nothing but Spanish in the class . . . learn a lot, and have fun. *Stay tuned for details!*

## Introducing the Medicare Prescription Drug Benefit:

**What *everyone* needs to know even if they already have prescription drug coverage!**

*Medicare is changing!* Starting January 1, 2006, prescription drug coverage will be available for all people in Medicare. This new benefit is the largest change in Medicare's history and **every Medicare beneficiary will be affected** in some way.

The Sudbury Senior Center will present a program to introduce Medicare's New Prescription Benefits on **Monday, October 24** from **10:00 to noon**. This presentation is **free** and open to all.

Everyone on Medicare will need information about Medicare Part D, the new, optional, Medicare Prescription Drug Benefit. People with low income and savings, those covered by employee and retiree health plans, members of Medicare HMOs and members of the state's Prescription Advantage Program will have to think through their options under this new plan.

The October session will present the latest information on each Medicare Prescription Drug Plan available for Sudbury seniors, including costs and enrollment details. Please note that in some cases if you decide not to enroll in Medicare's plan as soon as you are able, you will pay more each month to join later.

Please call the Senior Center at (978) 443-3055 to register so we will be sure to have enough hand-outs for everyone.

In the meantime, if you have questions about Medicare Part D, or about any other topic relating to Medicare and/or health insurance issues, feel free to call and ask for an appointment with our SHINE counselor Kathy Worhach.



### Bridge Lessons Wednesdays at 1:00

*Play-it-by-Hand* bridge lessons continue **Wednesday afternoons at 1:00**.

Instructor Joyce Pearson, a noted local bridge expert and competitor, can adapt the sessions to the interests and ability level of the class members.

Participants each play the same hand in order to learn techniques and get practice with bridge skills. As the classes progress, they will be adapted to suit the players.

The cost is **\$80** a lesson, divided among those who come that day (paid directly to Joyce), and an additional **\$2.00** each to the Senior Center to help defray the cost of refreshments. A text by Audrey Grant is available for \$15.00. Please call (978) 443-3055 to register!



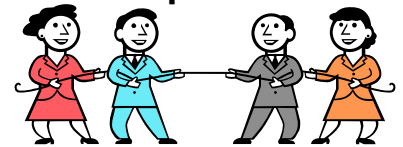
### Red Cross Blood Drive Wednesday, October 19 2:30-6:30

Can we reach 50? That's our goal for our fall blood drive to support the American Red Cross.

Hospital patients throughout Massachusetts rely on the Red Cross every day of the year for their blood needs. You may know someone whose life was spared because of receiving a timely transfusion of blood.

Please take a few minutes out of your busy afternoon to come give the gift of life. Please call the Senior Center at (978) 443-3055 to schedule a time to give.

### Competition!



Soooo many people want to get in on our classes and trips! We really don't want to disappoint anyone, and yet sometimes there just isn't enough room on the bus or in the room!

In general we have a first-come, first-served policy, with a slight advantage for Sudbury residents. What that means, in practice, is that the person whose check is dated and received first will get in before the person whose check is dated and received later. *Just a word to the wise!*

## From the Desk of Information and Referral Specialist Debra Galloway



### *Making the Decision to Move*

It's hard to let go of a house full of memories. Although making the decision to move from a family home is especially difficult, the decision and the moving process can be made considerably easier if you and your family plan ahead. Deciding to move on your own and choosing how and where you will move can make the transition to a new community easier. By taking control of the process now, you can avoid making a rushed move later. If you move in haste, that may limit your options for location and type of housing.

The first step is to assess your situation. Have your needs changed? Are you able to get downstairs to the washing machine in the basement? Are you able to keep up with home maintenance? Are you able to visit family and friends from your current location? Has your neighborhood changed? Do you feel safe in your home? These are questions you can ask yourself as you consider this important decision. If your needs have changed, you may find a new community that better meets your needs. Perhaps a new home will be closer to family members or you may be able to live in a home with one floor (no more stairs!)

For many people, the natural tendency is to delay a decision. There may be feelings of anxiety, or fear of losing independence. However, there are good reasons for planning a move sooner rather than later. Although your home may provide comfort and familiarity, it may be ill-suited to your retired life. There may be too much space to keep clean and to keep warm in the winter. Over time, your house will need maintenance: painting, a new roof, a new furnace. If you are unable to get these projects done, your house may lose value or need costly repairs. Even if you are able to maintain your home, it is best to know your options and be prepared if life circumstances should change.

If you are contemplating a move and would like to talk it over or review your options, please call me at the Senior Center. I would be glad to meet with you to discuss this important decision. We have lots of information about housing options, such as assisted living, retirement communities, subsidized housing and more!


### *Questions, we get questions . . .*

**Flu clinics:** There is no word yet on when the flu clinics will be held. Everyone remembers last year's shortages and hopes to avoid a repeat this year. The only information we have now is that there will be enough vaccine this year, but that it will be released in batches, with those who need it most getting the first supply.  
*Stay tuned . . .*

**Policeman's Picnic:** Due to many changes at the police department, the annual picnic is being postponed. We hope there will be one this spring!

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# October 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:30 PEM Museum trip 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics 2:30 Balance class 4</p>	<p>4</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 4 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge 7:00 PM COA Board</p>	<p>5</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-11:30 Beginning Quilts 1 9:30-11:30 Roman World 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1 1:00 Canasta 1:00 Bridge lessons</p>	<p>6</p> <p>9:00-11:30 Quilters 1 9-12 SHINE 9:30 Tap Class 3 9:45 Thursday Crafters 9:30-11:30 Pulse of a Nation</p>	<p>7</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 4</p>
<p>Columbus Day 10</p>  <p>Center closed</p>	<p>11</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 5 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>12</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-11:30 Beginning Quilts 2 9:30-11:30 Roman World 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 2 1:00 Canasta 1:00 Bridge lessons</p>	<p>13</p> <p>9:00-11:30 Quilters 2 9-12 SHINE 9:30 Tap Class 4 9:45 Thursday Crafters 9:30-11:30 Pulse of a Nation 12:00 Soup's On: Maintain your Brain™</p>	<p>14</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 5</p>
<p>17</p> <p>9:30-2:30 I&amp;R Hours 10:00 Stamp Club 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics 2:30 Balance class 5</p>	<p>18</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 6 12:00 Lunch 12:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>19</p> <p>Indian Head Resort Trip 8:30 Fit for the Future 9:00 Cribbage 9:00-11:30 Beginning Quilts 3 9:30-11:30 Roman World 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 3 1:00 Canasta 1:00 Bridge lessons 2:30-6:30 Blood drive</p>	<p>20</p> <p>9:00-11:30 Quilters 3 9-12 SHINE 9:30 Tap Class 5 9:30-11:30 Pulse of a Nation 9:45 Thursday Crafters 10:00-12:00 Legal clinic 12:00 Pizza 12:30 Movie:</p>	<p>21</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 6</p>
<p>24</p> <p>9:30-2:30 I&amp;R Hours 10:00 Medicare part D 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics 2:30 Balance class 6</p>	<p>25</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 7 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>26</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-11:30 Beginning Quilts 4 9:30-11:30 Roman World 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12-2:00 Participants' forum 12:30 Quilters 4 1:00 Canasta 1:00 Bridge lessons</p>	<p>27</p> <p>9:00-11:30 Quilters 4 9-12 SHINE 9:30 Tap Class 6 9:30-11:30 Pulse of a Nation 9:45 Thursday Crafters</p>	<p>28</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 7</p>
<p>Halloween 31</p> <p>9:30-2:30 I&amp;R Hours 10:00 Critical Thinking 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics 2:30 Balance class 7</p>				

## Lunch Menus

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

TUESDAY	WEDNESDAY	FRIDAY
October 4	October 5	October 7
Vegetable barley soup Roast chicken/ red pepper sauce Whipped potatoes Oatmeal bread Tapioca pudding	Stuffed pepper /tomato sauce Mexicali corn Pumpnickel bread Peaches	Roast turkey/gravy Cranberry sauce Whipped potatoes Winter mix veggies Multi-grain bread Oatmeal cookie
October 11	October 12	October 14
Minestrone soup Italian roast pork/ gravy Mashed potatoes Dinner roll Applesauce	Herb baked chicken leg Sweet potatoes Whole wheat bread Italian blend veggies Vanilla cake / chocolate frosting	Hot dog Baked beans Cole slaw Hot dog roll Mixed fruit
October 18	October 19	October 21
Turkey ham/raisin sauce Noodles Peas Pumpnickel bread Pineapple	Meatloaf/gravy Mashed potatoes Jardinière style veggies Rye bread Peaches	Burgundy beef tips Oven roasted potatoes Butternut squash Vienna bread Pears
October 25	October 26	October 28
Broccoli bake Scandinavian veggies Whole wheat bread Chocolate pudding	Participant's forum	Chickpea soup Chicken/ supreme sauce Roasted red potatoes Pumpnickel bread Pineapple



## *While you were Sleeping*

**Thursday,  
October 20  
12:30**

**Comedy, 1 hr. 40 min.** Sandra Bullock plays Lucy, who sells subway tokens in Chicago for a living. Her life is lonely, with only a cat for company in the evenings. She even spends her holidays at work since she has no family, and no boyfriend.

Lucy does have a secret crush however, on Peter, a regular customer at her token booth who has never even given her a second glance. Suddenly one day he is mugged on the subway platform and falls in front of an oncoming train. Lucy jumps down onto the tracks and pushes him to safety, but unfortunately Peter is left in a deep coma. She remains at his side in the hospital until his family arrives, when a nurse mistakenly introduces her as Peter's fiancé.

Lucy just can't manage to set them straight. But now she's beginning to fall in love with Peter's handsome and kind brother, Jack, and has one big problem: what will happen when Peter wakes up?

This movie is rated PG

The movie stars [Sandra Bullock](#), [Bill Pullman](#), [Peter Gallagher](#), [Peter Boyle](#), and [Jack Warden](#)

Pizza will be served at 12 noon, followed by the movie at 12:30. Please call by 10:00 on the day of the showing if you wish to order pizza (\$1.00 per slice).



## 55 Alive

**Monday, November 7, 9:45 -3:00**  
**Monday, November 14, 10 - 3**

You've been driving for years! Of course you're a great driver . . . or are you? Simply surviving on the roads for many years doesn't mean you're as sharp as you could be behind the wheel. *55 Alive* gives you a chance to brush up your skill and knowledge.

After completing this course, many students say, "Everybody should take it!" And good news: there are no tests, although there are a couple of confidential quizzes. No one sees the results but you.

Instructor Harold Homefield says "Come brush up your driving skills with this two-day course designed by AARP on two Mondays in November. Bring with you: a brown bag lunch, a pen and a pencil."

You must register in advance. The cost is **\$10**. **Please make your check out to AARP**.

## Taking the Pulse of a Nation

**Thursdays, 9:30-11:30**

The discussion is lively at the Sudbury Senior Center's news-and-opinion group **Taking the Pulse of a Nation**.

This informal weekly gathering is for people who are interested in exploring the outlook and perspective of those living outside New England. Articles and editorials from local newspapers from around the nation as well as from Canada and Mexico are chosen each week. These are read to the group, followed by a discussion of the writers and their readers.

In addition, the group sometimes takes a more in depth look at an issue, reading pertinent articles from news magazines and periodicals such as *Harper's* and *The Economist*.

The moderator for the sessions is Eleanor Kafalas, long-time member of classes and discussion groups at the Senior Center. The discussion group is **\$15** for the series, plus any cost to purchase newspapers. There are still a few spaces available for this series, and it's not too late to sign up!



## Van ride price changes

The cost of a one-way ride in the Sudbury Senior Center van has gone up as of September 6. Now a one-way trip within Sudbury is **\$1.00**, and trips out of town are **\$2.00** each way. Our former price of 75 cents in town has been in place as long as anyone can remember.

The funds go toward paying substitute drivers when the regular driver is out, and for van necessities like new tires.



## Ceramics on Monday

If you are interested in bringing out your artistic side, come join this wonderful class in ceramics. There is highly individualized instruction from beginner level to experienced. Finished projects are professional looking and make wonderful gifts. Classes are ongoing and held on **Mondays** from **1 to 3**. You are welcome to join anytime. Instructor: Mary Pereira.

## Goodbye . . . we'll miss you!



**Friday, October 7** will be the last day on the job for our loyal van driver Carolyn Young, as she enters retirement.

Carolyn has assisted seniors and people with disabilities in getting around in Sudbury for more than 20 years. Carolyn's endless patience, good heart, and cheerful manner will be greatly missed.

Good luck, Carolyn. *Please come back and see us often!*



### Legal Clinic

Another sad goodbye . . . Attorney Rick Burpee, who offered a monthly free legal clinic, has decided to join a law firm in Quincy and focus on litigation. Rick has been very generous with his time over the past few years, and we'll miss him greatly!

On a happier note, Elder Law Attorney Denise Yurkofsky has agree to provide a legal clinic **Thursday, October 20** from **10 to 12**. Denise is a graduate of New York University School of Law, where she was awarded the Judge Edelstein Fellowship. She received her undergraduate degree from Smith College and studied in France for one year as recipient of a Rotary International Undergraduate Fellowship. She has done graduate work in estate planning and estate and gift tax at Boston University Law School. Ms. Yurkofsky has been certified as a Certified Elder Law Attorney by the National Elder Law Foundation.

To schedule a free twenty-minute session with Denise, call the Senior Center at (978) 443-3055.

### HOPE Sudbury

Just a reminder to tune in the HOPEsudbury telethon **Saturday, October 29**, on Channel 8.

This wonderful charity provides community assistance, supports women's and children's shelters, the Metrowest Harvest on Wheels, and many other worthwhile causes.

Donations to the telethon are also welcome. To learn more, visit [www.hopesudbury.org](http://www.hopesudbury.org)

### Avoid the Social Security Scammers!

Don't fall victim to scam artists posing as Social Security Administration (SSA) personnel, who may call in pursuit of personal and financial information.

Many agencies will disseminate materials containing Medicare Part D information in the coming weeks. Please keep in mind that the SSA **already has your personal information**, (like your Social Security number.) Massachusetts Medicare officials advise seniors to be aware that **under no circumstances will Social Security representatives call you to request your Social Security number.**

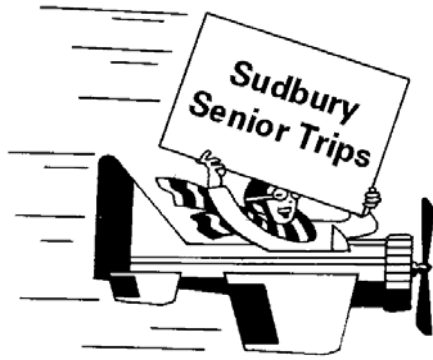
However, this fall the administration will begin contacting seniors who have not yet responded to an eligibility application for "Extra Help" to receive a prescription drug benefit through a Medicare-approved program.

Companies offering a new Medicare-approved drug plan can begin marketing their programs to seniors beginning October 1. Companies that try to enroll seniors before that date or charge an enrollment fee are likely part of a scam. Companies working with Medicare are also prohibited from selling products door-to-door.

Do not give any account information to people who call requesting it, including bank numbers, credit card information, and Medicare numbers.

If you believe you have been targeted by a scam, please contact Social Security directly at [www.ssa.gov/oig/hotline](http://www.ssa.gov/oig/hotline) or by calling 1-800-447-8477.

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*Thank you . . .*

Many, many thanks to all of you for all your get well and Mass cards as well as the flowers, food and telephone calls that I received as a result of my accident. I am just about fully recovered. Luckily I did not break any bones. I promise I won't do that again!

### **Oktoberfest at the Indianhead Resort Wednesday, October 19**

As of this writing we still have some spaces on our Wednesday, October 19th, Oktoberfest Trip to the Indian Head Resort in Lincoln, New Hampshire. The trip includes an open bar cocktail party, an all you can eat buffet, the wonderful Alpine Oom-Pah Band and a gift certificate to the Indian Head gift shop, and an Indian Head floor show. This should be a really wonderful way to welcome in the autumn season. Checks for this trip should be made payable to **Sudbury Senior Trips**. We're sorry that spaces are nonrefundable unless we can resell your space. The cost is **\$55.00**.

### **Late Fall Foxwoods Trip Monday, November 7**

This is our last Foxwoods trip for 2005, cost **\$19.00**. Sign up early!

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

Join us for our last day trip of the season! It features a concert and a sit-down lunch at The Oaks in Agawam. I saw the Moscow Boys Choir many years ago. They are quite wonderful and an experience not to be missed. Founded in 1957, the Choir is the most prestigious all-boy choir in Russia. Their repertoire includes new and vibrant carols from Russia, Europe, and North America.

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

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

### **Florida Snowbird Escape March 2 to March 17**

Although our deposit date of September 15th has past we may still be able to take your reservation if our partner company, Scout Tours, has not sold out the remaining spaces. If you are still interested please call me at home (978-443-8320) before sending in your deposit to the Senior Center. This will be a kind of "Circle Tour" of Florida starting with our arrival by bus

into St. Augustine for two nights. Then on down to Ft. Lauderdale for four nights, across Alligator Alley to Naples for four more nights, then up to Savannah for two additional nights, and then home. We will have some exciting optional side trips at each of our stops such as cruises to Key West and the Bahamas, some evening dining out dinner cruises, and time for shopping or relaxing. In all, the tour covers 15 nights hotel, 24 meals, two river cruises, four city tours, and the bus transportation. Cost is **\$1,599 double** and **\$2,399 single**. Trip insurance is available and recommended. We have a flyer at our center with all the details. We need to know if you are interested in the Key West and/or the Bahamas side trips as we are being offered a special discount for our group and the boats will sell out fast.

### **New information for our Ancient Egypt and Nile passengers:**

Please let me know by September 27 if you want me to arrange your transportation to and from Logan. I will call you or write to you with the specific information as soon as I have it all confirmed. Please do not hesitate to call me with any questions or concerns that you may have in regard to the trip.

***A special note to all trip participants:*** It is very important that we have your telephone number on all trip sign-ups in case of any last minute changes. We also need the name and telephone of a contact person in case of an emergency.

## Services offered by the Sudbury Senior Center

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

### Transportation

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

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

### Health Services

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

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

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

### **Medical Equipment Loan Closet:**

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

### Counseling

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

**Legal Clinic:** Volunteer elder law attorneys are often available for free private 15-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. Please call to make an appointment.

### In-Home Services

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

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

### Nutrition

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

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

### Exercise

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

# Sudbury Senior Scene

*A monthly publication from the*

**Sudbury Senior Center and Sudbury Council on Aging**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

*on the web at:*

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

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

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

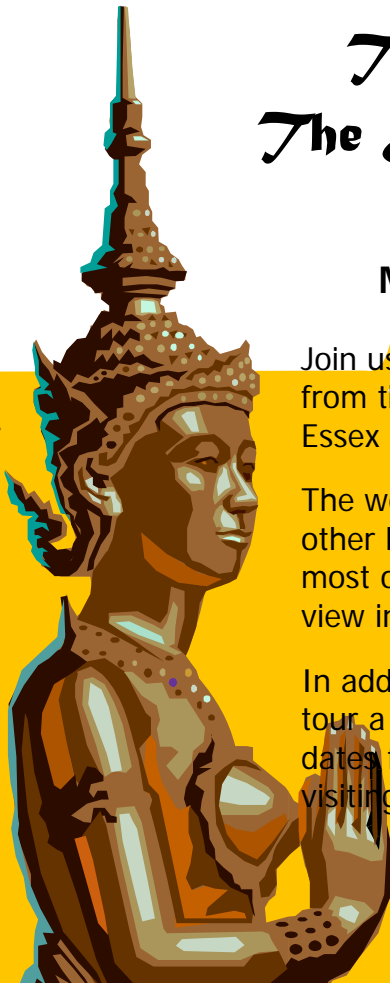
*Experience the beauty of Siam with the Sudbury Day trippers*

## *The Kingdom of Siam: The Art of Central Thailand, 1350-1800*

**Monday October 3, 8:15-3:00**

Tickets, including bus transportation, the exhibit of Thai art and the Chinese house, are **\$35.00**.

Reservations are required. For more information, call (978) 443-3055.



Join us for a rare opportunity to see stunning artwork from the National Museum of Thailand at the Peabody Essex Museum in Salem.

The work includes gold ceremonial objects and many other long-hidden treasures. This is the first time that most of these sacred and precious objects have been on view in the United States.

In addition to a guided tour of the exhibit, we will also tour a reconstructed Chinese House in the museum that dates from the time when American sailors were first visiting China as it opened to trade.

Our trip will include time for you to lunch on your own at the museum's delightful food atrium, and to visit the gift shops.