



Major Themes in Piano Music

Join us **Tuesday** afternoons at **1:00** in **October** and **November** for a wide-ranging consideration of the ins and outs of listening to piano music. This series of five lecture/performances will be presented by Steve Snitzer, a classical pianist and a faculty member at the Brookline Music School. Mr. Snitzer plays chamber music as well as a piano solo repertoire throughout Greater Boston.

Here's the line-up:

October 17, Basic harmony for the serious listener: Bach, Mozart, Chopin and Faure Tune up your listening skills by learning about triads and resonance, and the intriguing concept of color in music. Explore the relationship of these themes in classical music, their expression in folk music . . . and enjoy a sing-along.

October 24, Mozart, Beethoven and the Sonata Take a closer listen to some favorite composers, and learn about the distinctive themes in their work, including the role of timing. Live performances and some recorded performances are included.

October 31, The Waltz: Schubert, Schumann, Chopin and Ravel Get enraptured by the triple meter of the waltz, with its circular quality and distinctive rhythm. Then learn how the music of the waltz came to be expressed in dance.

November 7, Ragtime, the Blues, and Gershwin Gain a new appreciation for syncopation in the Maple Leaf Rag, then "get down" with a live demonstration of the blues piano. This class will also include video clips and recorded examples.

November 14, Melody: The Source of All Music This lecture ties together the themes of harmony, form, and style from the first four lectures. Songs by Cole Porter and Hoagy Carmichael will be introduced. And since melody is often connected to lyrics, there will be a sing-along at the conclusion of the class.

The cost for the five-week series is **\$45**.

This program is offered in partnership with Framingham State College, The Center for Lifelong Learners.

INSIDE THIS ISSUE

The Secrets of Long Life 2

LWV Invitation 2

Healthy Eating/Healthy Living 3

Multiple Chemical Sensitivity 4

Disaster Planning Workshop 4

Better Balance 4

Emergency Assistance List 4

Emergency plans 5

Calendar 6

Menus 7

Movie and pizza 7

Water aerobics 8

HOPEsudbury telethon 8

Legal clinic 8

Community Work Program 8

Flu clinic 8

Strutters show 8

Computer classes 8

Trips 10

Services 11

Participants' Forum 12



The Secrets of Long Life: Centenarians of the World

We've all gotten this far . . . but just exactly how do the most successful older people stay so healthy, active, alert and involved into their late 90s and beyond?

Join us for the last two sessions of our mini-series to explore the newest wisdom about aging on **Thursday** mornings, **October 5** and **12** at **9:30**.

October 5: Explore the work of Dr. Andrew Weil drawn from his book *Healthy Aging: A Lifelong Guide to your Physical and Spiritual Well-Being*, and Deepak Chopra, from his book *Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old*. Both present clues to successful aging.

October 12: Use what has been learned to create a personal top-ten list of secrets for a long and rewarding life.

Our guide and facilitator will be Judy Royster, who has a Bachelor's Degree in Psychology, an MBA, and a degree in Transformational Counseling. Her work is rooted in decades of spiritual practice and study in Christian and Buddhist traditions, as well as breath and body work, meditation, Reiki, and yoga.

The cost for the two remaining sessions is **\$20**.

This program is offered in partnership with Framingham State College, The Center for Lifelong Learners.

Invitation from the League of Women Voters

The League of Women Voters of Sudbury is looking for new members, and an informative membership coffee will be held **Monday, October 23** at **7:30 PM** at the home of Nancy Brumback, 36 Canterbury Drive.

If you are interested in learning more about the event, please call Karen Cohen at 978-779-2226, Marilyn Ellsworth at 978-443-5752, or Ms. Brumback at 978-440-8304. If you need transportation, it will be provided for you.

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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.*

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Healthy Eating/Healthy Living

Diets don't work. If you've tried it, you know that the minute you go back to your usual eating habits, the pounds come right back on.

We all know that the problem of obesity in America is growing, and older people are especially challenged with regard to healthful eating. Some medical conditions cause a loss of appetite, some medications alter the flavor of food, some seniors live alone and have little incentive to cook for themselves, and there are a range of other barriers to healthful eating.

But even in the face of these barriers, one of the most significant impediments to good nutrition is habit. In order to make a permanent change in eating habits, people need two things: education about good nutrition, and support in breaking old habits and learning new ones.

The Sudbury Senior Center has been awarded a grant from BayPath Elder Services to provide both education and support around healthy eating in the coming months. Our Healthy Eating/Healthy Living program will feature a two-hour educational presentation **Thursday, October 5 at 1:00**, followed by one-hour support sessions twice a month through March. Although this isn't a diet, the sessions will encourage participants to make lasting, healthful changes in their eating patterns.

The follow-up education and support sessions will be **October 26, November 9 and 30, December 7 and 21, January 11 and 25, February 8 and 22**, and wrap up **March 8 and 22**.

To get the most out of the series, plan to make a commitment to attend all the sessions. In this way, by the end of the series you'll have had six months of experience eating healthful, delicious food, experimenting with new recipes, and even sampling some new flavors. The group format will be relaxed, supportive, and informative.

The series will be facilitated by Jane Polley, MA, RD, LDN, a registered dietician from The Longfellow Clubs. She specializes in facilitating groups for weight loss, life balance, and the management of medical conditions.

Enrollment is limited, so early sign-up is suggested. The suggested donation for the complete series is **\$40**, and the funds will help underwrite the cost, only half of which is being provided by the grant. Call 978-443-3055 to register.



**Soup's On:
Multiple Chemical
Sensitivity**
Thursday, October 19
Soup at **noon**, talk at **12:30**

It could be you! A growing number of Americans are developing multiple chemical sensitivity (MCS), a chronic health condition that involves adverse reactions to the chemicals found in such common products as perfume, tobacco smoke, paint, new carpeting, pesticides, and natural gas.

MCS is preventable. In this presentation sponsored by Boston Self Help Center, you will learn what the illness is and how you can protect yourself and your loved ones. The speakers will discuss their personal experiences, how they connect to the larger environment, and what each of us can do about it, both for ourselves and for our planet.

Rosemary Dewees is a certified Whole Health Educator. She has raised two children with multiple chemical sensitivity (MCS). Heidi Friedman, a long-time disability rights activist, has a master's degree in social psychology

Soup, salad, and a dessert will be served at **12:00**, and the talk will begin at **12:30**. The event is **free**, but *please call the Senior Center at (978) 443-3055 in advance to register.*



**Disaster Planning
Workshop**
Monday, October 23
2:00-3:00

The power goes out and it's the middle of winter. Brrr. An ice storm has knocked out service to the whole town. It may be days before power is restored.

Do you have a family disaster plan in place? We all think about it, but many of us don't do anything about it. We're too busy, or just tend to put it off.

If you would like some in-person motivation and support to create a workable disaster plan for your family, come to this **free** workshop.

In a hands-on way, Senior Center Director Kristin Kiesel and Information and Referral Specialist Debra Galloway will help participants work step-by-step through disaster planning for your home.

You'll get a free *Family Disaster Plan* handout and a free wallet-sized *Family Emergency card* as well.

You will come away from the workshop with a workable disaster plan to share with the rest of your family, including children and grandchildren.

Seating is limited. Please call 978-443-3055 to register.



**Better Balance and
Flexibility**

Come join our series of eight classes to practice improved balance, **Monday** afternoons from **1:00-2:00**. The focus is on empowering seniors to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture.

Class dates are **October 16, 23** and **30**, and **November 6, 13** and **20**. The cost is **\$30** for these sessions, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

Free sample: Come to a class in the current session to see if this is for you!



Emergency Assistance List

Don't be caught out in the cold (or heat, or darkness!) Put your name on a list of people to be called in case of a power outage or other emergency.

Forms to fill out are available here at the Senior Center. We are especially concerned about frail seniors and people who use oxygen or other medical equipment requiring electricity or batteries.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

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What defines a good emergency/disaster plan?

You've just been called by the Town Emergency Hotline. There has been a hazardous chemical spill on the street next to yours. You have been told to evacuate to a local school, quickly! What do you bring with you? Do you have time to bring anything? Do you need to call anyone? Who do you call?

Since you have planned ahead for this scenario you know what to do. You have a list of emergency phone numbers in your wallet, your emergency go-bag is in the front hall closet and you know that you can call everyone when you get there, so you are out the door in minutes. Good for you!

According to the American Red Cross, we all need a Family Disaster Plan. This is not meant to keep us all in a state of anxiety but to acknowledge that accidents can happen and that preparation can make a huge difference in the outcome. It also helps to worry less about emergencies if you know you are prepared.

The essential elements of a good disaster plan are: discussion about possible disasters and what to do in each case; designation of two places to meet: one outside your home in case of sudden emergency and another outside your neighborhood in case you can't return home; finding a "family contact" for everyone to call, (preferably a person is out of state, as it's often easier to use long distance after a disaster); and discussion of what to do in an evacuation, including a plan for any pets.

You may find it helpful to use the Red Cross *Guide to Creating a Family Disaster Plan*. Review the guide but also visualize what your unique concerns are. Perhaps you are in a wheelchair, or you need oxygen or you live in an apartment building, or maybe you have animals. All of these things will influence your individual plan. After you have put a plan in place you can rest and feel comfortable that you will be able to respond quickly should an emergency occur.

This month's free emergency planning seminar, "Making a Good Emergency Plan" will be held on **Monday, October 23** at **2:00** in the Senior Center. Family disaster plan forms and wallet cards will be available at the meeting and we will actually work on our own disaster plans during the workshop. As we work in small groups, we will brainstorm how to plan for special situations.

If you have any questions, please feel free to call me at (978) 443-3055 or email me at gallowayd@town.sudbury.ma.us

OCTOBER 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><i>Van trip to Natick Mall/ Olive Garden</i></p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 1:30 Water Aerobics</p>	<p>3</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 4:00 COA Board</p>	<p>4</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting studio 3 1:00 Bridge lessons 1:30 Water Aerobics</p>	<p>5</p> <p>9-12 SHINE 9:30 Tap Class 9:30 Secrets of Long Life 9:45 Thursday Crafters 10:30 T'ai Chi Practice 1:00-3:00 Healthy Eating/Healthy Living</p>	<p>6</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 5</p>
<p>Columbus Day 9</p>  <p><i>Center closed</i></p> <p>Villa Roma Trip begins</p>	<p>10</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>11</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting studio 4 1:00 Bridge lessons 1:30 Water Aerobics</p>	<p>12</p> <p>9-12 SHINE 9:30 Tap Class 9:30 Secrets of Long Life 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>Spring Forward</i></p>	<p>13</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 6</p>
<p>16</p> <p><i>Van trip to Burlington Mall/Macaroni grill</i></p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance and Flexibility 3 1:30 Water Aerobics</p>	<p>17</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00 Themes in Piano Music</p>	<p>18</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting studio 5 1:00 Bridge lessons 1:30 Water Aerobics</p>	<p>19</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Soup's On: Chemical Sensitivity</p>	<p>20</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 7</p>
<p>23</p> <p><i>Van trip to Christmas tree Shop/Brittney's</i></p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Making a Good Emergency Plan 1:00 Balance and Flexibility 4 1:30 Water Aerobics</p>	<p>24</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 10:00 Legal Clinic 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00 Themes in Piano Music</p>	<p>25</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting studio 6 1:00 Bridge Lessons 1:30 Water Aerobics</p>	<p>26</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 T'ai Chi Practice 1:00 Healthy Eating/Healthy Living 3:00 Friends Meeting</p>	<p>27</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 8</p>
<p>30</p> <p><i>Van trip to WalMart Hudson/American Buffet</i></p> <p>9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance and Flexibility 5 1:30 Water Aerobics</p>	<p>31</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:00 Participants' Forum Luncheon 12:30 Bridge 1:00 Themes in Piano Music</p>			

LUNCH MENUS

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

TUESDAY	WEDNESDAY	FRIDAY
October 3	October 4	October 6
Chicken/ BBQ sauce Chantilly potatoes Broccoli Chocolate pudding	Cream of spinach soup Salisbury steak Jardinière veggies Mashed potatoes peaches	Hot dog Vegetarian beans Cole slaw Fresh fruit
October 10	October 11	October 13
Burgundy beef tips/ gravy Rotini California blend veggies Apricots	Fish tenders Mashed potatoes Jardinière veggies Pumpkin spice cake	Meatballs/sweet & sour sauce Brown rice Green beans Pineapple
October 17	October 18	October 20
Mulligatawny soup Stuffed pepper/tomato sauce Tuscany veggies Apple cinnamon snack	Chicken paprika/ gravy Whipped potatoes Winter mix veggies pears	Beef ribs/BBQ sauce Mashed potatoes Spinach peaches
October 24	October 25	October 27
Baked fish/Newburgh sauce Rice pilaf Peas Pineapple	Tomato rice soup Broccoli bake Genoa veggies Fresh fruit	Pork parmesan/ marinara sauce Rotini Italian veggies Orange cranberry muffin
October 31 Participants' Forum luncheon:		
Cranberry juice, pumpkin bisque soup, baked ham/ spiced glaze, scalloped potatoes, apple crisp		

**Movie: Thursday, October 12
12:30**



Spring Forward
1 hr., 50 mins.

What happens when a young ex-con, gets hired by the Parks and Recreation department in a small New England town, meets his new partner, a veteran municipal employee facing retirement?

Slowly these two very different people work their way toward mutual understanding, and the film explores the profound way each man changes the other's perspective on life.

The film shows seven episodes filmed over the course of a year and set against the backdrop of the changing seasons.

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).



Water Aerobics

Here's a chance to try water aerobics! Sudbury seniors are invited to join Hudson seniors for a ten-week session of water aerobics **Mondays and Wednesdays from 1:30-2:30** beginning **October 2**. This is an especially good program for those with arthritis or stiff joints.

Catch the bus at the Hudson Senior Center for a free ride to the Wayside Swim and Racquet Club.

The classes are made possible by a grant from BayPath Elder Services. The suggested donation for the 10-week series is **\$40**, and all money collected will go toward continuing the program when grant funds run out.

Sudbury has ten slots saved for town seniors, on a first-come, first served basis. Early enrollment is suggested, since there are a few forms to fill out to register. Call 978-443-3055 for details.

Legal Clinic

Tuesday October 24

10:00-12:00

Elder Law Attorney Denise Yurkofsky is offering **free**, 20-minute appointments for Sudbury seniors with legal questions. Call for an appointment.

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November Strutters Show

The Senior Strutters are rehearsing *Rehab Rhapsody*, with a new wrinkle on some old favorites. Songs will address the funny and wistful side of growing older! Performances will be **November 18** at **7:30** and **November 19** at **2:30** at Curtis Middle School.

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Sudbury Senior Community Work Program

Applications for the program starting January 1, 2007 will be available here at the Senior Center by **October 15**.

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Flu Clinic

Flu clinics for people 65 and older will be held **November 7, 11:00 AM - 3:00 PM** (for A-L) and **November 14, noon - 4:00** (for M-Z) at the Sudbury Senior Center. It is also important to be immunized against pneumonia. These shots will be available during the clinic for those with a doctor's order.



Telethon

Don't forget to tune to Channel 8 on **Saturday, October 28** to see your friends and neighbors on TV and bid on a host of great auction items.

Previous items have included Patriots, Celtics, Bruins and BC tickets, weekend getaways, and much more. If you'd like to make a donation, please contact Alexa Crowe at 978-443-5422 or acrowe22@comcast.net

The bulk of the funds raised this year will support the HOPEsudbury Community Assistance Fund and the Metrowest Free Medical Program.

HOPEsudbury was founded after the tragic events of September 11, 2001 to bring the Sudbury community together to support others in need. The group is made up of Sudbury residents, town employees and business people.

For more information about HOPEsudbury, please contact Marilyn Martino at 978-443-0849.



Computers!

We offer computer classes for everyone from beginners to people with intermediate skills who want to learn more. The classes are scheduled when we have five or more people who are interested in the same topic. Please call to get on the list for: **Internet, Totally New to Computers, Word Processing 101, Making Cards, Brochures and Flyers, or Spreadsheets 101 (Excel)**.

The classes are taught in the Sudbury computer lab at the Flynn Building, and are \$5 a class. Be sure to tell us what day and time is best for you.



Prescription Advantage and Medicare Part D Get them both / Save the most

Now that Medicare Part D prescription coverage is a reality, everyone on Medicare should have some kind of prescription coverage. The coverage could be through a Part D Plan, a Medicare HMO or PPO, or some other “creditable coverage” that is at least as good as the standard Part D benefit. These plans often cut the total cost of prescriptions by a half or more.

If you qualify for Prescription Advantage, the state’s prescription drug plan, you can save even more money on your prescriptions. Prescription Advantage is a “wrap around plan”: that means it helps pay for premiums, co-payments and coverage in the “donut hole.” You can sign up for Prescription Advantage during the Open Enrollment Period (now through November 15) and receive additional help, beginning January 1, 2007.

Prescription Advantage charges no monthly premium, so you have nothing to lose by joining. (A few seniors with higher incomes may have to pay a \$200 enrollment fee.) To use Prescription Advantage and save money, you must have drug coverage through a Part D Plan, a Medicare HMO or PPO, or some other “creditable coverage.” If you don’t already have this coverage, you can still enroll in Prescription Advantage. Then, you can get the necessary Medicare Part D prescription coverage, when Medicare holds its Annual Part D Open Enrollment (November 15 through December 31).

Prescription Advantage applications are available here at the Senior Center. They are also available directly from Prescription Advantage by calling 1-800-AGE-INFO (1-800-243-4636) and pressing or saying "1" at the voice menu.

You can also get help by scheduling an appointment with Kathy Worhach, our specially trained SHINE volunteer. She offers **free**, confidential counseling to seniors and anyone on Medicare, covering all aspects of health insurance. Kathy is available **Thursday** mornings from **9:00** to **noon**. Call (978) 443-3055 to schedule an appointment.

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Dear Traveling Friends,

By the time you are reading this all of us who went on our September 6-17th Prague-Blue Danube trip will have returned safe and sound. I know we'll have a lot of wonderful stories to tell.

As we have only a few more trips left for 2006 let me just remind you of a few details regarding them:

Our **Villa Roma trip, October 9-13** will be leaving at **8:00 AM**. Please be here about 15 minutes before so we can load the luggage. Please carpool to the Senior Center because parking there is limited and all the spaces are needed for those who come to the activities. You may have one regular suitcase and a carry-on. If any new folks have a sudden interest in joining us for this (we hope) spectacular foliage trip, please call me at 978-443-8320. The cost is **\$489.00** per person double occupancy.

Our **Foxwoods trip, Monday, November 6**, will be taking a wait list for either a second coach if enough people are interested or there are cancellations. The cost is **\$19.00** This is the last Foxwoods trip for 2006.

Our Berkshire **Boar's Head Christmas trip, Tuesday, November 28**, sold out very quickly. We were not able to do a second coach on the same date because the Inn is sold out. As our wait list is getting longer we have asked them to keep **Wednesday, November 29** open for us. If we get enough people in the next few weeks or so, we will do a second trip there on this date. Cost is **\$69.00**. If interested, please let us know ASAP. We will call you for your payment as soon as there is a firm go-ahead.

Full details of our **March 1-16, 2007 "Florida Snowbird Escape Trip"** should now be in the trip rack. Even if you did not attend the September 20 Florida meeting with Kathy from Scout Tours, you can pick up a flyer. We are presently accepting deposits for this trip from Sudbury residents only up until October 16. Our out-of-town trip friends can send in their deposits after this date. Those who went last year said it was "the best Florida Trip we have ever done," and I agree.

Lastly, I am starting to work on our 2007 trip schedule and I welcome suggestions both for one-day and multi -day trips. Thanks to all who send me trip ideas from other centers and sources. I keep them in my trip file and take them all out at this time. If I don't use your idea it is either that we have already done that trip, or experience tells me it would not draw a large enough crowd. But I am still appreciative of your help!

Carmel O'C.



News from the Cultural Trip Committee

Boston Symphony Orchestra Rehearsal on Thursday, November 2. Reservations are being accepted now for this chance to have a cultural day in Boston. The trip includes transportation, a lecture, a BSO rehearsal of works by Beethoven and Schoenberg, and a special lunch at Maggianos in downtown Boston. Cost: **\$60.00**. Meet at the Senior Center at **8:30 AM** for a 9:00 departure. Return about 3:00 PM.

Please note: there is a maximum of 25 participants for each of the trips. Reservations are accepted with payment. Please complete a mustard-colored form to submit with your check, made payable to *Sudbury Senior Activities*. Cancellations may be made up to seven days before the trip.

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The cultural trip committee is making preliminary plans for two arts-related trips in 2007. The first will be to the Fogg Art Museum at Harvard in January, and the second will be a trip to the theater in February or March, with the production to be determined.

This lively group of volunteers is always ready to welcome new members who have good suggestions for trips and who will help organize and lead excursions.

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Tuesday** through **Friday** from **8:00 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

F.I.S.H. (Friends in Service Helping): Volunteers drive 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.

Sudbury Senior Access:

Subsidized taxi rides from Sudbury to any contiguous town. Books of coupons worth \$25 in rides are for sale for \$12.50 at the Senior Center. Rides are available 5:30-AM to 10 PM weekdays and 5:30 AM to 5:30 PM on weekends.

HEALTH SERVICES

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

free drop-in health clinics. Clinic hours are **Tuesdays 9:00-9:30** and **11:30 to 1:00**. Free blood sugar testing is provided on the **third Tuesday** of each month **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of 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: Denise Yurkofsky, an elder law attorney, is available for free private 20-minute consultations with seniors monthly. Call the Senior Center to make an appointment.

S.H.I.N.E. (Serving the Health Information Needs of Elders): Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Thursdays 9:00-12:00**. 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 installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

Grocery Shopping: Homebound seniors are matched with a volunteer shopper who can make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the cost of the groceries.

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.

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/department_home.asp?dept=SeniorCenter

Change Service Requested



Sudbury Senior Center Phone: (978) 443-3055 Fax: (978) 443-6009 E-mail: senior@town.sudbury.ma.us

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 8:00 AM to 3:00 PM



Please give us your bright ideas at our Third Annual

Participants' Forum

Tuesday, October 31

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 should we avoid?

Our third annual **Participants' Forum** will be held **Tuesday, October 31.** Following a **complimentary ham luncheon** you'll hear a short report on the Senior Center, with special attention to what we've been able to do since last year's forum.

Then tie on your thinking cap to help us know what you would like to see in the coming years. We'll be talking about information, Lifelong Learning, the arts, exercise and nutrition, recreation, trips, transportation and more. 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?

Deadline to register: Friday, October 20. *Thank you!*