

Beginners Texas Hold'em

“You got to know when to hold ’em, know when to fold ’em,” Willie Nelson sings. Certainly that’s a lesson in living, but it’s also a reference to the game of poker.

Many of us are curious about poker, and the game of Texas Hold'em has lately become big news as tournaments featuring Hollywood stars are televised, and people get a chance to play at venues like Foxwoods and Mohegan Sun.

We will offer a six-week class on Texas Hold'em beginning **Tuesday, October 9** from **9:30-11:00**. The instructor, Craig Wexler, is a professional player from the World Poker Tour and European Poker Tour. This beginner’s class is for adults of any age.

This introductory class will cover Texas Hold'em basic game play and strategy. No gambling for money on the hands will be involved. This is strictly for fun and instruction.

The cost for the six-week session is **\$50**, and covers the cost of the instructor and handouts. Advance registration with payment is required.

How to Buy on eBay

You can sell your unused items and find amazing bargains by using the Internet to market and purchase items on the eBay website. Learn how!

Our two-hour session **Thursday, October 4** at **1:30** will show you how to search, bid, and buy with confidence. Along the way, you’ll learn some tips, helpful links, and how to be a savvy Internet bargain hunter. Included will be information on security and how to register and become an eBay member. (Please note that this is not a hands-on class.)

The instructor will be Maria Martin, a software industry supervisor and instructor, who has been successfully buying and selling on eBay since 2001.

The cost for the session is **\$10**, and the class is limited to 40. Call 978-443-3055 to register.

INSIDE THIS ISSUE

The History of Stamps	2
Stamp club	2
Walking Club	3
Join the COA Board	3
Soup’s On: Hip and knee arthritis	4
Water aerobics	4
Tap class	4
Thank you, Friends	4
Lunch with the Town Manager	4
Caregiver resources	5
Calendar	6
Menus	7
Movie: <i>Serendipity</i>	7
World War II	8
Cards, cards, cards	8
Legal clinic	8
Holiday Bazaar	9
HOPEsudbury	9
Trips	10
Senior center services	11
Oktoberfest	12



The History of Stamps
Thursday, November 1 at 1:00

Did you know that the first stamp ever issued was a British one penny stamp (in 1840)? Do you know the criteria for choosing a person, place, or event to be featured on a stamp? Do you know which US stamps have been the most popular over the years?

The Sudbury Senior Center Stamp Club is pleased to be able to offer a **free** one-hour presentation from the Spellman Museum of Stamps and Postal History on **Thursday, November 1**.

Henry Lukas, the museum’s Education Director, will describe stamps that have caused international controversies, a stamp that had an impact on the building of the Panama Canal, and a stamp that helped start a war.

Please call ahead to register for this free program at 978-443-3055. Although the event is free, donations will be accepted to cover the cost of the speaker.



The Sudbury Senior Center Stamp Club

Whether you are new to stamp collecting, an old pro, or are someone who has inherited a stamp collection from someone else and are wondering what its value might be, you are invited to attend the monthly meetings of the Stamp Club.

The cordial group is always ready to welcome newcomers, help those who used to collect stamps but haven’t worked on their collection in years, and those who need to assess a collection they’ve been bequeathed.

The club meets the second Monday of every month at 10:00 in the Van Houten room. The schedule for the remainder of 2007 is: **October 15, November 19, and December 10** (except for holiday months).

The Stamp Club is planning a possible tour of the Spellman Museum for sometime this winter. The Museum’s tour for seniors promises to include an informal appraisal of your collection, a stop at their gift shop for purchases of collector’s supplies and memorabilia, and free packets of stamps for beginners. Let us know if you are interested!

COUNCIL ON AGING

CHAIRPERSON:

Patrick Mullen

BOARD OF DIRECTORS:

Barbara Bahlkow

Elizabeth David

Marilyn Goodrich

Hale Lamont-Havers

Tamilyn Levin

David Levington

Abner Salant

**SUDBURY
 SENIOR CENTER
 STAFF**

DIRECTOR

Kristin Kiesel

**ADMINISTRATIVE
 ASSISTANT**

Claire Wigandt

**INFORMATION AND
 REFERRAL**

Debra Galloway

RECEPTIONIST

Jean Taylor

**SENIOR COMMUNITY
 WORK PROGRAM
 COORDINATOR**

Peg Whittemore

S.H.I.N.E. COUNSELOR

Kara Harvey/Kathy Worhach

SMOC MEALSITE MANAGER

TRIP COORDINATOR

Carmel O’Connell

VAN DRIVER

Linda Curran

VOLUNTEER

COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Ruth Mori

**MISSION
 STATEMENT**

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

ads



Walking Club

What simple every-day activity can add years to your life, strengthen your heart, promote flexibility, control weight, improve digestion and fight weakened bones? Sounds too good to be true, but you already know the answer: regular walking!

Walking alone can seem like too much trouble, or too hazardous. It really helps to walk with a group, both for the fun of companionship and the motivation to get up and get out. That's why the Senior Center is offering a **free** six-week walking club beginning **Thursday, October 4 at 10:00**.

Ruth Mori, Sudbury's Public Health Nurse, will provide the leadership, and help individual members establish personal goals to build endurance and health. Blood pressure checks both before and after each walk will be available for those who would like them.

Rain plans have been made for days when we can't walk outdoors, and a telephone chain will be established to notify walkers of any changes.

It's not too late to join! Call 978-443-3055 to sign up.



The Council on Aging seeks new members

Help pilot the Senior Center into the future, and ensure that the programs and services we offer continue to meet the needs of our residents aged 60 and older.

There is one opening on the Council on Aging, the policy-making Board for the Senior Center, to fill an unexpired term. Meetings are held the first Tuesday of each month at 4:00 PM. Sudbury adults of all ages are welcome to apply. Members may serve two three-year terms.

If you are interested, please call the Senior Center at (978) 443-3055. We'll mail you an application. Applications are due **October 15**.



Soup's On: Hip and Knee Arthritis: A Joint Effort Thursday, October 11

You need your knees, and knee pain can seriously limit activities. Dr. Sean Rockett will speak about treatment options for arthritis, joint health and including nonsurgical methods and reconstructive surgery.

Dr. Rockett is an Orthopedic Surgeon at Newton-Wellesley Hospital. He is a graduate of Harvard University and Tufts University School of Medicine. He completed his internship and residency at the Tufts New England Medical Center program. Dr. Rockett served as Chief Resident at the New England Baptist Hospital and is board certified in Orthopedic Surgery. He is an Assistant Clinical Professor of Orthopedic Surgery at Tufts University School of Medicine. He is involved in research on knee reconstruction. He serves as team physician for local college and high school athletic programs.

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 **by noon the day before** to register.

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



Water Aerobics

Here's a new 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 1**. This is an especially good program for those with arthritis or stiff joints.

The class will be offered at the Wayside Swim and Racquet Club in Marlboro.

The classes are made possible in part 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. Make checks payable to: *Friends of Hudson Seniors*.

There are five slots saved for Sudbury 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.

Lunch with the Town Manager

Join Town Manager Maureen Valente for lunch **Tuesday, October 30 at 12:00**. Sign up for lunch by noon October 29 (donation: \$2.00), or just come after lunch to hear Maureen talk and answer questions of concern to seniors.



Tap Class begins again!

Hey there, twinkle toes! Haven't you always wanted to tap out a rhythm with your feet?

Come take part in our small but energetic tap class. The classes are held **Thursdays, 9:30-10:30** in the gym. They're great fun and can be a good aerobic workout as well.

No prior experience is needed. The cost is **\$40** for eight weeks of class. Please call to reserve your space.

Thank you to the Friends of Sudbury Seniors

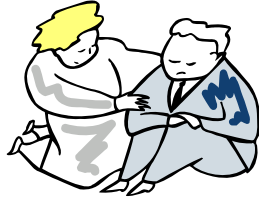
During the summer, the Friends of Sudbury Seniors made two huge contributions to improve the lives of Sudbury seniors and the operation of the Senior Center.

The Friends underwrote the cost of a new **projection TV system** for the Senior Center. This amazing system makes it possible for us to show movies, computer-based presentations, and even cable TV on a large bright screen everyone can see.

The Friends also donated 20% of the cost of a big **new wheelchair lift van**.

So, when you get your annual appeal letter from the Friends in December, please give generously. Your donations have a real impact on services!

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY



Care for the Caregiver

Providing care for a loved one with a chronic illness can be exhausting; not only because of demands on energy but also time. Caregivers may become isolated. Friends may not fully understand the situation. Family may not be available to help out.

Survey research by the National Family Caregivers Association* indicates that 1 out of 5 people are in a caregiving situation. The research also reveals that caregivers have increased risk of illness and depression. This is why it is so important for caregivers to take a moment to reach out for help. Those caregivers who are able to get some respite are healthier, better able to plan for the future and will have more energy to continue on in their role.

Support groups may be overlooked by caregivers who are pressed for time. However, while there are a number of support groups that you need to drive to, there is one you can access from home or work. The Central Massachusetts Agency on Aging operates a website that features a monthly support group facilitated by a professional. There are also chats and online classes offered by legal, social work and other professionals. All of this from your own computer! Information can be found at www.seniorconnection.org, click on "Connection for Caregivers". If you do not have a computer or online access, you can access the internet at Goodnow Library.

Support groups offer opportunities to share your frustrations and joys, to give and receive empathy and share resources. For more information on this or other resources for caregivers, please contact Debra Galloway, Information and Referral Specialist at (978) 443-3055 or gallowayd@town.sudbury.ma.us



*Check out the NFCA website for information on screening yourself for and preventing depression (www.nfcacares.org)

ads



OCTOBER 2007



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><i>Van trip to Solomon Pond Mall/Bertuccis</i></p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance (4)</p> <p>1:30 Water aerobics</p> <p>2:00 Weather (2)</p>	<p>2</p> <p>9:00-9:30 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>10:00 Help at Home</p> <p>10:00-12:00 Legal clinic</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> <p>1:00-3:00 Mythology (1)</p> <p>4:00 COA Board</p>	<p>3</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Settling America</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge lessons</p> <p>1:30 Water aerobics</p>	<p>4</p> <p>9-12 SHINE</p> <p>9:30-10:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>10:00 Walking Club (1)</p> <p>1:30-3:30 How to Buy on eBay</p>	<p>5</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 World War II (13)</p> <p>1:00 Watercolors (5)</p>
<p>Columbus Day 8</p>  <p><i>Senior Center closed</i></p>	<p>9</p> <p>9:30-11:00 Texas Hold'em</p> <p>9:00-9:30 Parmenter</p> <p>9:00 Cribbage</p> <p>10:00 Safe at Home</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter</p> <p>12:30 Bridge</p> <p>1:00-3:00 Mythology (2)</p>	<p>10</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Settling America</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge lessons</p> <p>1:30 Water aerobics</p>	<p>11</p> <p>9-12 SHINE</p> <p>9:30-10:30 Tap Class</p> <p>9:30 Aid and Attendance</p> <p>9:45 Thursday Crafters</p> <p>10:00 Walking Club (2)</p> <p>12:00 Soup's On: Hip and Knee Arthritis</p>	<p>12</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 Watercolors (6)</p>
<p>15</p> <p><i>Van trip to Shoppers World/Olive Garden</i></p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Stamp club</p> <p>11:00 Fit for the Future</p> <p>1:30 Water aerobics</p> <p>2:00 Weather (3)</p>	<p>16</p> <p>Special State Election 16</p> <p>8-9:00 Parmenter</p> <p>9:30-11:00 Texas Hold'em</p> <p>9:00 Cribbage</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter</p> <p>12:30 Bridge</p> <p>1:00-3:00 Mythology (3)</p> <p><i>Remember to vote!</i></p>	<p>17</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Settling America</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Octoberfest Luncheon</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge lessons</p> <p>1:30 Water aerobics</p>	<p>18</p> <p>9-12 SHINE</p> <p>9:30-10:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>10:00 Walking Club (3)</p> <p>12:00 Pizza</p> <p>12:30 Movie: <i>Serendipity</i></p>	<p>19</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 World War II (14)</p> <p>1:00 Watercolors (7)</p>
<p>22</p> <p><i>Van trip to Ocean State Job Lot/Kennedy's</i></p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance (5)</p> <p>1:30 Water aerobics</p> <p>2:00 Memoir writing</p>	<p>23</p> <p>9:30-11:00 Texas Hold'em</p> <p>9:00-9:30 Parmenter</p> <p>9:00 Cribbage</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter</p> <p>12:30 Bridge</p> <p>1:00-3:00 Mythology (4)</p>	<p>24</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Settling America</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:30 Water aerobics</p> <p>1:00 Bridge Lessons</p>	<p>25</p> <p>9-12 SHINE</p> <p>9:30-10:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>10:00 Walking Club (4)</p> <p>2:00-4:00 Digital Retirees</p> <p>3:00 Friends meeting</p>	<p>26</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 World War II (15)</p> <p>1:00 Watercolors (8)</p>
<p>29</p> <p><i>Van trip to WalMart Hudson/Applebees</i></p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance (6)</p> <p>1:30 Water aerobics</p> <p>2:00 Memoir writing</p>	<p>30</p> <p>9:30-11:00 Texas Hold'em</p> <p>9:00-9:30 Parmenter</p> <p>9:00 Cribbage</p> <p>12:00 Lunch with the Town Manager</p> <p>11:30-1:00 Parmenter</p> <p>12:30 Bridge</p> <p>1:00-3:00 Mythology (5)</p>	<p>31</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Settling America</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge Lessons</p> <p>1:30 Water aerobics</p>		

LUNCH MENUS

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

TUESDAY	WEDNESDAY	FRIDAY
October 2	October 3	October 5
Autumn Harvest Soup Chicken/Supreme Sauce Garlic Mashed Potatoes Smoothie	Salisbury Steak / Jardinière Gravy Mashed Potatoes Broccoli Peaches	Cheesy Chicken Casserole Whipped Potatoes Carrots Fresh Fruit
October 9	October 10	October 12
Burgundy Beef Tips/Gravy Rotini California Veggies Pears	Vegetable Gumbo Soup BBQ Beef Rib Mashed Potatoes Spice Cake	Fish Wedge Diced Parsley Potatoes Broccoli Rice Pudding
October 16	October 17	October 19
Kale Soup Stuffed Pepper/ Tomato Sauce Chuckwagon Corn Muffin	OKTOBERFEST 	Beef Liver/Onions Steamed Red Bliss Potatoes Chuckwagon Corn Crushed Pineapple
October 23	October 24	October 26
Baked Fish/ Newburgh Sauce Rice Pilaf Peas Tropical Fruit	Spinach and Lentil Soup Meatballs/ Sauce Lyonnais Potatoes Muffin	American Chop Suey Parmesan Cheese Italian Style Veggies Fresh Fruit
October 30	October 31	
Cream of Mushroom Soup Meatloaf/Gravy Mashed Potatoes Peaches	Apple Cider Baked Ham/Raisin Sauce Red Bliss Potato Cauliflower w/ Cheese Sauce Brownie	

**Movie Thursday, October 18
12:30**

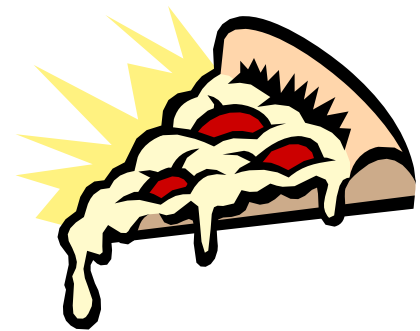


Serendipity
1 hours 30 minutes

What happens when two strangers meet and feel an overwhelming kinship and a strong attraction for each other . . . but each is in a relationship with someone else? How can they be sure that their sudden love is the real thing?

In this romantic comedy, the two do not exchange phone numbers, but instead come up with a way to let fate decide. And thereby hangs a tale . . .

The movie stars [John Cusack](#), [Kate Beckinsale](#), and [Bridget Moynahan](#)



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).



World War II Series

Our popular, **free** series on World War II concludes in October.

Friday, October 5, 1:00

Philippines & Japan October 1944 - August 1945. Excerpts from the Victory at Sea series: *Battle for Leyte Gulf* The fall of the Philippines would be a terrible blow to the Japanese, so plans were drawn up for a massive fleet action against the Americans. If this mission failed, Japan's war would be lost. What followed were the biggest gambles of the Japanese navy and the greatest courage of the American fleet. *Return of the Allies* General MacArthur makes good on his promise, *Target Suribachi* The victory at Iwo Jima marks America's first conquest on Japanese soil. *Suicide for Glory* Okinawa March 18 - June 21 1945 Over 100,000 Japanese die in the war's last major battle.

Friday, October 19, 1:00:

The A-Bomb: The Decision to Drop Was it the right decision? Why did we do it? Who in the Government and Military was in favor and who was not? We will discuss your opinions. This session utilizes footage from the *World at War* series and from the *History Channel 60th Anniversary Week* series.

Friday, October 26, 1:00:

Downfall of Hitler (a German film). In April of 1945, Germany stood at the brink of defeat with the Russian Army closing in from the east and the Allied Expeditionary Force attacking from the west. In Berlin, capital of the Third Reich, Adolf Hitler proclaimed that Germany would still achieve victory and ordered his Generals and advisers to fight to the last man.

The film explores these final days of the Reich, where some senior German leaders began defecting from their beloved Fuhrer in an effort to save their own lives, while others pledge to die with Hitler.

Hitler himself degenerates into a paranoid shell of a man, full of optimism one moment and suicidal depression the next. When the end finally does come and Hitler lies dead by his own hand, what is left of his military must find a way to end the killing that is the Battle of Berlin, and lay down their arms in surrender.

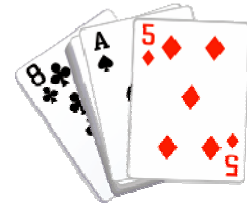
This film is based on interviews with, and a diary kept by, Hitler's secretary Trausi Junge.



Legal clinic

Elder law attorney Denise Yurkofsky will be here Tuesday, **October 2** from **10:00-12:00** to give free, twenty-minute legal consultations.

For an appointment with Denise, please call 978-443-3055.



Bridge, Cribbage, and Cards

We offer several opportunities to play cards and socialize over a friendly game.

Tuesday, Wednesday and Friday mornings from **9:00** to about **11:30**, there is a regular group of players who enjoy cribbage. The more the merrier, and they always welcome beginners and experienced players. There is **no cost**.

Tuesday afternoons from **12:30** to about **3:30**, we offer a chance to play bridge and socialize with a congenial group of people. This is **free**.

Wednesday afternoons from **1:00-3:30**, we offer bridge lessons with Joyce Pearson, an experienced player who competes (and wins) in national tournaments. This class is **\$80** a session, and the cost is split among those who come to the class each **Wednesday**.

On **Friday** afternoons beginning at **1:00** there are usually several small games of canasta, bridge, and rummy available for those who drop in. These games are **free**.

There is no need to call ahead to sign up. Just come on down and join right in!



Home from the Hospital

Whether your hospitalization is planned or unplanned, making your return home work well takes thought. This **free** series continues **Tuesday** mornings at **10:00**. The Parmenter Visiting Nurse Community Care staff will help you understand how to manage the transition for the best outcome.

October 2: You're Home . . .

Now What? What help is available to support you so you don't need to be rehospitalized? Medicare may pay for nursing, home health aides, physical therapy and speech therapy in your own home.

October 9: Staying Safe at

Home A physical therapist will discuss home safety considerations and ways to adapt your home so it serves you well.

Please call 978-443-3055 to reserve a space.

Aid and Attendance

Thursday, October 11, 9:30

Veterans in need of help at home may be eligible for \$1,801 a month in services through the Veteran's Administration and their surviving spouses may also be eligible.

To learn more about this benefit, come to a **free** talk by Patty Servaes **Thursday, October 11** at **9:30**.

Please call 978-443-3055 to reserve a spot.



Telethon

Don't forget to tune to Channel 8 on **Saturday, November 3** to see your friends and neighbors on TV and bid on a host of great auction items.

The telethon is looking for performers (musicians, magicians, singers, comedians and more). Call Carole-Ann Baer at 978-443-6684 or caroleannbaer@comcat.net

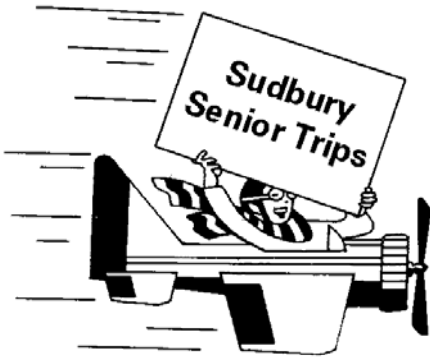
If you'd like to make a donation, please contact Alexa Crowe at 978-443-5422 or acrowe22@comcast.net

The bulk of the funds raised this year will support the HOPEsudbury Community Assistance Fund which last year distributed more than \$29,000 in financial assistance to Sudbury residents in need.

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, or visit <http://www.hopesudbury.org>

ads



Hello, Traveling Friends,

The September newsletter came out before I got away, and as I sit here working on October's newsletter I have not as yet gone to Hawaii. That means I can't tell you what a good time we all had until November's newsletter!

The **Green Mountain Railroad** trip **Tuesday, October 9** sold out two complete motor coaches. We will be leaving the center promptly at **9:15 AM** and return approximately at 7:00 PM. I hope the foliage will be at its peak but did you see the trees already changing along lower Concord Road? What is Mother Nature thinking of?

The **Foxwoods** trip **Monday, November 5** is also sold out but we are taking names for a second coach. Since all our regulars have already signed on it is not certain that we will need a second one.

If you put your name on the wait list, please remember that we will only call you if we do add the second bus. You are welcome to call a week or two before to see whether the wait list for the second bus is close to enough to offer one.

White Christmas ticket sales will close on October 1 as the theatre itself has sold out all matinees and has a wait list for tickets. If you do not purchased a ticket by then I do not think there is any possibility of getting you one unless we have a cancellation. Please remember that your ticket price can not be refunded unless we can resell it. If you gave us a \$45.00 deposit in September, the balance of \$31.00 is due now. Complete cost including the show, transportation and a box lunch is **\$76.00**. We will have the lunch at our Center about **11:15** and leave about 12:15.

Florida Trip March 2008 We are planning the same winter get-away as last year with a few new ideas and hope to have flyers ready sometime this month. The first two weeks we accept reservations from Sudbury residents only, and our out of town friends are welcome to sign on any time afterward.

I have been busy researching a "big trip" for 2008 and have had some requests for Japan. I have looked into it and it is more costly than some other trips. The cost of living and travel over there is more expensive. I have some flyers for you to look at in the Trip Rack. Please let me know what you think. If you think it is for you, please sign the sheet at the front desk. You can also sign the sheet and say where else you would like to go. If you know of some interesting day trips that you have been on and we have not, please send us a note and/or some information about it.

Thanks, Carmel

CULTURAL TRIPS NEWS



Boston Symphony Orchestra Rehearsal Thursday, November 8

Come with us to hear a working rehearsal of the orchestra. They will play Berg's violin concerto with Christian Tetslaff as soloist, and Mahler's Symphony Number 9. James Levine conducts. A lecture about the works is also on the program.

All participants must fill out the one day reservation form (goldenrod color). Please give your street address and not a post office box number. This is confidential information and is used only in case of an emergency.

Lunch will be at Maggione's Restaurant. The cost will be **\$70** per person, and includes lunch, transportation, and BSO tickets.

Bus will leave the Senior Center promptly at **8:15 AM**, so plan to get to the parking lot by 8:00. (We need to arrive at Symphony Hall by 9:30 a.m. in order to hear the lecture.)

Stay tuned for details on the **February** trip to the **British Museum at Yale** in new Haven Connecticut.

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 **9:00 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 clients to medical appointments. Call **978-443-2145** one week in advance. Leave your request on the answering machine, and the coordinator will call you.

Sudbury Senior Access:

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly free drop-in health clinics. Clinic hours are **Tuesdays 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 medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

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

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

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

IN-HOME SERVICES

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

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

Grocery Shopping: A volunteer shopper will make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the food.

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

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

NUTRITION

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

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

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

Return Service Requested



U.S. POSTAGE
PAID
Sudbury, MA
PERMIT NO. 141
PRESORT STANDARD

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, 9:00 AM to 3:00 PM

General Information Line: 978-639-3275 Menus: 978-639-3278 Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

Come to our

OKTOBERFEST

LUNCHEON

Wednesday, October 17
12:00-2:00

Featuring German-style entertainment from

JANET AND LOU BORELLI

Menu:

German potato salad
Butternut squash
Roast pork
Chocolate bundt cake
Sparkling cider

Cost: **\$4.00**

Reservations required by October 10.

