

ARTISTS LIVE

The creative process is endlessly fascinating and quite mysterious. No one can say exactly where inspiration comes from, but hearing directly from the artist can deepen our appreciation of art, crafts and the way artists work.

We'll be offering our own version of an artist's open studio this fall, **Mondays, September 15-October 20, at 2:00** so we can both enjoy the experience of seeing works of art or craft, and hearing how it came to be directly from the artist.

The sessions can be attended individually (\$10 each), or you can sign up for the whole series (\$40). Here are the topics:

September 15: Polymer Clay and Jewelry with Margie Sisitsky. Learn about the many uses of polymer clay, a material that remains pliable until baked in a conventional oven or toaster oven. Ms. Sisitsky will demonstrate basic techniques, including millefiore, a method used by Venetian glass workers. She teaches art in the Framingham Public Schools and has taught jewelry making and small metals at the Worcester Craft Center.

September 22: Paper Cuts with Leslie Miller. Ms. Miller's work is in many collections and has been included in various paper cut exhibits, including an invitational show at the Cooper Hewitt Museum of American Folk Art, NYC. The paper cutting craft originated in Poland.

September 29: Oil Painting with Willy Garver. See an oil painting being created and hear about the materials and history of oil paints. Ms. Garver has a BFA and has exhibited her work in many countries including Australia, Holland and Concord, MA.

October 6: Stained Glass with Carolyn Stock. This slide show and demonstration will feature techniques and methods, including cutting glass and soldering the metal that hold the pieces. Ms. Stock has created pieces for movie director Spike Lee and the Children's Discovery Museum in Acton, and has taught at Middlesex Community College.

October 20: Watercolors with Cynthia Durost. This lecture/demonstration will feature a discussion of impressionism, and the techniques of washes, brush painting, the use of color, and au plein air work. Ms. Durost teaches watercolors here and at other venues, and has a studio in Acton.

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The Poetry of Robert Frost
Tuesdays, September 30-November 4
1:30-3:00

Robert Frost (1874-1963) is considered the quintessential American poet. He writes with a simple vocabulary and his subjects are mostly drawn, from direct observation of New England scenes. His genius is in sensing profound and basic truths in these scenes, in searching them out with open-minded persistence.

His poetry quietly generates powerful drama, urgency and passion. He seeks answers to the most essential questions of existence, often with humor and always with keen observation of people, places and moments. Seemingly artless, his poetry usually has formal qualities of rhyme and always of meter. He famously remarked that "writing poetry without meter is like playing tennis with the net down."

For six weeks we will immerse ourselves in a selection of his greatest works, using in-depth analysis and discussion to unveil the richness of his thought. The poems will be available as handouts upon registration.

September 30: *Design*

October 7: *Come In and The Draft Horse*

October 14: *Mending Wall and Stopping by Woods on a Snowy Evening*

October 21: *After Apple Picking* and time permitting, Philip Freneau, *On Observing a Large Red-Streak Apple*

October 28: *Birches and The Woodpile*

November 11: *Tree at My Window, Mowing,* and, time permitting, *The Most of It*

The instructor will be Dr. Eugene E. Narrett who has an MA and PhD in English and Comparative Literature from Columbia. Dr. Narrett has taught at Cambridge College, Boston University, and Bentley among others, and was a consultant to the National Council on Teacher Quality.

The cost will be **\$40** for the six-week series or **\$10** for individual sessions.

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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.*

ads



Sudbury University: A Day of Learning

Saturday, October 18

8:30-3:30

The 1920s were a pivotal era for the United States. It was then that the country as a whole made the transition from a farm-based way of life to an urban, “modern” ethos. Women bobbed their hair and shortened their skirts. Average families bought automobiles. People from new cultures began to be assimilated into the fabric of the nation through waves of immigration.

On **Saturday, October 18**, we’ll offer a college-level look at the changes that took place in the 20s. There will be six classes to choose from, as well as lunch. Topics will include *Images of the Roaring 20s*, *Jewish, Irish, and Italian Gangsters of the 1920s*, *Music of the Jazz Age* (pick one or the other of two sessions that feature a live performance), *The “Look” of the 1920s*, and *A Chicken in Every Pot: The Election of 1928*.

Here is the schedule:

- | | |
|-------------|---|
| 8:30-9:00 | Registration |
| 9:00-9:30 | Introduction and Orientation |
| 9:30-10:45 | Choose Session I: Images of the Roaring 20s with John Clarke OR
Session II: Jewish, Irish, and Italian Gangsters (Larry Lowenthal) |
| 10:45-11:05 | Break |
| 11:05-12:15 | Choose Session III: Music of the Jazz Age (John Clark and Henry Francis on clarinet and piano) OR
Session IV: The “Look” of the Twenties (Willy Garver) |
| 12:15-1:15 | Lunch |
| 1:15-2:30 | Choose Session V: Music of the Jazz Age (repeat of session III) OR
Session VI: A Chicken in Every Pot: The Election of 1928 (Gary Hylander) |
| 2:30-2:45 | Break |
| 2:45-3:15 | Wrap-up, comments, evaluation, next steps |

A detailed syllabus, including course descriptions, will be available in October, but those who want to reserve their spot may do so by calling the Sudbury Senior Center at 978-443-3055. Tuition for the day’s events, including lunch, will be **\$50**. Enrollment will be limited to 75.



The leaders of World War II *Continued from August*

Pat Mullen's fascinating eleven week film-and-discussion series continues on **Fridays at 1:00** this month. You can enroll for the remaining sessions for **\$10**. The topics include:

September 5: Dwight Eisenhower Political skill led to his designation as Supreme Allied Commander. We'll see *Countdown to D Day*.

September 12: George Patton A strict disciplinarian and tough in his training, Patton was generally unpopular with his troops but he was their best chance to get home alive.

September 26: Omar Bradley and Douglas MacArthur Part 1: Destiny Bradley took raw recruits and turned them into the finest fighting force in history. Douglas MacArthur: admired and reviled, vain and paranoid: he was both hero and villain in the annals of history.

October 3: Douglas McArthur Part 2: The Politics of War Revered by his men, reviled by his commanders, MacArthur thought his greatest battles were not against the Japanese but the planners in Washington, the rival services (especially the Navy), and his commanders.

October 10: *Great Generals: George Marshall, Admiral Chester Nimitz, and Marshal Georgi Konstantinovich Zhukov*

Marshall, America's foremost soldier during World War II, served as chief of staff from 1939 to 1945, building and directing the largest army in history. Admiral Nimitz, assuming command at the most critical period of the war in the Pacific, and despite the losses from the attack on Pearl Harbor and the shortage of ships, planes and supplies, successfully organized his forces to halt the Japanese advance. Of General Georgi Zhukov, it was said by the Soviet Red Army during the war, "Where you find Zhukov, you find victory."

This discussion of three great military leaders rounds out our series.



Men's Breakfast

**Thursday, September 18
9:00-10:00**

Join chefs Barry David and Joe Bausk, as well as staff from town departments for a repeat performance of our very successful men's breakfast. Just meet, eat and chat! The menu will feature homemade pancakes, sausages, juice, fruit, and coffee or tea for **\$3.00**. Reservations are required by **Monday, September 15**.



My Life/My Health

When you have a long-term health condition, sometimes it seems as if you can't think about anything else. Your health worries you, saps your energy, and makes it hard to get things done.

The Senior Center is offering a way for people to manage their own health conditions to increase energy, improve quality of life, relieve depression, and even need to see the doctor less often.

My Life/My Health is a six-week series of structured activities led by trained peers, and developed at Stanford University. It has been shown to have all the benefits described above. What's more, the benefits last. Even five years later, the original participants are using the emergency room less and are continuing to be able to manage their conditions well on their own.

In partnership with the Arthritis Foundation, the Senior Center will offer a six-week session **Tuesdays, September 16 – October 28, 9:30-12:00**. There will be a free introductory session **Tuesday, September 9 at 9:30** and a reunion of participants in this past spring's series at **11:00** the same morning.

Because of a grant, we are able to offer this series for **\$21**, which simply covers the cost of the class books, tapes, and CDs. Scholarships are available.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

What you need to know about shingles

Up to one half of the nearly 1 million cases of shingles in the United States each year occur in people 60 years or older. Shingles (also called herpes zoster) is a disease caused by the same virus that causes chickenpox. Once a person has chickenpox, the virus can survive but remain inactive in certain nerve roots within the body for many years. If the virus becomes active again, usually later in life, it can cause shingles.

If you've had chickenpox, you are at risk for shingles. Unfortunately, the risk of getting shingles increases as you get older and the risk of complications from shingles also increases with age.

You may not be able to see the first signs of shingles, but you may feel them: itching, tingling and burning. Within a few days, a rash of fluid-filled blisters appears, usually on one side of the body or face. The blisters may take 2-4 weeks to heal. If you notice the symptoms of shingles, make an appointment to see your doctor right away, so that you may begin treatment as soon as possible.


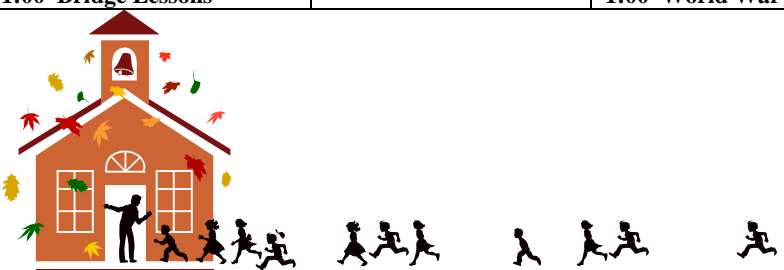
Shingles rashes can be painful, but for most people the pain usually lessens as the rash heals. However, for some people, shingles may lead to nerve damage that causes pain to last for months or years. This long term nerve pain is called postherpetic neuralgia (PHN). PHN is often more severe and can last longer in older adults. Shingles also has the potential to cause skin infection, scarring, muscle weakness, and decrease or loss of vision or hearing.

The Center for Disease Control is recommending the new shingles vaccine for adults 60 and older, even if they have already had shingles. Researchers report that a single dose of the vaccine reduces the occurrence of shingles by about 50%. For individuals aged 60 – 69, the vaccine reduces the occurrence of shingles by 64%. If you are 60 or older, talk to your doctor about whether the vaccine is recommended for you.

For more information about shingles, visit the www.Spotlightonshingles.com website or contact Debra Galloway, Information and Referral Specialist at (978) 443-3055 or gallowayd@sudbury.ma.us.

ads

School's open . . . **SEPTEMBER 2008** . . . *drive carefully!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day 1 	2 8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 12-1:00 Parmenter Clinic 12:30 Bridge 3:30 COA Board	3 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Birthday Lunch 12:30 Informal Quilters 1:00 Bridge lessons	4 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends Meeting	5 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 World War II (7)
8 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future	9 8-9:00 Parmenter Clinic 9:00 Cribbage 9:30-11:00 My Life/My Health Introduction 11:00 My Life Reunion 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 Parmenter Clinic 12:30 Bridge	10 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Andrew Jackson (1) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons	11 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Improving Your heart Health	12 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 World War II (8)
15 9:30-2:30 I&R Hours No Fit for the Future due to tomorrow's election 1:00 Balance (1) 2:00 Polymer Clay	16 <i>State Primary: VOTE</i> 8-9:00 Parmenter Clinic 9:00 Cribbage 9:00 Walking Club (1) 9:30-12:00 My Life/My Health (1) 12:00 Lunch 12-1:00 Parmenter Clinic 12:30 Bridge	17 8:30 Fit for the Future 9:00 Cribbage 9:15 Balance 9:30-2:30 I&R Hours 9:30 Andrew Jackson (2) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons	18 9:00 Men's Breakfast 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Bucket List</i>	19 <i>Balloon Festival Trip</i> 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards
22 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (2) 2:00 Paper Cuts	23 8-9:00 Parmenter Clinic 9:00 Cribbage 9:00 Walking Club (2) 9:30-12:00 My Life/My Health (2) 12:00 Lunch 12-1:00 Parmenter Clinic 12:30 Bridge	24 8:30 Fit for the Future 9:00 Cribbage 9:15 Balance 9:30-2:30 I&R Hours 9:30 Andrew Jackson (3) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons	25 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Medicare Open Enrollment: Changes and Choices for 2009	26 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 World War II (9)
29 <i>Van trip to Walmart</i> 9:15 Lowell Mills Trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (3) 2:00 Oil Painting	30 8-9:00 Parmenter Clinic 9:00 Cribbage 9:00 Walking Club (3) <i>No My Life/My Health</i> 12:00 Lunch 12-1:00 Parmenter Clinic 12:30 Bridge 1:30-3 Robert Frost (1)			

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
September 2	September 3	September 5
Shepherds Pie Mashed Potato Pears	Seafood Newburg Rice Pilaf Italian Veggies Birthday Cake	Roast Turkey Peas Stuffing Mandarin Oranges
September 9	September 10	September 12
Vegetable Gumbo Soup Chicken Whipped Potatoes Applesauce	Broccoli Bake Potatoes/Onions & Parsley Stewed Tomatoes Cake	Sliced Ham/ Pineapple Sauce Whipped Potatoes Winter Mix Veggies Peaches
September 16	September 17	September 19
Shaved Steak Onions and Peppers Mashed Potatoes Smoothie	Macaroni & Cheese Stewed Tomatoes Pineapple	Tomato Soup Meatballs/Gravy Mashed Potatoes Peaches
September 23	September 24	September 26
Mulligatawny Soup Roast Pork/Gravy Sweet Potatoes Applesauce	American Chop Suey Italian Green Beans Fresh Fruit	Tomato Cabbage Soup Chicken/Gravy Whipped Potatoes Lemon Cookie
September 30	October 1	October 3
Cream/Broccoli Soup Chicken Supreme Whipped Potato Pears	Baked Ham/Raisin Sauce Au Gratin Potatoes Summer Veggies Smoothie	Tuna Primavera Rotini Noodles Broccoli Peaches

Movie at 12:30



The Bucket List
Thursday,
September 18
PG 13

Jack Nicholson and Morgan Freeman are men from completely different backgrounds with utterly opposite points of view in the same hospital room with terminal diseases who have learned that they each have less than a year to live.

They decide to do everything in life they've never gotten around to before they "kick the bucket". The ensuing adventures include sky diving, car drag racing, and trips to exotic locations and foreign countries. In the course of their escapades, the two develop an unlikely friendship and the film mixes camaraderie with earthy wisdom that stares death in the face and dares to crack a smile.

The movie is **free**. Pizza is available for **\$1.00** per slice. The 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.

Getting Ready for Medicare Open Enrollment November 15 – December 31

Medicare Prescription Drug Plans (Part D Plans): If you have prescription drug coverage, the plan you have now may not be the best plan for you in 2009. In October, you will receive information about changes in your plan for next year. You can switch plans during the Medicare Open Enrollment, between November 15 and December 31, and begin your new plan in January 2009.

If you don't have a prescription drug plan and you want one, you can join a plan at this time.

If you have limited income and assets, there is federal money to help pay for your Medicare Part D costs. There is also a state prescription assistance program, Prescription Advantage, which has no asset limit. For most people, this program is free and keeps them out of the "gap".

Medicare Advantage Plans: If you are in a Medicare Advantage Plan (e.g. a Medicare HMO/PPO, or PFFS) your plan will notify you in October of any changes for next year. If you have been satisfied with your plan and it is not changing much, you probably want to keep it. However, if you have been unhappy or your plan is changing a lot, you may want to think about switching plans. Medicare Advantage Plans are also open between November 15 and December 31, and begin in January 2009.

If you'd like help with your health insurance, our free Medicare counseling is at your service. Call 978-443-3055 and ask for a SHINE appointment.

Medicare Open Enrollment: *Changes and Choices for 2009* Thursday, September 25 1:00

For a basic understanding of the newest information on Medicare, join us for a **free** session that will cover everything you need to know to make informed decisions about your healthcare coverage. The speaker will be Cathy Worhach. Preregistration is required.



Van Changes

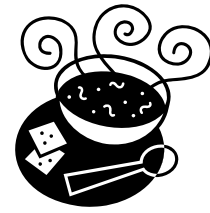
Good news! The Senior Center van is now available to take passengers within Sudbury every Monday except for the last Monday of each month. The van will continue to make a special trip to Walmart on that day.

To reserve a ride, call 978-443-3055. Trips are for seniors and people with disabilities, and can be for any reason. Most destinations are within town, but there are a few nearby destinations in other towns. The fare is **\$1.00** one way.



Legal Clinic Tuesday, September 9 10:00-12:00

Denise Yurkofsky, Elder Law Attorney, will provide **free** 20-minute legal consultations here at the Senior Center **Tuesday, September 9** from **10:00-noon**. Call for an appointment.



Soup's On: Improving your Heart Health Thursday, September 11 Soup at 12:00, talk at 12:30

Did you know that more women than men die of heart disease each year? Or that women are six times as likely to die of heart disease than of breast cancer?

There are things you can do to cut your risk of coronary disease. These include being active, quitting smoking, and maintaining a normal weight.

Getting help fast when you have a heart attack can also limit heart damage and even save your life, but the symptoms of a heart attack are different in women and men. Knowing the early signs of heart attack can save your life. At this Soup's On you will learn the signs and symptoms and simple ways to improve your heart health.

This talk will be presented by Virginia Dow, RN, BC, Manager of the Cardiac Rehabilitation Program at Emerson Hospital.

The event is **free** but we must know how many people to prepare food for, so advance registration is required.

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.



Better balance and flexibility

A success story: a senior who attends our Balance classes can now get up off the floor without help. Since she lives alone, this is important for her safety should she fall. She attributes this change to the work she does in the Balance class!

Come join our next 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.

The class uses balls, bands, and weights to help participants gain in strength and endurance and decrease stress. Tai Chi and Yoga moves are also included.

Class dates are **September, 15, 22 and 29, October 6, 20 and 27, and November 3 and 10**. The cost is **\$50** for the series, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

New this year: Participants have found the class to be so helpful they have requested

that we offer a second section ads of the Balance class. You can take two sessions a week, or choose to attend either the Monday or Wednesday session. The cost for those attending both sessions each week is \$100.

Wednesday classes will be at **9:15** beginning **September 17**.

Free sample: Come to the class **September 15** to see if this is for you! If you decide to enroll, you can pay at that time.



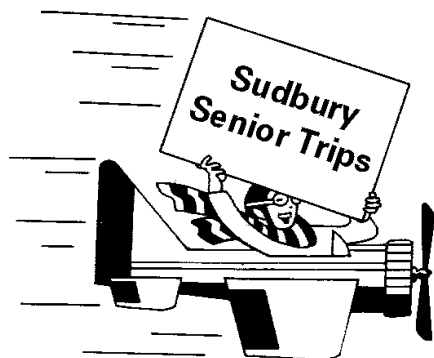
Walking club Tuesday, September 16 9:00-10:00

Whether you walk fast or slow, come and join our **free** six-week walking club led by Linda Sullivan, Public Health Nurse. The dates will be **September 16, 23, 30, October 7, 14, and 21**.

During the series, we'll be working to build endurance and increase our cardiovascular capacity. For those who choose, blood pressure checks will be available before each walk.

The group will take advantage of the new one-mile walking loop at Haskell Field, and will also be able to use the new adult exercise stations provided by an anonymous donor.

Preregistration is requested so that we know whom to expect. Walk is cancelled if it is raining.



Why is it that summer seems to fly by so quickly but winter seems to stay forever? Well I don't know, except that it must mean it is time to begin to think about trips for 2009. If you have any ideas be sure to let me know. We have been doing trips here at the Center for so many years that I think it may be time to repeat some of the old ones again. If there were any day trips or multi-day trips that you really would like to do again please let me know.

NEW! Showboat, Thursday, October 2: The Northshore Music Theater is having a special-priced showing of their fall production of *Showboat* at **10:00 AM**. The cost is only **\$22.50** per ticket for Premier Seating. I only have 40 tickets and when they are gone that's it. At this time I have not included the motorcoach fare. The transportation price will depend on the number who sign up. I will call all those who pay for tickets sometime around mid-September to give them the motorcoach price which should be around \$20.00. I will not sell "Tickets Only" at this time, but if by mid-September there are any left over I will be glad to notify you if you leave your name at the desk and say "Ticket only".

Bargains for such wonderful shows do not come along that often.

Balloon Festival September Friday, 19: If you did not sign up for our Lake George trip I am sorry but we are sold out. Our tour company could not get any more rooms for the festival. But we will take a wait list just in case. I am sorry for all of you who are disappointed. Our bus leaves the Senior Center at 7:45 AM. Please be at the Center by 7:30 that morning. We'll return September 21.

Oktoberfest, Tuesday, October 14: We still have some spaces although this trip is filling up. It is at the Venus De Milo in Swansea and features Adam Barthalt and his award winning Polka Band. A choice of Weiner schnitzel or baked stuffed chicken should be noted on your sign-up sheet. Cost is **\$66.00** payable to Sudbury Senior trips.

Foxwoods, Monday November 3: The last one for 2008. **\$19.00** per person.

December Holiday Trip, Boston Symphony Hall (Or at least I am hoping!) A few of us went there last December and it was so glorious that I have decided to try to do it for all of us this year. I will be receiving the information from Symphony Hall early in September and I will immediately post it. Please watch the trip rack for all the details.

Here's to a great autumn!

Carmel



Cultural Trip

On Wednesday, October 29 we'll go to Hartford, Connecticut where we will visit the home of **Mark Twain** in the morning and have a docent-led tour of the **Wadsworth Athenaeum** in the afternoon.

The Twain home is spacious and beautiful, although the second floor is not handicap accessible and the staircase is formidable. There is a new building adjacent to the home with slides and movies of Twain's life and interesting memorabilia.

After lunch we will go to the Athenaeum, a world class museum. Their collection of Hudson River School art is one of the best anywhere and many of their European paintings are spectacular. The Athenaeum's founder was the patron of Thomas Cole, who taught painter Edwin Church, a Hartford native.

The bus leaves promptly at **8:00 AM** and returns about 5:00 PM. The cost will be **\$65** and sign up for **Sudbury residents begins September 2, (open to all September 15)**. There are only 26 seats available.

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday** through **Friday** from **8:30 AM** to **3:30 PM** within Sudbury. The last Monday of the month 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 \$2 one way for out-of-town trips.

F.I.S.H. (Friends in Service Helping): Volunteers drive clients to medical appointments. Call **978-443-2145** one week in advance. 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 8:00-9:00** and **noon** to **1:00**. **Free** blood

sugar testing is also provided each **Tuesday** from **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment, 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>

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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

*Something new has been added!**

In honor of Sudbury people age 60 and older, the Senior Center would like to invite you to lunch.

We're kicking off our new

Monthly Birthday Luncheon

Wednesday, September 3

12:00-1:00

Menu:

If you are a Sudbury senior (60 or older) with a September (or August birthday), come be our guest at lunch, no charge. Just call 978-443-3055 to reserve your meal by 10:00 AM Tuesday, September 2.

(☞ No meal will be available without reservations.)

If your birthday is *not* in September (or August), lunch will still be available, for a donation of \$2.

☞ Reservations are required by 10:00 AM Monday, September 2.

*Each month we will have cake and lunch (free for seniors celebrating their birthday that month). We will also have several large celebrations with entertainment during the year, but these events will no longer be birthday celebrations.