



The American Mind

Semester 1: Wednesdays, September 22-November 17
9:30 to 11:15

Americans pride themselves on being people of action rather than contemplators. At the Sudbury Senior Center in recent years, we have studied the actions, events and historical figures that shaped American history from colonial times to the present day. But ideas are at the root of what it means to be American. With this in mind, this year we will have a look at the ideas, philosophies and beliefs that have so strongly influenced our nation's history over the last 400 years.

In their own times, such great thinkers as Jonathan Edwards, Thomas Jefferson, Abraham Lincoln, William James, Martin Luther King Jr. and many others engaged in often contentious debate with their contemporaries on such vital issues as religion, education, social equality, and democracy. This course is not intended to advocate for or against philosophies presented or actions taken. Rather, it will clarify why ideas led to events and how they impact us even today.

This lecture series on DVD from The Teaching Company features distinguished historian Allen C. Guelzo, well-known to recent participants in the American history courses offered each fall. The first half of the series (18 lectures over 9 weeks) will begin with *The Technology of Puritan Thinking* and end with *Lincoln and Liberal Democracy*. No text will be used other than outside reading that participants may want to share with the class. It is recommended that participants bring a notebook and pen to make notes for discussion after each lecture.

We do expect great interest in this course. The enrollment is limited to 50. Sudbury residents only may enroll until September 10. Thereafter the class is open to all.

The registration fee is \$20 per semester, which covers the cost of expenses, handouts, and refreshments. Semester II will be held Wednesday mornings beginning in February.

INSIDE THIS ISSUE

Barrymore	2
Stamp Club	2
Plate Tectonics	3
Goodbye	3
Soup's On: Shingles	4
Giving to Charities	4
Watercolors	4
E-mail Scams	5
Calendar	6
Menus	7
Movie: <i>It's Complicated</i>	7
Legal Clinic	8
Yoga	8
Medicare Changes	8
Balance and Flexibility	8
Drive for F.I.S.H.	9
Art in America	9
Trips	10
Services	11
Walking Club	12



Barrymore!

by William Luce

Wednesday, September 22

1:30, Free

Enjoy the life and times of the “bad boy” actor of the early 20th century, John Barrymore. This presentation takes place at a rehearsal of Barrymore’s greatest performance as Shakespeare’s *Richard III*. Family history, theater lore, and the rigors of marriage and Hollywood are mixed in a portrait of a great artist who has lost his way through alcoholism. Expect comedy and pathos.

Barrymore will be embodied by Richard Clark, a professional actor from Boylston, as part of his *Keeping History Alive* series of portraits of famous writers and actors.

There is **no charge** for this performance, courtesy of the Sudbury Cultural Council. However because we expect a full house, reservations are required. Call 978-443-3055.



Stamp Club Notes

The members of the Stamp Club want to thank all of you who have dropped off stamps you have saved from your mail, and donated old collections that have been hanging around. Some of you choose to remain anonymous, but club members want you to know that you have "made their day". They look over donations to see what might be added to their collections. What is not needed is donated to the Lions Club, which runs a stamp-collecting program at their camps for diabetic children.

The Club meets very informally at **10:00** the second Monday of each month (except on holiday Mondays). This month the meeting is on **September 13**. Members can help anyone who might want to reactivate an old collection, and can offer some limited advice or referral if someone might want to sell.

Please note: Solomon Pond Mall trips are suspended due to lack of ridership. The trips will be reinstated in time for holiday shopping in the late fall.

COUNCIL ON AGING

CHAIRPERSON:

Patrick Mullen

BOARD OF DIRECTORS:

Barbara Bahlkow

John Beeler

Elizabeth David

Marilyn Goodrich

Susan Kasle

David Levington

Mary-Lee Mahoney-Emerson

Robert May

SUDBURY

SENIOR CENTER

STAFF

ACTING DIRECTOR

Debra Galloway

ADMINISTRATIVE

ASSISTANT

Claire Wigandt

INFORMATION AND

REFERRAL

RECEPTIONIST

Jean Taylor

SENIOR COMMUNITY

WORK PROGRAM

COORDINATOR

Peg Whittemore

S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald

Kathleen Woerhling

MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER

COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Linda Sullivan

MISSION

STATEMENT

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

ads



Plate Tectonics: The Earth's Shifting Crust

Friday, September 17, 24 and October 1
2:00

Sometimes the earth moves under our feet. This motion can be quite violent, like the recent earthquakes in Haiti and Chile. At times the earth blows off steam and energy, like the volcanic eruptions at Mt. St. Helens or in Iceland. At other times the earth seems quiet, but anyone who has stared at a map of the world for hours in grade school has noticed how neatly the shape of Africa seems to dovetail with the shape of South America. We were told that was just a coincidence, but is it? What causes devastating tsunamis like the ones in Thailand?

Join our favorite meteorologist Hal Coyle for three information-packed sessions on the deep movements of the earth. Hal is a research project manager with the Science Education Department of the Harvard-Smithsonian Center for Astrophysics in Cambridge.

The series is **FREE** but we are accepting donations to cover the cost of handouts. Please call 978-443-3055 to register for your space.



As you may have heard by now, I am retiring as director of the Sudbury Senior Center on September 10. Working here in Sudbury with all of you, I have greatly enjoyed your wit, wisdom, richness of experience and generosity of spirit. Sudbury is very truly a special place.

As I join the ranks of senior citizens, I am aware of how much I have learned about growing older with style and grace, and that learning has come from you.

There is a lot left to do here: we still hope for more space for Senior Center activities; the Council on Aging is working to ensure that the needs of seniors are taken into consideration as the town sets policy and makes development decisions; and transportation for those who no longer drive is still an unresolved issue. But I know that the enthusiasm to work to make a difference continues among the COA Board, the Friends, and you.

Thank you for all your support and kindness. *Kris Kiesel*



Soup's On: Shingles
Thursday, September 9
Soup at noon
Talk at 12:30

Shingles is a painful skin rash that is caused by a virus, the same one that causes chickenpox. If you've even had chicken pox, you are at risk for shingles because the virus lies dormant in the body, only to break out when your defenses are down.

Besides the rash, there is often pain, itching, fever, and upset stomach. The bad news is that the pain can be serious and can last long after the rash has healed. Shingles is most common in people 50 and older, but anyone who has had chickenpox can develop shingles, even children!

Linda Sullivan, Sudbury's public health nurse, will talk about shingles and what can be done to prevent it and to treat it if you have it.

The program is **free**. Even if you don't want soup, please call to let us know you'll be here. Reservations for soup must be made by **noon** the previous day because we must buy the makings.

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



Watercolors
Fridays, September 10-
December 10
1:00 (12 weeks)

You've always wanted to try watercolors; now's your chance. Our very popular watercolor instructor, Cynthia Durost, will offer her twelve-week series again this fall.

Sudbury residents may sign up beginning **August 10**, and people from other towns may enroll beginning **August 27**. You don't even have to be a senior to join.

The catch is that the class size is limited to 17, so early registration is recommended. The series is \$80, payable at the time of registration.

A list of all the materials you'll need to get started is available at the front desk when you register.

The class blends people who have some painting experience with those who are just getting started, and everyone has a great time!

Please note that there will be no classes the weeks of November 19 and 24.



Giving Wisely to Charities
Thursday, September 23
1:00 Free

Giving to a charity is a very personal decision, no matter how large or small the donation may be. Most often, people donate to a charity they feel connected to.

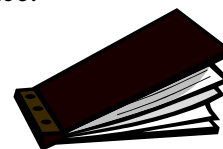
Once you have found a cause that you want to support, it is important to do your homework and be sure that the charity you have selected has a good track record in using donations to benefit the cause, not just the administrative costs of running the charity.

Many causes are supported by several charities. It makes sense to channel your generosity to those who make the best use of your donation.

Rachel Meyer, a Communications and Marketing Specialist with the Better Business Bureau will guide you through choosing a trustworthy charity.

Plus: tips on tax deductions, organizational charities and how to avoid scams will be discussed.

Although the event is free, please do call 978-443-3055 to reserve your space.



FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

E-mail Scams

ads


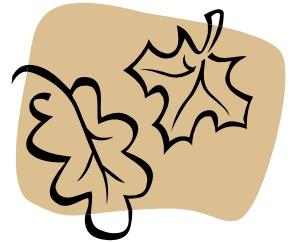
An urgent e-mail arrives at your in box. Your friend Janine has taken a trip to Europe. She has lost her wallet and passport and needs some emergency money to pay for her hotel. She says if you can just wire her some money she will be able to pay for it and come back home. It seems odd that Janine is in Europe since you don't remember her mentioning this. Of course, you haven't seen her for a while, and she does travel from time to time. Perhaps she *has* gone to Europe. And she sounds so desperate in her e-mail. You feel a strong urge to help her! On the other hand, the writing doesn't sound exactly like Janine. There seem to be grammatical errors in the e-mail and the wording isn't the way she would put things.

Welcome to the latest in e-mail scams. In reality, Janine is still here and has not travelled to Europe. However, someone has gained access to her e-mail account and sent e-mails to her whole contact list asking for money. This scam artist is hoping someone on the list will respond with cash before realizing that they are being taken advantage of.

Gary Warner, Director of Research in Computer Forensics at University of Alabama, Birmingham, describes how this scam works on his [blog](#). It usually starts with an e-mail to a Hotmail or Yahoo account from a scammer pretending to be an administrator. The user is told that they need to verify their e-mail address and password to continue using the service. If they respond with this information the scammer then logs onto their account, changes their password, and e-mails their friends and family with a request for money. Friends and family open the message because they recognize the e-mail address. Hopefully, the e-mail has enough mistakes in it that the reader questions its validity.

This scam has also occurred via telephone. Last year, a young woman was calling Sudbury residents telling them she was their granddaughter in Canada or Mexico and needed money because she got into trouble. Unfortunately these e-mails and phone calls will continue as scammers come up with new ways to prey on our emotions and try to steal our money. Be vigilant! For more information, please contact Debra Galloway, Information Specialist at gallowayd@sudbury.ma.us or 978-443-3055. To report a scam, contact the Attorney General's Elder Hotline at 888-243-5337 and visit the FBI website www.ic3.gov to make an online report.

SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><i>If you'll be away</i> for a month or more, please let us know. The Post Office will not forward your newsletter, and we have to pay double when it is returned to us. <i>Thanks for your help!</i></p>		1	2	3
<p style="text-align: center;"><i>Labor Day Holiday</i></p>  <p style="text-align: center;"><i>Senior Center Closed</i> <i>No van service</i></p>	6	7	8	9
10	<p>8:00 BP Clinic 9:00 Cribbage 9-12 SHINE 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters</p>	<p>9-12 SHINE 9:45 Thursday Crafters 12:00 Soup's On: Shingles</p>	10
13	14	15	16	17
<p>9:30-2:30 I&R Hours 10:00 Stamp Club <i>No Fit for the Future</i> 1:00 Better Balance (1)</p>	<p><i>State Primary, VOTE</i> 8:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (1) 10:00-12:00 Legal Clinic 11:00 Yoga (1) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 2:00 Canyon Trip Meeting</p>	<p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters</p>	<p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>It's Complicated</i></p>	<p>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 Watercolors (2) 2:00 Plate Tectonics (1)</p>
20	21	22	23	24
<p>9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (2)</p>	<p>8:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (2) 11:00 Yoga (2) 9-12 SHINE 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p><i>Clark Museum Trip</i> 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 9:30-11:15 American Mind (1) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:30 Barrymore</p>	<p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Giving Wisely to Charities</p>	<p>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 Watercolors (3) 2:00 Plate Tectonics (2)</p>
27	28	29	30	
<p>9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (3)</p>	<p>8:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (3) 11:00 Yoga (3) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 9:30-11:15 American Mind (2) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters</p>	<p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters</p>	<p style="text-align: center;">Sunday, September 26 <i>Great Trains Trip Begins</i></p> 

Please note: No Fit for the Future classes **Wednesday, September 1** due to gym floor refinishing, and no class **Monday, September 13** due to set up for voting on September 14.

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 is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
August 31	September 1	September 3
Ham & Potato Casserole Green Beans Fresh Orange	Barbecue Meatloaf Sandwich Cauliflower/Red Peppers Carrots Fruit Punch Arctic Ice	Macaroni and Cheese Stewed Tomatoes Pineapple
September 7	September 8	September 10
Macaroni & Cheese Stewed Tomatoes Mandarin Oranges	Sliced Turkey/ Cranberry Sauce Apple Slices Corn/Black Bean Salad Cantaloupe	American Chop Suey Mixed Veggies Fresh Orange
September 14	September 15	September 17
Roast Chicken/BBQ Sauce Whipped Potato Spinach Yogurt	Tomato Chick Pea Soup Beefsteak/Onion Gravy Mashed Potatoes Animal Crackers	Chicken a la King Brown Rice Broccoli Peaches
September 21	September 22	September 24
Tomato Rice Soup Chicken Salad Cauliflower Salad/ Pepper Strips Cinnamon Apple Slices	Baked Chicken/ Supreme Sauce Sweet Potato/ Pineapple Broccoli Chocolate Pudding	Meatloaf/BBQ Sauce Whipped Potato Peas Peaches
September 28	September 29	October 1
Roast Pork/ Rosemary Gravy Sweet Potato Italian Green Beans Applesauce	Chicken Patty Au Gratin Potatoes Wax Beans Orange Julius Arctic Ice	Ham/Pineapple Sauce Whipped Potatoes Zucchini Blend Oatmeal Cookie

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

**Movie and pizza
Thursday, September 16**

It's Complicated



121 minutes
Rated R

Pizza: 12:00
Movie: 12:30

Ten years after their divorce, Jane (Meryl Streep) and Jake (Alec Baldwin) Adler unite for their son's college graduation and unexpectedly end up sleeping together. But Jake is married, and Jane is embarking on a new romance with her architect, Adam (Steve Martin).

Now, she has to sort out her life -- just when she thought she had it all figured out. Nancy Meyers writes and directs this Golden Globe-nominated comedy.

Please call by 10:00 that morning if you are coming! Also please let us know if you want pizza (\$1.25/slice). Pizza will be served at **12 noon**, followed by the movie at **12:30**.

*Did you know that you **don't have to be age 60 or older** to take part in most of our programs?*

*Did you know that you **don't have to live in Sudbury** to take part in most of our programs?*



Legal clinic

**Tuesday, September 14
10:00-12:00**

Elder Law Attorney Denise Yurkofsky will offer **free** twenty-minute consultations on legal matters on **September 14**. Appointments are required. Please call 978-443-3055 to schedule yours.



Senior/Healing Yoga
**Tuesdays, September 14-
November 2**
11:00

Discover the joys of hatha yoga at a gentle, accessible pace. This class is for seniors and those living with a chronic illness. Postures are modified as needed, and students are encouraged to work within their limits to build strength, flexibility, endurance and improve their balance, mobility, posture and prevent falls. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners.

Cost: **\$56**. Try the first class free.

How will health care reform change Medicare?

The newly enacted Health Care Reform (also called the Affordable Care Act) includes a number of changes to Medicare:

- **Lower prescription drug costs:** In 2010, anyone who reaches the Gap (donut hole) will automatically receive in the mail a one-time payment of \$250. Beginning in 2011, those in the Gap will receive a 50% discount on brand-name drugs and other discounts on generic drugs. Discounts will increase every year until the “donut hole” is closed in 2020.
- **Improved preventive care:** Starting in 2011, there will be free annual check-ups and no co-pays or deductibles for most Medicare covered preventive benefits, such as cancer and diabetes screenings.
- **Reduced Medicare payments to Medicare Advantage Plans:** Extra payments, which have been made to Medicare Advantage Plans for many years, will be gradually eliminated. But Medicare Advantage Plans will not be allowed to cut any benefits guaranteed by Medicare.

It is very important that you open, read and save all letters from your Medicare Health Plan, your Prescription Drug Plan, Social Security, and Prescription Advantage (if you are a member).

During the annual Medicare Open Enrollment you will have a chance to change next year's coverage. Call for a free appointment with our SHINE counselors.



**Better Balance/
Living Stronger**
**Mondays, September 13-
November 8**
1:00

Join us to have fun while learning to improve your balance and increase strength and flexibility. Using balls, bands, weights and incorporating yoga and chi gong, this class will help improve, posture, gait, mobility, stability, breath, endurance and maintain your independence.

- Learn strategies to avoid and prevent falls.
- Manage medication.
- Learn home and outdoor modifications to reduce falls.
- Decrease stress, especially with the upcoming holidays.
- Learn breathing and relaxation techniques.
- Discover brain games to maintain and improve memory.
- Gain confidence and improve overall quality of life.

This class is great for beginners and those who are looking for a change from your usual exercise routine. Instructor Leslie Worris is the founder of The Wellness Alliance in Newton.

The cost is **\$50** for the 8-week series. Preregistration is required. The classes build on each other so participants may not join mid-session. No class October 11.

**The Major Confrontations
of the Cold War**
October 8-January 20
1:30 \$40

Pat Mullen, who has delivered a number of WW II and WWI programs over the past three years, returns in October with a 12-part class on American Military Operations, 1950-1975.

The course will cover the **Korean War** (1950-Present), the **Cuban Missile Crisis** (the first major conflict of the Cold War, October 12-28, 1962 that was the closest the US ever came to all out nuclear war), and the **Vietnam War** 1945-1975, a war whose first casualty was "Truth".

Hear Pat's firsthand account of the Cuban Missile Crisis. His unit, the 18th Airborne Strike Force, was scheduled to be in the initial wave of the invasion of Cuba. Poor military intelligence would have resulted in a massacre of US troops had the Russians not backed down. Included: a discussion of how this all played out in Washington and what the missteps were along the way.

The class is limited to 50, but early enrollment is advised because the classes fill quickly.



American Art 1740-1850
Wednesday October 27-
December 1 at 1:30
(No class November 24)

Join Dr. Don Oasis in October for a five-session course on American Art as it developed before the Civil War.

As America began to establish its own identity as a nation, American artists were beginning to find a new visual language that departed from European styles. The first two lectures will be on Charles Willson Peale and Benjamin West, while the last three will include John Copley, Gilbert Stuart, and the Hudson River School.

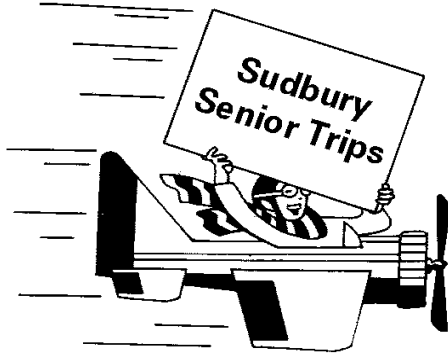
The lectures will be presented in a power point format on a large screen. There will be weekly handouts.

Donald Oasis will be the presenter. The fee is **\$30** payable to the *Friends of Sudbury Seniors*.

ads

Drive for F.I.S.H.

Would you be willing to take a Sudbury neighbor to the doctor in your car? That's really what the F.I.S.H. program (**F**riends **i**n **S**ervice **H**elping) is all about. Volunteer F.I.S.H. drivers agree to provide a ride to a medical appointment when they have the time. There is no weekly or monthly commitment, and volunteers can say whether they are willing to drive to Boston, to local hospitals and offices, or other medical destinations. Even a few hours a month is a big help! Call 978-443-3055 to ask for an appointment with Ed Gottmann to volunteer or to learn more.



Now that summer is coming to an end and the beautiful fall weather will soon be with us, it is time to begin to wrap up some of our fall trips. The asterisks below indicate trips that will very shortly have to be finalized either because they are almost full or because they involve tickets that have to be returned if not sold.

Great Trains & Grand Canyon

September 26 – October 1: We still have a few openings. The present cost is \$1,949 dbl. There may be a slight increase in cost due to a possibility of an air fare increase. Please call me at 978-443-8320 if interested. NOTE: cars may be left at the center and transportation to and from the airport will be provided. There will be a final meeting for all passengers on this trip to pick up tickets and go over last minute details **Tuesday, September 14 at 2:00.**

The Mohawk Trail, Wednesday, Oct 13: Completely sold out. A wait list is being taken.

*** A Chorus Line November 17:**

Replaces the Aqua Turf trip scheduled for November 16 at the newly reopened North Shore Music Theater. Cost is **\$60**. The trip will include a mid-morning stop at a nearby mall for lunch on our own prior to the 2:00 PM show. Our payment is due by mid-September. Any unsold, (very good) seats that are now being held for us will have to be turned back. We may be able to get more tickets later, but they will not be in the same area. Flyers for this trip are on our trip rack.

*** New York Rockettes Christmas Show Thursday, December 16:** The show at the Wang in Boston is scheduled for 2:00. Cost is **\$75** and includes only the tickets

and transportation. We have not as yet decided whether or not we will be able to do some kind of lunch before the trip for those who would like it. More info on this later. Unsold ticket spaces for this show must be turned back by mid-September. There is no guarantee that additional tickets will be available at a later date. Information on the time of departure for both of our starred trips will be available at a later date.

NOTE: If you are interested in both of the above trips, it may be difficult for you to pay for both at the same time. Therefore, you may give us two separate checks one for **\$30** for *Chorus Line* and one for **\$50** for the Rockettes. Final payment by two separate checks for the balances may be paid by mid October.

California New Year's Day

Parade: We have decided to go. We are checking with a couple of companies and would like to have a meeting in mid-September with any of our people who may be interested in the trip. It is very important that you call me at home (978-443-8320) and leave your name and phone number so that I can advise you of the time of the meeting. There is no obligation to sign up at that time unless you choose to. These trips are usually early sell-outs so they may not have too many spaces available.

Florida Winter Getaway

February 26 to March 11, 2011: This trip to beautiful Clearwater Beach is definitely a GO. We have held flyers, waiting for good news from the Gulf on the oil issue. But now we have learned that all is fine where we will be. Our travel company promises us that they will make alternate plans if anything should happen. Cost is **\$1,999 pp.dbl. \$2,849 pp, single.** So many good side trips are planned that you must pick up a flyer to read all that will be happening. If you live outside of Sudbury and are unable to drop by, please call me or the center and we will be glad to mail you a flyer. The company is opening this trip to other interested centers, so we do not know how many spaces we will have at a later date. A meeting possibly in October will be planned to go over all the details.

Carmel



Cultural Trips

The Friends of Sudbury Seniors' Cultural Trip Committee has two great trips lined up for fall. *Both trips are open to all.*

Clark Museum, Williamstown, MA, Wednesday, September 22:

The Clark was opened in 1955 by Singer Sewing Machine heir Robert Sterling Clark and his French-born wife, Francine. The Institute has built upon the couple's extraordinary personal collection to become one of the most beloved and respected art museums in the world. It has outstanding collections of American, European, Old Masters, and French Impressionist paintings (including Monet, Degas, Manet, Pissarro and especially Renoir). Lunch at Mass MoCA is included on the tour.

Cost per person: **\$52**. The bus will depart from the Senior Center promptly at 8:00 AM.

BSO Open Rehearsal, Thursday, October 7:

James Levine will conduct Mahler's Symphony No. 2, *The Resurrection*. The soprano will be Layla Claire, Karen Cargill, will be the mezzo-soprano. The concert will also feature the Tanglewood Festival Chorus with John Oliver conducting. Lunch is included.

Cost per person: **\$57**. The Bus will leave the Senior Center promptly at 8:30 AM.

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 9:00 AM to 3:30 PM.** On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for 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 to schedule a ride. Leave your request on the answering machine, and the coordinator will return your call.

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00** and **noon to 1:00.** **Free** blood sugar testing is also provided each **Tuesday** from **8:00-9:00.** No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost.** We welcome donations of equipment.

CONSULTATION

Information and Referral: 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 regularly available for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

S.H.I.N.E. (Serving the Health Information Needs of Elders):

Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Tuesdays and Thursdays 9-12.** Please call to make a **free** appointment.

IN-HOME SERVICES

Friendly Visitor Program: Seniors who can't get out to socialize can be 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 these small jobs. Seniors will only be expected to pay for necessary parts and materials.

Grocery Shopping: Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

Books on Wheels: This is a pickup and delivery service for books, DVDs, and audiobooks from the Goodnow Library for those who can't get out.

Lock Boxes: The Senior Center can 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.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

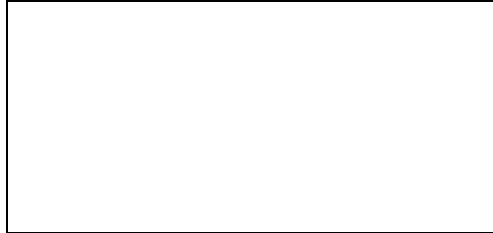
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

<http://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@sudbury.ma.us

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277



Fall Walking Club

Tuesday, September 14-October 19 (Six weeks)

9:30 AM, Free!

What low-cost, low impact activity can help you lose weight, build up your heart and lung capacity, increase your stamina and energy, help you sleep better at night, and even help you stay “regular”? If you guessed walking, you’re a winner! And if you GO walking regularly, you’re even more of a winner.

To make it easy to get started or continue, come join the Senior Center’s Walking Club this fall, beginning September 14. The group leaves the Senior Center at 9:30, for a one-mile walk around Haskell Field on the newly repaved walking loop. Finish up with a few minutes at the adult exercise area, and you’re good to go!

The club will be led by Public Health Nurse Linda Sullivan, and is open to all who want to join in. Walking with others makes it easier to stay motivated, and chatting as you walk makes the time pass pleasantly.

Linda is also available to take blood pressure readings before the walk, so you can keep track of how your cardiovascular system is functioning. It’s all **free**, courtesy of Parmenter Visiting Nurse through a contract with the Sudbury Board of Health.