



A Turbulent Decade: The 1960s
Prof. Gary Hylander
Thursdays, 10:30 AM
\$35

The 1960 presidential campaign was America's first television election. The Kennedy-Nixon debates reached the largest audience in political history. Although Kennedy had promised a New Frontier in domestic legislation, Cold War issues dominated his short-lived presidency. By way of contrast, Lyndon Johnson's Great Society witnessed some of the most significant social legislation in the nation's history. However, the war in Vietnam, campus unrest and the militancy of black power drove him from office. Enter a "new Nixon." Claiming he had a plan to end the Vietnam War and pledging to "bring us together", Richard Nixon defeated Hubert Humphrey in the 1968 presidential election. Along with the politics of the sixties, we will examine the Civil Rights movement, the "British invasion", early feminism, Woodstock, the dynamics of counterculture and the travail of Watergate.

This class will meet for 6 weeks: September 22, October 6, 13, 20, 27 and November 3. Sudbury residents may register starting on August 29; all others on September 6. Please pay when you register by making out a check to Sudbury Senior Activities or mailing your check right away. If you have not paid by Thursday, September 22 you may lose your space. Space is limited to 52 participants.

Professor Gary Hylander earned his Ph.D. at Boston College. He is a Professor of American History at Stonehill College in Easton, Massachusetts where he specializes as a Presidential Historian. He frequently lectures at library forums, historical societies, civic and professional organizations, and independent and assisted living communities. This program is offered in partnership with Sage Educational Services.

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A MESSAGE FROM DIRECTOR, DEBRA GALLOWAY:

Happy Autumn! September is National Senior Center month and we have packed our schedule with new (and many continuing) exciting classes, programs and activities. Stop in and visit or call to be put on our newsletter mail or email list. (If you live out of town, just send a \$7 check payable to “Town of Sudbury” to pay for postage or email us at senior@sudbury.ma.us.)

As I plan for the next several months of programs, please feel free to put a suggestion in the Suggestion Box at our reception desk or email me at gallowayd@sudbury.ma.us with an idea. I welcome ideas for new classes, movies, and entertainment as well as positive or negative feedback on past or current programs. Looking forward to seeing you here – stay well!

A MESSAGE FROM THE CHAIR OF THE COUNCIL ON AGING, DAVID LEVINGTON:

The census data we received last Fall really grabbed my interest. Our town had 1,188 households in which at least one person was age 65 or older. That’s over 20%, almost a quarter of the families. So, apparently Sudbury is doing some things right, and seniors *are* staying.

That’s good, but it also tells me that the Council on Aging, particularly we who represent you on the Board, should look at our responsibilities in as broad a manner as possible. We are proud of our Senior Center, which is alive and vibrant, delivering quality services, education and entertainment. We’ve also paid a lot of attention to finances, property taxes in particular. Town meeting has been supportive, and if the legislature approves the two bills we’ve submitted, I don’t think any town will be doing more to reduce this particular burden.

But I’m sure there’s more we can do. I live in one of the ‘over-55’ condos in town, and about half of my neighbors moved here from other towns. They didn’t come for the schools, you know. It’s a pretty good assumption that they came because they thought Sudbury is a good place to live, no matter your age. I agree.

One of our responsibilities is to be your voice in town government. Another is to reach out to all of you. I hope this year we can focus our energies in these areas.

I want to be sure every senior in Sudbury knows our services are available, and I’d appreciate your help. Call us any time you think there’s something, or someone we should know about.

Every department in Sudbury makes a contribution to the life we all live here. This year I hope, with the support of our Board, to have a dialog with each Town Department. We want to know how we can support them, and we hope they will be looking at ways to make Sudbury even more attractive to its older citizens.

COUNCIL ON AGING

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David Levington

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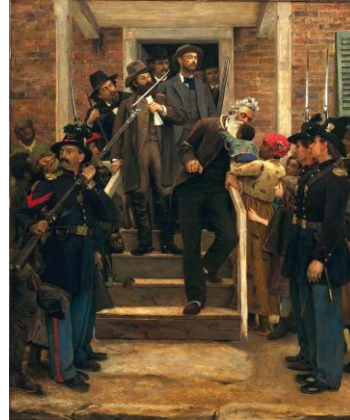
Ed Gottmann

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.



*The Last
Moments
of John
Brown*

By
Thomas
Hovenden

**American Art:
Cultural Nationalism in America 1820-1950**

Wednesdays, Oct. 5 – Nov. 16, no class Oct. 19

1:30 PM

\$30

The fall offering in American Art by Donald Oasis will chronicle the rise of *Cultural Nationalism* from the Hudson River School of painting to the works of Norman Rockwell. After the American Revolution, traditional religion lost many followers. America came to assert its cultural independence from Britain. This style of art became distinctively and singularly American in taste. The "new" American Cultural Nationalism was not only in the form of paintings but also in literature and music. Noah Webster, James Fenimore Cooper, Walt Whitman and Washington Irving were some of the authors involved.

The seven artists who will receive the most attention during this survey are: George Caleb Bingham, William Sidney Mount, Frederic Remington, Charles Russell, Eastman Johnson, Reginald Marsh, and Norman Rockwell.

Please make your \$30 checks payable to Sudbury Senior Activities when you register. Call the Senior Center for more information at (978) 443-3055. Proceeds from the class go to *Friends of Sudbury Seniors*.

**HOW DID THIRTEEN COLONIES
DEFEAT AN ENTIRE EMPIRE?**

American Revolution on DVD – Starts September 14, 9:30 AM

Has there ever been a more unlikely war than The American Revolution? What made America's victory possible? Why did the British fight the way they did? Who really deserves credit for defeating the British army? An award-winning author and riveting lecturer, Professor Allen C. Guelzo, explains the answers to these and many other questions in a series of lectures on the American Revolution. Join us for this 12 week series, \$20 for materials, call the Senior Center to register.

ACTIVE Aging Week September 26 - 30

The last week of September has been designated *Active Aging Week*. For those who *have not* tried out our fitness classes, we will offer a **free** trial class during Active Aging Week. See the September calendar to learn which classes are available as a free trial for new participants.

There are many ways to become more active at the Senior Center:

- **Join our Walking club**
- **Try the new Zumba class**
- **Zip over to Fit for the Future**
- **Meditate on Balance or Yoga**
- **Tickle your Toes with Tap Dance**
- **Or Attend our Get Ready to Get Fit workshop!**



Pickle Ball Info Session

Dick Gellis has a message: Pickle Ball is a blast! Forget the silly name, this is a version of tennis played on shortened courts with a different type of racket. You get the mental challenge of tennis with a bit less physical risk.

Join Dick on **Thursday, September 15 at 10:00 AM** to learn about this new game!

Please call 978-443-3055 to let us know that you are coming, so that we know how many to plan for.



Zumba 55+ - New!

Get into the groove with Zumba! Susan Craver, a Certified Zumba instructor, with many years of experience teaching dance and tap dance, will lead this gentler version of Zumba on Wednesday afternoons at 1:00 PM in the Fairbank gym. Drop in fee is \$5, sign up for 8 weeks and pay \$30 for 8 classes. First class Sept. 14.



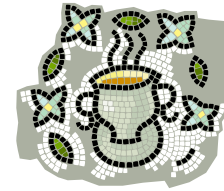
Get Ready to Get Fit! Workshop

**Tuesday, September 20
9:30 AM - Free**

Thinking about getting active, but not sure how to start? Need a little encouragement or have questions about safety? Join Sue Rushfirth, R.P.T., of Parmenter Community Health Care in Wayland, as she provides information, education and support in beginning a new activity or fitness program.

Walking Club Starts Tuesday, September 27 9:30 AM

Join our Public Health Nurse, Linda Sullivan, R.N., for a healthful, invigorating walk on the path around Haskell Field across the street from the Senior Center. There is **no cost**, but if you would like your blood pressure taken before you walk, please come early so we can set out right at 9:30. Call to sign up at 978-443-3055.



Soups On! Focus on Your Eyes

With Dr. Labiento Smith

**Thursday, September 15
12:00 Soup,
12:30 Speaker**

Learn more about your vision, changes that occur over time, how to spot changes that need evaluation and more, with Dr. Lorraine Labiento Smith from Sudbury Eye Care.

Homemade soup, salad and bread are served at 12 noon. Even if you don't want soup, please call to let us know you'll be here so we can set the room up for the expected audience. To reserve soup, call before 4:00PM on September 14.

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.

New Sessions of Healing Yoga and Better Balance

Better Balance - \$50
Mondays, 9/12 – 11/14, 1:00 PM
(No class 9/19, 10/10)

Senior/Healing Yoga - \$56
Tuesdays, 9/13 – 11/8,
9:40 and 11:00 AM
(No class 9/20)

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
ANNE MANNING

Powerful Tools for Caregivers Series

There are only four kinds of people in the world:

Those who have been caregivers

Those who are currently caregivers

Those who will be caregivers

Those who will need caregivers

Caregiving is often rewarding, but undoubtedly draining. The average caregiving situation lasts more than four years, according to a 2004 report by the National Alliance for Caregiving. Sixty percent of caregivers work. Most people had to leave work early, come in late or take extra time off as a result of their responsibilities. Forty percent said they had no choice in taking on the care, perhaps because they live nearby or did it out of a sense of duty. If elder care responsibilities are dividing your family, try to get an independent assessment of the situation, hold a family meeting, perhaps moderated by a trusted friend or clergy member. Tensions usually escalate when families are faced with key decisions or a new crisis. Remember to take care of the caregivers too!

Please join us for a six week educational program for Family Caregivers. Powerful Tools for Caregivers helps the caregiver: reduce stress, better communicate feelings, locate resources, make tough decisions and find confidence and balance.

When: Mondays in September and October

September 12, 19, 26 and October 3, 17, 24

2:00 PM - 3:30 PM

Please contact Joyce Raum at BayPath Elder Services to register as space is limited. If you have questions or need assistance, please feel free to contact Anne Manning, LMHC, the Senior Center Information Specialist at 978-443-3055 or manninga@sudbury.ma.us. A \$25 donation helps to cover the cost of the manual. Any donation is accepted and no one will be denied attendance if unable to pay.

References:

Rosalynn Carter, *Helping Yourself Help Others*


Maggie Jackson, *Balancing Acts*

National Alliance for Caregiving at www.caregiving.org



SEPTEMBER 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* In honor of <i>Active Aging Week</i>: New participants try one of our fitness classes for Free at the following times:</p> <ul style="list-style-type: none"> - Fit for the Future 11AM or Balance class 1PM: Monday, Sept. 26 - Yoga class: Tuesday, Sept. 27 at 9:40 AM - Zumba class: Wednesday, Sept. 28, 1:00 PM - Tap Dance class: Thursday, Sept. 29, 9:30AM 		<p>September is National Senior Center Month!</p> <p>Stop by to see what's happening!</p>	<p>1</p> <p>9-12 SHINE 9:45 Thursday Crafters</p>	<p>2</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch</p>
<p>5</p> <p><i>Senior Center Closed in Honor of Labor Day</i></p> 	<p>6</p> <p>8:00-9:00 BP Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 3:30 COA Board</p>	<p>7</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:30 Ireland Pre Trip meeting</p>	<p>8</p> <p>9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: True Grit</p>	<p>9</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch</p>
<p>12</p> <p>9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance (1)</p> <p>2-3:30 Powerful Tools for Caregivers (1) – <i>New!</i></p>	<p>13</p> <p><i>Highland Heartbeat Trip</i> 8-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>14</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30-11:30 American Revolution (1) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Zumba 55+ - <i>New!</i> 1-3 Brown Bag Medication Checkup</p>	<p>15</p> <p>9-12 SHINE 9:30 Tap Dance Class (1) 9:45 Thursday Crafters 10:00 Pickle Ball Talk!</p> <p>12:00 Soups On: How Our Vision Changes over Time – Dr. Lorraine Labiento Smith</p>	<p>16</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (1)</p>
<p>19</p> <p>9:00-2:30 I&R Hours 11:00 Fit for the Future <i>No Balance class</i></p> <p>2-3:30 Powerful Tools for Caregivers (2)</p>	<p>20</p> <p>8:00-9:00 BP Clinic 9:00 Cribbage 9:30 Prepare for a Fitness Program workshop <i>No Yoga classes</i> 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:00 Learn about the Coolidge at Sudbury</p>	<p>21</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30-11:30 American Revolution (2) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Zumba 55+</p>	<p>22</p> <p>9-12 SHINE 9:30 Tap Dance Class (2) 9:45 Thursday Crafters 10:30 The 1960s (1)</p> <p>3:00 Friends meeting</p>	<p><i>Falls Prevention Day</i> 23</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (2)</p> <p><i>Look for Fall Prevention Workshops on October...</i></p>
<p><i>Active Aging Week</i> 26 <i>Special Van Trip</i> 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (2) <i>If you are new, try Fit for the Future or Balance for free today!</i></p> <p>2-3:30 Powerful Tools for Caregivers (3)</p>	<p><i>Active Aging Week</i> 27 8:00-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (1) 9:40/11:00 Yoga (2) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge <i>New participants, try yoga for free today at 9:40 AM!</i></p>	<p><i>Active Aging Week</i> 28 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30-11:30 American Revolution (3) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Zumba 55+ <i>Try Zumba for free today!</i></p>	<p><i>Active Aging Week</i> 29 9-12 SHINE 9:30 <i>No 1960s class this week</i> 9:30 Tap Dance Class (3) <i>New participants, try Tap Dance for free today!</i> 9:30 Learn about Technology with Don Hutchinson 9:45 Thursday Crafters</p>	<p><i>Active Aging Week</i> 30 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (3)</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 is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
		2 Split Pea Soup Meatballs W/ Jardiniere Gravy Mashed Potatoes Whole Wheat Bread Fresh Fruit
6 Cheese Lasagna w/ Tomato Sauce Spinach Italian Bread Fresh Fruit	7 Vegetable Soup Fiesta Fish Diced Parslied Potatoes Whole Wheat Bread Orange Arctic Ice	9 Sweet & Sour Pork Roast Brown Rice Cauliflower/Red Pepper Rye Bread Applesauce
13 Cheesy Cauliflower Soup W/ Crackers Chicken/Rosemary Gravy Brown Rice Whole Wheat Bread Banana Pudding	14 SPECIAL Ham & Cheese Bake Stewed Tomatoes Sliced Cucumber Salad Dinner Roll Pear & Raisin Compote	16 Stuffed Shells Tomato Sauce Italian Green Beans Italian Bread Fresh Fruit
20 Butternut Mac & Cheese Stewed Tomatoes Green Beans Whole Wheat Bread Fresh Fruit	21 Roast Chicken W/ Tarragon Sauce Brown Rice Brussel Sprouts Italian Bread Fruited Gelatin	23 Hot Meatloaf BBQ Sandwich Mashed Potatoes Mixed Vegetables Whole Wheat Bread (2) Chocolate Pudding
27 Hot Dog Baked Beans Carrots Hot Dog Bun Pineapple	28 Salisbury Steak W/ Brown Gravy Mashed Potatoes Green Beans Rye Bread Peaches	30 Roast Chicken W/ Marsala Sauce Mashed Potatoes Peas Italian Bread Butterscotch Pudding

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 8**



True Grit

110 minutes
Rated: PG-13

12:00 Pizza
12:30 Movie

After drifter Tom Chaney (Josh Brolin) murders her father, 14-year-old Mattie Ross (Hailee Steinfeld) hires alcoholic U.S. Marshal Reuben "Rooster" Cogburn (Jeff Bridges) to help her exact revenge. The disreputable lawman still has grit, though, and mounts an epic search. Joining the duo on their quest is a Texas Ranger (Matt Damon) who's also hunting for Chaney in this updated Western that received multiple Oscar nods, including Best Picture.

Starring: Jeff Bridges, Hailee Steinfeld, Matt Damon, Josh Brolin

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**.



Pictured: John Beeler, Council on Aging Board member with the new Senior Center van.

The New Senior Center Van

Our most exciting news: Thanks to the Mass. Department of Transportation, the Federal Transit Authority and the MetroWest Regional Transit Authority (MWRTA), we have received a new wheelchair accessible van! This van is larger; it seats 12 and can hold 2 wheelchair users.

This new van will replace our older van. The older van will be used as a backup vehicle when the new van needs service.

The Senior Center van is available to residents 60 and older, as well as residents who have a disability. The van hours are Monday – Friday, 8:30 – 3:30 PM. Please call us at (978) 443-3055, with any questions to reserve a ride!

Learn About the Coolidge at Sudbury Tuesday, September 20 1:00 PM

A proposed development by B'nai B'rith Housing New England of 64 apartmentss designated for those 55 years of age and over. There building will contain mostly one bedroom and some two bedroom apartments, a meeting room, library and fitness center. An on-site Activity Coordinator will plan programs. Holly Grace of B'nai B'rith Housing New England will talk about this proposal.

Brown Bag Medication Checkup Wednesday, Sept. 14 1:00 – 3:00 PM

Do you wonder if your blood pressure medicine works well with your new heartburn medicine? Do you need a better understanding of generic versus brand name medicines?

Bring your medicines and your questions to our Medication Checkup on Wednesday, September 14 from 1-3 PM. Call the Senior Center to sign up for a ? minute time slot.

Learn about your medicines with Rita Naoum, PharmD, from Rite Aid Pharmacy.

Important Notice About Flu Shots!

The Sudbury Board of Health would like to advise Sudbury Seniors that state supplied flu vaccine will only be available for children and uninsured adults.

Consequently, there will not be a Flu Clinic at the Sudbury Senior Center this year. However, CVS, Rite Aid and Walgreens Pharmacies will have the flu vaccine available on a walk-in and by-appointment basis.

This service will be covered by your Medicare and Managed Care (HMO) Medicare insurance. Be sure to bring your Medicare and all other health insurance ID cards with you. The Flu Vaccine is expected to be available in the early fall.



Medicare News

Medicare Open Enrollment is Changing! New Dates: October 15 – December 7

The annual Medicare Open Enrollment is the time to enroll in or change your Medicare coverage for next year (health, as well as drug, insurance plans). Our state-certified SHINE (Medicare) Volunteer Counselors can help you understand your plan, as well as other options you may have.

In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment. The best time to schedule your appointment is in October to be sure you have received your insurance mailing.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. You may also call Medicare at 1-800- MEDICARE.

Looking to October...

Come to our two-part **Fall Injury Prevention Workshop**. Learn about preventing a fall the first week; learn how to get up from a fall, the second week.

Shhhh..... enjoy lively piano accompaniment to a **Silent Movie Show** from the 20's. Lots of laughs and great music!

**Hello
Technology Newbies!**

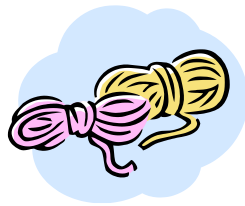
Don't Be Shy -Bring your Questions to our Tech Workshop

Thursday, September 29
9:30 AM
FREE

Perhaps you are interested in a video chat with your grandchildren? Or would like to take a peek at the paintings in the Louvre? Maybe you want to watch movies at home for free, or check the menu of your favorite restaurant? These are some of the things anyone can do on the internet. You don't even need a computer!

Don Hutchinson, himself a senior, will provide a non-technical introduction to this new medium. Find out what the fuss is all about – and it is not just for twenty somethings.

Call the Senior Center to reserve your space at this workshop, at 978-443-3055.



**Annual Crafts Bazaar
New Earlier Date:
Saturday, October 15**

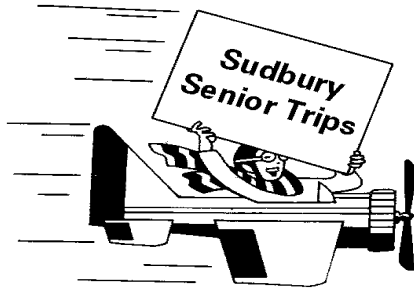
This year the annual Crafts Bazaar will be held Saturday, October 15 from 9:00 AM – 12:00 noon. This is an earlier date than usual, but gives everyone an opportunity to get started on their gift list early. And fall is a great time to move no longer needed knick-knacks, jewelry, and household items out of your house and over to the Bazaar where they can go on to a new life.

The Annual Crafts Bazaar is sponsored by the *Friends of the Sudbury Seniors* and the *Thursday Crafters* group. Tables will include: Grandfolks Attic, Cookie Boutique/Bake Sale, jewelry and handmade crafts, and raffle baskets.

Dying to share a new cookie recipe? Donate to the Bake Sale or Cookie Boutique! Please bring your donated goods to the Senior Center on Friday, October 14 or Saturday, October 15 after 8:30 AM. Please list ingredients and remember to leave out nuts and peanut butter from your baked goods. Donations of knick knacks can be brought in any time after September 23rd.

More information to come in the October **Sudbury Senior Scene**.

Ads



Trip News for September 2011

As summer nears its end and the cool fall weather will soon be here, it is time for us to think about our trip program for 2012.

This past year saw us having to tighten up a little bit on our trips. I'm sure the economy played a big part in this. However, we have come through okay. For this reason we recently have been trying a new approach for our trips (see below).

From now on, we will take names and checks for the first 26 people (for the Mini Bus) and then take a wait list until we hit 35. If we reach a total of 35, we will call our wait list people and then reserve a regular large coach (57 passenger).

As you know these comfortable motorcoaches that we rent range from about \$600 (Mini) to \$800 and up depending on distance and time.

Trip to Ireland Meeting

There will be a pre-trip meeting on Wednesday, September 7 at 1:30 PM for our September 19th Ireland trip participants.

The King and I

We recently posted a new trip for October 5th to one of our favorite

venues, the North Shore Music Theatre. We will be seeing that wonderful classic "The King and I" as only the Beverly Playhouse can perform it on stage. We will make our usual pre-show stop at the Woburn Mall to check on the Fall fashions at Appleseed's and some of the other shops there and have lunch on our own at Panera Bread, MacDonald's or Papa Ginos or even bring your own (there are tables and chairs in the middle of the Mall for your convenience). The cost will be \$63.00 and includes the motor coach and the show.

Foxwoods

Our regular trip to Foxwoods will take place on November 7. Please note that we have had to change the price to **\$24.00** in order to cover the cost of the motorcoach. You must fill out all the information requested (including the top areas) on the pink registration form as this helps our volunteer typist to put the necessary information onto our spreadsheet for our trip leader.

November/December Ideas?

We hope to post our November and December day trips on our trip bulletin board in early September. We have had several requests for *Christmas Pops* again this year and the *Rockettes* are also returning this year. *Peter Pan* will also be in Boston in November. Please let me know if you are interested in any of these shows.

If you have any other trip ideas

months, please leave me a note at the front desk. We might consider doing two of the above if there is enough interest.

Florida Getaway?

Last of all we are hoping to do our Florida Winter Getaway trip to Clearwater Florida, February 25- March 9, 2012, Cost \$2099. There are a lot of great things planned for this trip but we need to know ASAP if there is enough interest. Flyers for this trip will be available on the trip rack in early September.

Enjoy the rest of your summer,

Carmel

Cultural Trip to John Adams National Historic Park Tuesday, October 4 9:30 – 1:30

In response to popular demand, the Cultural Trip Committee is planning a visit to the Adams National Historic Park in Quincy. You will see the birthplace of John and John Quincy Adams as well as the Stone Library.

The bus will depart from the Senior Center at 9:30 AM and return at approximately 1:30 PM. There will be an optional lunch and discussion at the Senior Center following the outing. When you reserve our space, please let us know if you will attend the lunch. Please make a reservation at the Senior Center and leave a check made out to Sudbury Senior Activities. For information, please call us at (978) 443-3055.

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**. 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: 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 **9:00 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 with trained volunteers 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 pick up 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**. A voluntary donation of **\$2.00** a meal is requested. 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**

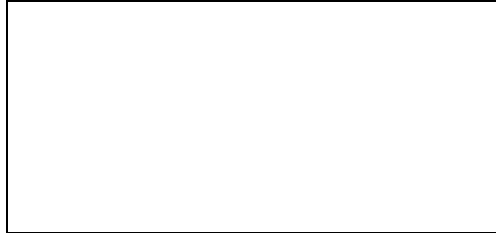
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<http://senior.sudbury.ma.us>

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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

What's New at Your Senior Center?

In September...

- ❖ A New COA Connection Van
- ❖ Walking Club
- ❖ *Focus on Your Eyes* - Soups On
- ❖ New American Revolution DVD class
- ❖ Zumba!
- ❖ Powerful Tools for Caregivers educational program
- ❖ Pickle Ball!!
- ❖ Learn about Coolidge at Sudbury
- ❖ New 1960's class
- ❖ Get Ready to Get Fit!

