

Sudbury Senior Scene

September
2005



Experience the beauty of Siam with the
Sudbury Day trippers

The Kingdom of Siam: The Art of Central Thailand, 1350-1800

Monday October 3, 8:30-3:00

We are offering a rare opportunity to see stunning artwork from the National Museum of Thailand and from collections around the world at the Peabody Essex Museum in Salem.

The work includes gold ceremonial objects, furniture with intricate inlays, and many other long-hidden treasures, including Buddha images and sculptures. This is the first time that most of these sacred and precious objects have been on view in the United States.

In addition to a guided tour of the exhibit, we will also tour the Yin Yu Tang, a reconstructed Chinese House in the museum that dates from the time when American sailors were first visiting China as it opened to trade.

Our trip will include time for you to lunch on your own at the museum's delightful food atrium, and to visit the gift shops.

Tickets, including bus transportation, the exhibit of Thai art and the Chinese house, are **\$35.00**. Reservations and prepayment are required. For more information, call (978) 443-3055.

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Welcome to Fall Luncheon

Wednesday, September 28

12:00-2:00

Featuring the songs and music of
Lou and Jan Borzelli

Menu: Chicken cordon bleu with supreme sauce
Oven roasted red bliss potatoes
Green peas and pearl onions
Cost: \$3.75

We'll celebrate September and October Birthdays!



Introducing the Medicare Prescription Drug Benefit:

What *everyone* needs to know . . . even if they already have prescription drug coverage!

Medicare is changing! Starting January 1, 2006, prescription drug coverage will be available for all people in Medicare. This new benefit is the largest change in Medicare's history and **every Medicare beneficiary will be affected** in some way.

The Sudbury Senior Center will present a program to introduce Medicare's New Prescription Benefits on **Monday, October 24** from **10:00 to noon**. This presentation is **free** and open to all.

Everyone on Medicare will need information about Medicare Part D, the new, optional, Medicare Prescription Drug Benefit. People with low income and savings, those covered by employee and retiree health plans, members of Medicare HMOs and members of the state's Prescription Advantage Program will have to think through their options under this new plan. The October session will present the latest information on each Medicare Prescription Drug Plan available for Sudbury seniors, including costs and enrollment details. Please note that in some cases if you decide not to enroll in Medicare's plan as soon as you are able, you will pay more each month to join later.

Please call the Senior Center at (978) 443-3055 to register so we will be sure to have enough hand-outs for everyone.

In the meantime, if you have questions about Medicare Part D, or about any other topic relating to Medicare and/or health insurance issues, feel free to call and ask for an appointment with our SHINE counselor Kathy *Worhach*

Brown bag medication clinic

Medication needs to be taken properly to be most effective . . . but did you know that some common medications should not be taken with others? Or that some common foods can lessen the effectiveness of some medication?

Have your own medication reviewed by a registered nurse at our Brown bag Clinic **Thursday, September 8** from **1:00 – 3:00**. She will review all your medications, nutritional supplements, vitamins, and over-the-counter medications and check for interactions and compatibility among them. She'll check your blood pressure and blood sugar level, too.

This clinic is **free**, thanks to a grant from the VNA of South Middlesex. Be sure to call for an appointment, and remember to bring a brown bag with all your medicine, vitamins, and supplements. What a great chance to clean out your medicine cabinet!

COUNCIL ON AGING

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Ed Gottmann

Mission Statement

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

Ad

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Taking the Pulse of a Nation

Thursdays, 9:30-11:30

September 8 to December 8

Red states and blue states: our most recent election pointed to a division of thought in America. We know as well that people in neighboring countries have opinions about the United States and our activities that may be quite unlike our own understanding of the same issues.

Taking the Pulse of a Nation is an informal weekly gathering of people who are interested in exploring the outlook and perspective of people living outside New England. Articles and editorials from local newspapers from around the nation as well as from Canada and Mexico are chosen each week. These are read to the group, followed by a discussion of the writers and their readers.

In addition, the group sometimes takes a more in depth look at an issue, reading pertinent articles from news magazines and periodicals such as *Harper's* and *The Economist*.

The moderator for the sessions is Eleanor Kafalas, long-time member of classes and discussion groups at the Senior Center. The discussion group is **\$15** for the series, plus any cost to purchase newspapers. There are still a few spaces available for this series.

Keeping Balanced

Cold weather is coming, and with it, early darkness, ice and snow. Many older people are reluctant to go out for fear of falling, with good reason. Falls leading to injury can cause a permanent loss of mobility and independence. It is estimated that 10 million seniors fall at least once a year in the United States. Luckily, many of these falls are preventable by working to improve your balance.

Come join our series of eight classes to practice improved balance, **Monday** afternoons from **2:30 – 3:30**. The focus will be on empowering seniors to maintain mobility and independence. Each session will include exercises to improve strength, flexibility, balance, and posture. The course also provides a workbook and exercises that can be done at home.

Class dates are **September 12, 19, 26, October 3, 17, 24 and 31, and November 7**. The cost is **\$40** for the series, and there is a limit of 20 participants. Please call the Senior Center to register. All classes will be held in the Fairbank Gym.

The classes will be led by Leslie H. Worris, the founder of The Wellness Alliance in Newton. She is an educator and lifestyle coach, as well as an adjunct faculty member at the Massachusetts General Hospital School of Health professions. Leslie facilitated a balance class for us last spring, and participants felt the sessions were very worthwhile.



Watercolors for everyone!

**Our popular watercolor class begins again
Friday, September 16
1:00-3:00**

Whether you've always wanted to try watercolors but thought they were too difficult, or whether you're an experienced painter who wants to get back in touch with the fun and versatility of watercolors, we have a great opportunity for you.

Join our 12-week course in watercolor painting with instructor Cynthia Durost. We will explore wet-on-wet and wet-to-dry techniques for landscapes, floral still lifes, and much more.

Each class begins with a demonstration on washes, color, value, or composition. Then students get a chance to try their hand. Open discussion and a shared critique round out each session.

Ms. Durost has studied at the Museum School in Boston and apprenticed for three years with a Chinese Brush painter. She has taught watercolor for more than seven years, and many of her students who started as beginners are now exhibiting and selling their own work!

The class will be **\$75** for the twelve week series.

Soup's On: Gastric reflux

Thursday, September 22, 12:30

That burning sensation . . . we all get it sometimes, but simple heartburn can become GERD, a more significant medical condition. This condition can be successfully managed if treated properly, and people with this illness can live comfortably. Learn the signs and symptoms, and how not to confuse the condition with a heart attack. The speaker will be Dr. Mark Epstein, a gastroenterologist at Emerson Hospital.

Soup, a salad, and dessert will be served at **12:00**, and the talk will begin at **12:30**. The presentation is **free**, but please call the Senior Center in advance to register.

Roman World Reminder

Calling all class members: the first Roman World class is **September 7, 9:30-11:30** at the Senior Center. Please stop by to pick up your text if you ordered one and haven't had a chance to come get it!

T'ai Chi

Balance, coordination, flexibility: the ancient practice of T'ai Chi is an ideal way for people to get a gentle stretch and become more sure footed.

We plan an advanced T'ai Chi class at the Senior Center beginning in mid-October (watch for more details) with instructor Ruth Claff. A brand new series for beginners will be offered in January.



Gentle Chair Yoga

How long has it been since you could reach that jar on the upper shelf of your cabinet? Did you know that practicing yoga may help you reach higher?

Gentle yoga exercises work to increase the flexibility of the joints and muscles. Practicing the movements of yoga helps loosen and lengthen the muscles around joints allowing you to reach farther, bend better and stand taller! Another benefit is stress release and an increased ability to relax.

All this is accomplished in a fun class that includes breathing exercises, postures and flowing movements.

The Sudbury Senior Center will offer a new seven-week session of chair yoga beginning on **Tuesday, September 13** from **11:00 -12:00**. There will be an eight-week session beginning in November, and students can enroll for one or both.

Taught by certified instructor Debra Galloway, sessions will begin with warm-up exercises in a chair, proceed to standing poses using the chair for balance, and end with a relaxation period.

The fee for the seven week class will be **\$30** and **\$35** for the eight-week series. Please call (978) 443-3055 to register for the series, or for more information.

Hurricane Season – Disaster Preparation

From the Desk of Information and Referral Specialist Debra Galloway



Every few years, a hurricane makes its way up the coast to Massachusetts. Wind and water damage, as well as power outages, are possible. How do you prepare for such an event? Although New England is technically not considered hurricane territory, we still need to be watchful and prepared.

The American Red Cross, along with the Federal Emergency Management Agency and the National Oceanic and Atmospheric Administration, has a brochure available regarding hurricane preparedness. The brochure contains a checklist of things to do and a list of important information for hurricane season. Much of the information also applies to the severe winter storms that we can expect to see in this area, so it's well worth reading.

To prepare for a hurricane or other severe weather, you should put together a disaster supplies kit, with essentials such as non-perishable food, clean water, a can opener, and flashlights and batteries, among other things. It is a good idea to write down instructions on how to turn off the gas and water in your house. You may also need to move things inside, such as: lawn furniture, outdoor decorations, hanging plants and anything else that may be picked up by the wind. If there are things you can't reach or move, our volunteer Fix-it folks may be able to help.

Please call Debra Galloway at the Senior Center for more information or drop by to pick up a hurricane informational brochure.



Do you want to play bridge?

The Sudbury Senior Center is pleased to announce *Play-it-by-Hand* bridge lessons, beginning **Wednesday, September 14 at 1:00**.


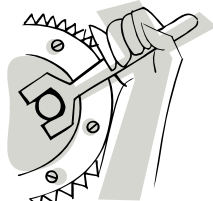
The instructor will be Joyce Pearson, a noted local bridge expert and competitor. She will adapt the sessions to the interests and ability level of the class, so the class will be for all levels.

To begin, we will each play the same hand in order to learn techniques and get practice with bridge skills. As the classes progress, they will be adapted to suit the players.

The cost is **\$80** a lesson, divided among those who come that day (paid directly to Joyce), and an additional **\$2.00** each to the Senior Center to help defray the cost of refreshments. A text by Audrey Grant will be available for \$15.00. Please call (978) 443-3055 to register!

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September 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9-12 SHINE 9:45 Thursday Crafters 12:30-3:00 Quilters	2 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Canasta
5  Senior Center closed No van trip	6 8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge 2:00 Egypt Trip Meeting	7 8:30 Fit for the Future 9:00 Cribbage 9:00-12:00 Podiatry clinic 9:30-11:30 Roman World 9:30-2:30 I&R Hours 10:00-12:00 Legal clinic 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Parmenter Clinic 1:00 Canasta	8 9-12 SHINE 9:45 Thursday Crafters 9:30-11:30 Pulse of a Nation 12:30-3:00 Quilters 1:00-3:00- Brown bag medication clinic	9 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 2:00 Egypt Trip Meeting <u>September 11-13</u> Sag Harbor Trip
12 Van trip to Framingham and Natick malls; Villa for lunch 9:30-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Ceramics 2:30 Balance class	13 8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 1 12:00 Lunch 12:00 To Supplement or Not? 12:00-1:00 Parmenter Clinic 12:30 Bridge	14 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Roman World 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge lessons	15 9-12 SHINE 9:30-11:30 Pulse of a Nation 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Mansfield Park</i> 12:30-3:00 Quilters	16 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors <u>Saturday, Sept. 17:</u> FISH Pancake Breakfast
19 Van trip to Job Lot, Marshalls and Kennedys; Lunch at the Pub 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Ceramics 1:00 Bridge Practice 2:30 Balance class	20 8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 2 12:00 Lunch 12:30-1:00 Parmenter Clinic 12:30 Bridge 7:00 PM COA Board	21 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Roman World 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge lessons	22 9-12 SHINE 9:30 Tap Class 1 9:30-11:30 Pulse of a Nation 9:45 Thursday Crafters 12:00 Soup's On: GERD 12:30-3:00 Quilters 3:00 Friends of Sudbury Seniors meeting	23 9:00 Cribbage 9:15-10:15 Sue Pope Office hours 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards/ Canasta 1:00-3:00 Watercolors
26 Van trip to WalMart; 99 Restaurant for lunch 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Ceramics 1:00 Bridge Practice 2:30 Balance class	27 8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 3 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	28 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Roman World 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Welcome to Fall Luncheon 12:30 Quilters 1:00 Canasta 1:00 Bridge lessons	29 9-12 SHINE 9-11:30 Quilters 9:30 Tap Class 2 9:30-11:30 Pulse of a Nation 9:45 Thursday Crafters 12:30-3:00 Quilters	30 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors

Lunch Menus

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

TUESDAY	WEDNESDAY	FRIDAY
August 30	August 31	September 2
Pot roast/gravy Mashed potatoes Peas Multigrain bread Vanilla pudding	Macaroni & cheese Broccoli Rye bread Fresh fruit	Beef strips/onion gravy O'Brien potatoes Oriental blend vegetables Whole wheat bread Cherry muffin
September 6	September 7	September 9
Roast turkey/gravy Cranberry sauce Sweet potatoes Winter mix Multi-grain bread Peach muffin	Apple juice Kielbasa Baked beans Mustard Cole slaw Hot dog roll Watermelon	Yankee pot roast / gravy Whipped potatoes Cabbage Oatmeal bread Butterscotch pudding
September 13	September 14	September 16
Minestrone soup / crackers Cold roast beef Potato salad Multi-grain bread Fresh fruit	BBQ chicken Red bliss potatoes Green Beans Dinner roll Marble cake /chocolate frosting	Turkey ham / pineapple sauce Rice pilaf Broccoli Wheat bread Applesauce
September 20	September 21	September 23
Roasted chicken /tarragon gravy Brown rice Spinach Whole wheat bread Peaches	Cream of broccoli soup /crackers Seafood salad 3 bean salad Bulky roll Fresh fruit	Meat loaf /gravy Whipped potatoes Beets Oatmeal bread Cherry muffin
September 27	Welcome to Fall! September 28	September 30
Pier 17 fish /tartar sauce Diced parsley potatoes Peas Multigrain bread Peaches	Chicken Cordon Bleu /supreme sauce Oven roasted red potatoes Green peas and pearl onions Birthday cake	Mulligatawny soup / crackers Chicken strips cacciatore Brown rice Whole wheat bread Pineapple

Pizza and a Movie Thursday, September 15 12:30



Mansfield Park

Drama and Romance; **1 hr. 38 min.**
PG-13

An adaptation of the Jane Austen classic, *Mansfield Park* follows the life of Fanny Price who is sent at the age of ten to live with wealthy relatives in Northamptonshire, England. Fanny must leave behind her impoverished family in Portsmouth.

Fanny pays for her good fortune by acting as a servant for her aunt and uncle, whose preening daughters take care to remind her of her status. Son Edmund, however, becomes Fanny's constant companion.

The arrival of a sophisticated brother and sister duo from London, sends the household into a passionate upheaval as the daughters flirt with the brother, and Edmund is caught up in their rebellious spirit. Only Fanny refuses to fall under their spell. The fate of everyone at Mansfield Park is decided by a scandal, and Fanny's patience is rewarded.

Starring [Frances O'Connor](#), [Embeth Davidtz](#), [Jonny Lee Miller](#), [Alessandro Nivola](#), [Harold Pinter](#)

Pizza will be served at 12 noon, followed by the movie at 12:30. Please call by 10:00 on the day of the showing if you wish to order pizza (\$1.00 per slice).

Podiatry Visit
Wednesday, September 7
9:00 – Noon

Dr. Bryant Tarr of Sudbury Podiatry will be at the Senior Center **Wednesday, September 7** from **9:00 to noon**.

Please call Dr. Tarr directly for an appointment at (978) 443-4878. Payment is made directly to Dr. Tarr.



ICE your phone!

In case of an emergency, paramedics will often turn to a victim's cell phone for clues to their identity and emergency contacts.

You can make their job easier if you ICE your phone. Ice stands for **In Case of Emergency**. Paramedics know what ICE means, and are trained to look for it.

You add ICE to your contacts list in your phone, along with the name and number of the person that emergency services should call on your behalf. Seconds count when treating an injury or dealing with a medical emergency!

**Heads Up/
 Save the Date**

It may still be summer, but we have great plans for our fall and winter programs. Here's a taste of what's in store. You may want to mark your calendars!

Medicare Part D: We will all need to know more about this new prescription drug coverage. On October 24 we'll have an in-depth presentation with many details.

Participant's Forum: October 26, we'll have our second annual participant's forum. This is a chance for you to tell us what you like, don't like, and would like to see changed at the Senior Center.

55 Alive: Come brush up your driving skills with this two-day course designed by AARP on two Mondays, November 7 and 14.

Senior Strutters Show: Watch for yet another extravaganza this fall. More info will be available shortly.

Friends Meeting: The Friends of Sudbury Seniors is a group that supports programs for our elder neighbors by raising money. The next meeting of the Friends will be September 22 at 3 in the Senior Center. All are welcome!

**Is your money safe
 in the bank?**

Many people don't know that a savings account (or any other financial asset such as a checking account, or uncashed dividends) may not be there when you need it.

If you haven't had any "activity" in the account for three years, the bank can consider your account to be abandoned property, and turn it over to the state. This may be true even if you have been receiving statements all along.

"Activity" includes making deposits, making withdrawals, cashing checks, or other actions that show the bank that you are still actively using the account. Even a one dollar deposit or withdrawal once a year is enough to keep your account active.

If your account has been transferred to the state, it is kept in the Massachusetts General Fund, and you can file a claim to have it returned. However, it is better to avoid the paperwork and red tape by keeping your accounts active!



**Computers:
 Can't live with 'em, can't live without 'em!**

We have lots of computer opportunities: Senior Girl Scout Lauren Cullen is looking to teach a three or four session introduction to computers class, we have a couple of instructors willing to teach Excel, Word for Windows, and Internet skills, and we are also trying to organize a self-help regular computer users group, where seniors help each other with computer challenges.

If you have computer use needs, please give us a call and say what you're looking for. We can probably help!





Tap Class

Calling all hoofers! Our lively **Thursday** tap classes will begin again on **September 22** at **9:30**.

Tap dancing is a great aerobic workout, and helps with balance and coordination, all important in helping to prevent falls.

The cost will be **\$40** for the eight-week series. Call the Senior Center to sign up!

Rep. Sue Pope Office Hours

Drop by the Senior Center **Friday, September 23** from **9:15-10:15** to meet with our State Representative. You can make your voice heard on Beacon Hill by letting Sue know how you stand on the issues!

To supplement or not to supplement, that is the question!

Are you confused about supplements or vitamins you might need to live a longer healthier life? Come hear Joan Hill, RD, DCE, LD for an insightful presentation on food vs. supplements on **Tuesday, September 13** at **noon**.

She will explain the different types of supplements and government regulations and address safety issues. She'll provide resources to help you in your decisions about what to buy or not to buy. The presentation is **free**, but if you'd like to join us for lunch that day, please call the day before to order a meal. The suggested meal donation is **\$2**.

Very crafty!

The **Thursday Crafters** are constantly searching for new ideas and inspirations. Perhaps that is why this fall, four of our members are going on a little field trip: to Egypt with the Senior Tours. We will be gone for two weeks at the end of October.

But never fear, the annual **Holiday Bazaar** will take place on **Saturday, November 19**. In response to requests, the doors will open one hour earlier at **9:00 AM**, and the **raffle** items will be drawn at **1:00**, though it is not necessary to be present to win.

The Crafters have been working extra hard all summer to prepare handmade items for the Bazaar and we are particularly proud of our sock monkeys with their hats and scarves. They predict a long cold winter, so be prepared to stock up on warm woolly works of art.

Grandfolks' Attic will be selling small treasures, and our ever popular **Cookie Boutique** will need one pound coffee cans and willing bakers. The students from Curtis Middle School are in charge of the children's activities, so mark the date on your calendar, and be sure to ask us about camels and pyramids.

If you'd like to join the craft group, just come to the Senior Center any **Thursday** morning at **9:45** for a chance to chat and make beautiful items.



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September may mean the end of the lazy, hazy, crazy days of summer, but not of the 2005 Sudbury Senior trips! There are still a few more for you to enjoy.

In the meantime, please begin to think about where you'd like to go in 2006. There's a handy suggestion box on the corner of the counter at the Senior Center. We're looking for new places, not repeat visits. I'm hoping to add a few more multi-day trips this year, so be creative.

Sag Harbor and the Hamptons **September 11-13**

If you are lucky enough to go on this sold out trip, you should have received your luggage tags and itinerary by now. Please read the material carefully and call Carmel at 978-443-8320 if you have questions. Be here at 6:45 AM. Departs **promptly** at 7:00. Leave your car in the last two rows of the Senior Center parking area only. *Please do not park behind the school department offices.* You may be towed. Overflow parking will be at the far end of the pool area.

Late Fall Foxwoods Trip **Monday, November 7**

This is our last Foxwoods trip for 2005, cost **\$19.00**. Sign up early!

Oktoberfest at the Indianhead Resort **Wednesday, October 19**

It should be lovely in the New Hampshire Mountains if Mother Nature does her usual beautiful work (though there is no guarantee!). The trip includes a cocktail party, an all you can eat buffet, the wonderful Alpine Oom-Pah Band and a gift certificate to the Indian Head gift shop. A few openings are still available. The cost is **\$55.00**.

Egypt Trip Get-Together **September 9 at 2:00**

Come to the Senior Center for a wrap-up get together **Friday, September 9** if you are going to Egypt with us. Final details of the trip will be explained. If you know people enrolled for the trip who do not get our newsletter, please invite them to the meeting! If you have any new information or tips to share, bring them along.

The Moscow Boys Choir **Christmas Around the World** **Thursday, December 8**

A concert and a sit-down lunch at The Oaks in Agawam. Our last day trip of the season! *Please note* that when the venue changed from Foxwoods to the Springfield Symphony Hall so did the date, the cost and the menu. The meal before the performance is a full turkey dinner with all the fixings. We have already reserved the first block of tickets to help ensure good seating for those who signed up early. Cost: **\$69.95**, payable to Sudbury Senior Trips. Departure time will be at 9:45 AM, return about 6:00 PM.

Florida Snowbird Escape **March 2 to March 17**

Come with us by bus on a getaway that offers a mix of relaxation and excitement, just as you prefer!

After we arrive in Florida, we'll go on a walking tour of St. Augustine, and take a Jungle Queen dinner cruise. Next we'll spend four nights in Ft. Lauderdale with a one-day tour to the Bahamas (extra, with special discount), and many other possibilities. Then it's on across Alligator Alley to Naples for four more nights with a beach barbeque sunset picnic and other options like a one-day Key West tour (extra, with special discount). Finally we'll head home by way of Savannah for two nights to enjoy a tour and a riverboat dinner cruise, and then home. In each of these places, you have the option to just sit back and "veg" or go-go-go.

In all, the tour covers 15 nights hotel, 24 meals, two river cruises, four city tours, and the bus transportation. Cost is **\$1,599 double** and **\$2,399 single**. Trip insurance is available and recommended.

We must know by our **September 15 deposit** date, whether you will be taking either the one-day Bahamas cruise (cost about \$130) or one-day Key West cruise (cost about \$100) Call me at **978-443-8320** to let me know of your interest. These exclusive discount prices are only for our trip, and will sell out quickly. **Please note slight change in our departure and return dates.**

Services offered by the Sudbury Senior Center

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

Transportation

Van Transportation: This door-to-door, handicapped accessible service is available **Tuesday through Friday** from **9:30 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The suggested donation for in-town trips is **75 cents** each way, and \$3 (total) for out-of-town trips.

F.I.S.H. (Friends in Service Helping): Volunteers drive people needing rides to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Leave your request on the answering machine, and the F.I.S.H. coordinator will return your call.

Health Services

Podiatry: The Senior Center offers a visit from Dr. Bryant Tarr, a Sudbury podiatrist, every other month. Call Dr. Tarr's office directly at **978-443-4878** to schedule an appointment for his next visit. Payment is made by check, payable directly to Dr. Tarr.

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 provided on the **first Tuesday** of each month **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of a wheelchair, walker, shower chair, commode, transfer bench, cane etc., the Senior Center can provide the item on loan. We welcome donations of equipment that is no longer needed.

Counseling

Information and Referral: Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays** from **9:00 to 2:30**. You may reach her at **(978) 443-3055**.

Legal Clinic: Richard Burpee, an elder law attorney, is available for free private 15-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. Please call to make an appointment.

In-Home Services

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

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and the like. Seniors will only be expected to pay for any necessary parts and materials.

Nutrition

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

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

Exercise

We offer a variety of exercise programs for people of different abilities, including gentle chair yoga, T'ai Chi, tap dancing, Fit for the Future and classes to improve balance.

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://sudbury.ma.us/services/seniorcenter/custom/hal/index.htm>

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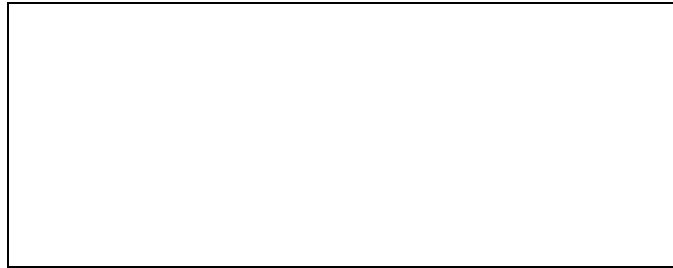
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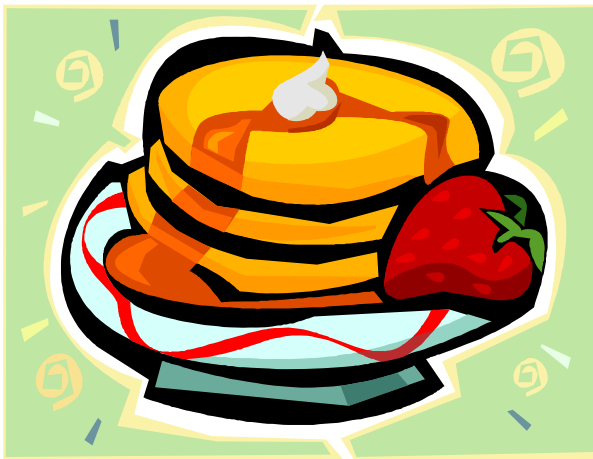
PRESORT STANDARD

Change Service Requested



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

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



Start Sudbury Day off right! Come to the annual

Pancake Breakfast

Saturday, September 17

8:00 to 10:30

Fairbank Community Center
40 Fairbank Road

Featuring the famous...

- ✧ Gristmill Pancakes
- ✧ Wayside Sausages
- ✧ Starbucks Coffee
- ✧ Raffle Prizes

Advance tickets are on sale at the Senior Center for **\$4.00** per person (\$5.00 on the day of the breakfast.)

Many great raffle prizes will be awarded, although you do not have to be present to win. Raffle tickets are \$1.00 each or 6 for \$5.00.

The Pancake Breakfast benefits **F.I.S.H.***, a volunteer program that provides free transportation to medical appointments for Sudbury residents.

In 2004 **F.I.S.H.** arranged for 1,536 medical rides.

**F.I.S.H. stands for Friends In Service Helping. F.I.S.H. is a program of the Sudbury Senior Center.*