

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT



Weather

It influences us every day. It can put a kink into the best-laid plans, surprise and delight us, or make us completely miserable . . . and so far there isn't much we can do about it except to try to understand it. That's why we're kicking September off with a thunderous bang by offering a three-part minicourse on the weather, **Monday** afternoons at **2:00**.

Session 1, **Monday, September 24**: Basics about the atmosphere, including its structure and properties. These basics form the foundation for understanding why weather works the way it does.

Session 2, **Monday, October 1**: How the weather works, focusing on water in the air as humidity, clouds and precipitation. This is the heart of the matter!

Session 3, **Monday, October 15**: Weather patterns, focusing on weather fronts and storms, including nor'easters and hurricanes. This session will apply what was learned in the first two sessions to understanding the weather as we experience it.

Instructor Hal Coyle is a research project manager with the Science Education Department at the Harvard-Smithsonian Center for Astrophysics (CfA) in Cambridge, MA. He has authored numerous science textbooks and research articles. Since 1998, Hal has been a visiting instructor in meteorology at Framingham State College. In addition, he is a trained weather observer for the Boston National Weather Service Forecast Office. A Massachusetts native, Hal was given simple weather instruments by his parents at age 10 and he has closely followed the weather ever since

The cost for the course is \$30 for those who pre-register with payment, or \$35 at the door. Pre-registration is recommended, because the class is limited to 55 students.

To register, (or for more information) call the Senior Center at 978-443-3055.

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Settling America

The Senior Center is proud to offer a ten-week series on the Settling of North America on **Wednesday** mornings at **9:30** beginning **September 19**. Please note that there will be no class the week of Thanksgiving.

The course will be offered in three parts. Part 1, (**September 19 and 26**) will feature Encounters: the course will cover early exploration in the new world, including the territory that would become the United States and Canada.

Part 2, Colonies, (**October 3, 10, 17, and 24**) will examine the history of Virginia and the Chesapeake colonies; New England, the puritans and the native Americans; the middle colonies; and the West Indies and Carolina.

Part 3, Empires (**October 31 and November 7, 14, and 28**) will cover revolutions, the awakening of the spirit of independence, French America, and imperial wars and crises.



Home from the Hospital

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

September 25: Planning a Safe Discharge: People are being sent home sooner than ever. Learn your rights under Medicare, and learn how to advocate for yourself or a family member regarding supportive services at home.

October 2: You're Home . . . Now What? What help is available to support you so you don't need to be rehospitalized? Medicare may pay for nursing, home health aides, physical therapy and speech therapy in your own home.

October 9: Staying Safe at Home A physical therapist will discuss home safety considerations and ways to adapt your home so it serves you well.

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

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MISSION STATEMENT

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

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Memoir Writing

Mondays at 2:00 October 22, 29 and November 5.

What you remember of your life is a unique record of personal, local, national and even international events that has great value to your children and grandchildren. But unless you write it down, this store of wit and wisdom will be lost forever.

This new three-part workshop will help you succeed in capturing some of your memories by creating vivid, authentic writing in your own style. A memoir is not a diary or autobiography. Instead it is a series of small building blocks of tales, each a complete unit, that when put together form a picture of the author's life. The focus will not be on dates or keeping things in order, but on the interesting and instructive events of your life.

Monday, October 22: Introduction: Why preserve memories? Why write them down? Suggested approaches, review of mechanics for successful writing, in-class practice and sharing including methods of delivering graceful critiques, and suggested topics. Homework will include reading sample pages of a memoir.

Monday, October 29: A discussion of the homework, and half of the class will read aloud their memoirs so far, for class critique. Homework will include reading sample pages of another memoir.

Monday, November 5: A discussion of the homework, and the second half of the class will read aloud their memoirs so far. What comes next? A discussion of publishing, creating fiction out of your memories, and making presentation binders.

The instructor will be Barbara Wolfenden Owens, an author of fiction and non-fiction who has an MA in Spanish Language and Literature. Ms. Owens has taught for many years, including at the Boston Center for Adult Learning.

The cost for the three-session course will be **\$30**. Since each class builds on the previous one, it is important to attend all three sessions. Class size will be limited to 30, so early registration with payment is important.

Sudbury residents may enroll beginning September 24; enrollment will be open to all beginning October 8.



Comparative Mythology Tuesday, October 2, 1:00-3:00

What is the universal truth of myths? How do myths influence the arts, literature and music? Where is the intersection of myth and history? What is the difference between myth and religion? What is the relationship of myth and dream?

These and many other questions will be discussed beginning in October during our ten week course in **Comparative Mythology**. Following the interests of the group, we may have a consideration of the Babylonian (now Iraq) hero Gilgamesh, Celtic myth cycles, Norse sagas or Arthurian legends. Texts will include Joseph Campbell's *The Power of Myth* and Karen Armstrong's *A Short History of Myth*, as well as myths from a variety of cultures.

Alorie Parkhill, the instructor, has a BA from Case Western Reserve University in English and an MA from Simmons in Liberal Studies. She started teaching at The Cambridge School of Weston in 1963 and has been English Department Chair, Dean of Faculty, Academic Dean and Assistant Head over the years. The class is sold out, but if there is enough interest we may be able to run it again in the spring.



World War II Museum Trip

The World War II film series group will sponsor a **free** field trip to the Museum of World War II in Natick on **Friday, September 14, at 1:00**. The museum is a private collection, open by appointment, containing a fascinating assortment of WWII items, including the most extensive collection of Enigma code machines outside of the National Security Agency.

First preference will be given to those who participated in this summer's film series. Enrollment for non-class participants begins September 4.

The trip will be by car pool, and is limited to 30 participants. Those who wish to carpool can meet at the Senior Center; otherwise be at the museum, 46 Elliot Street, Natick by 12:55.

Walking Club

Walking is one of the best ways to get your exercise with little stress, no expense, and proven benefits. Last May we had a six-week walking club with pre and post walk blood pressure checks which was very successful

If there is enough interest, we will do another six weeks beginning in October. Please call 978-443-3055 to let us know you'd like to be included.

Word War II Series continues in September

Our unique series of films and discussions continues on Fridays in September. This series is made possible at no cost through the scholarship of Pat Mullen, the series leader. Regular attendees have been so pleased with the series that they requested some additional episodes, but the series is open to all. Just call to register.

Friday September 7, 1:00: **The Eastern Front 1941-1943:**

Three documentaries from the *World at War* series: *Operation Barbarossa* German Panzers plow deep into Russian territory, only to be stopped by a brutal winter and endless mud. Why did Hitler think he could defeat a much larger foe such as Russia? Why did Stalin dismiss the warnings that Hitler was going to invade Russia? *The Battle of Leningrad* Hitler ordered the city be reduced so that the Germans would not have to feed the population. Leningrad suffered over 400,000 casualties We'll look at the powerful political and military forces that gave the Russians the strength to hold on. *Stalingrad June 1942-February 1943* Germany's first major defeat and the beginning of the end. What secret force enabled Russia to turn the tide?

September 28, 1:00: *The Mediterranean and Italy 1940-1944 & The Beginning of Offensive operations in the Pacific: Mare Nostrum* (My Sea) Why did the Italy, which was renowned for its shipbuilding, fail

continued on page 9

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

The Big Sleep

If you don't sleep well one night, that's uncomfortable and a nuisance, but if you don't sleep well for many nights it can have a negative effect on your whole life.

Research has shown that getting enough sleep is important to maintain the health of your immune system, and of course if you are groggy from lack of sleep you may be more apt to have driving problems, falls, memory problems and even depression.


As we grow older, sleep problems become more common, in part because of aches and pains, restless legs, or failure to breathe normally while asleep.

New recommendations for doctors show that they should ask their patients about trouble sleeping as a part of all routine physicals, since often there are steps that can be taken to help improve sleep.

- Get regular exercise. A daily walk is a good place to start. (The Senior Center will hold a Walking Club beginning in October if there is enough interest.)
- Get exposure to sunlight. This helps regulate your internal clock.
- If you find yourself awake in the middle of the night, get up and do something else until you are tired enough to fall asleep almost as soon as your head hits the pillow. This helps train your body to understand that lying in bed means going to sleep, not lying awake.
- Go to bed and get up at the same time every day, weekends included.
- Set the stage for sleep by doing the same pre-sleep activities at the same time every day. These include washing, tooth care, and changing into pajamas.
- Try not to doze off during the day. If the urge for sleep becomes overwhelming, get up and go for a walk. If you absolutely must nap, set an alarm for 15 or 20 minutes.

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SEPTEMBER 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Labor Day Holiday Senior Center closed</p>	<p>Primary Election 4 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 4:00 COA Board</p> <p><i>Remember to Vote!</i></p>	<p>5 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 1:00 Bridge lessons</p>	<p>6 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters</p>	<p>7 Hawaii Cruise Trip Leaves 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 (1) 1:00 World War II (11)</p>
<p>10 <i>Van trip to Ocean State Job Lot/Chinese Buffet</i> 7:45 Foxwoods Trip 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance (1)</p>	<p>11 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>12 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 1:00 Bridge lessons</p>	<p>13 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Away from Her</i></p>	<p>14 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) 1:00 Trip to WWII Museum</p>
<p>17 <i>Van trip to Christmas Tree Shop/Brittney's</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (2)</p>	<p>18 8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>19 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Settling America 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons</p>	<p>20 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Prescription Advantage</p>	<p>21 <i>No Fit for the Future</i> 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Watercolors (3) No World War II</p>
<p>24 <i>Van trip to Walmart/99 Restaurant</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 2:00 Weather 1:00 Balance (3)</p>	<p>25 8:00 St. Gaudens trip 9:00-9:30 Parmenter Clinic 9:00 Cribbage 10:00 Planning a Safe Discharge 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>26 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Settling America 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons</p>	<p>27 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends meeting</p>	<p>28 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 (4) 1:00 World War II (12)</p>
				<p>Sunday, September 30 12:00-2:00 Policeman's Picnic</p>

LUNCH MENUS

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

TUESDAY	WEDNESDAY	FRIDAY
September 4	September 5	September 7
Cream of Broccoli Soup Chicken Tenders Lettuce and Tomato Pita Pocket Mandarin Oranges	Kielbasa/Onions & Green Peppers Diced Potatoes/Onions Salad Tapioca Pudding	BBQ Pork Rib Red Bliss Potatoes Mixed Vegetables Chocolate Chip Cookie
September 11	September 12	September 14
Roasted Chicken/ Lemon Mustard Sauce Brown Rice Summer Squash Pineapple	Tomato Rice Soup Tuna Salad Pineapple Raisin Salad Apple Cake	American Chop Suey Italian Blend Veggies Fresh Fruit
September 18	September 19	September 21
Cheesy Cauliflower Soup Stuffed Pepper/ Tomato Sauce Tahitian Blend Veggies Banana Pudding	Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Winter Squash Fresh Fruit	Chicken/BBQ Sauce Garlic Mashed Potatoes Cauliflower Supreme Pears
September 25	September 26	September 28
Shepherd's Pie Green Beans Multigrain Bread Apricots	Baked Fish/Lemon Herb Sauce Brown Rice Jardinière Veggies Pears	Split Pea Soup Meatloaf/Gravy Mashed Potatoes Fig Bar

**Movie Thursday, September 13
12:30**



Away from Her

1 hour 50 minutes

A long-term marriage has its ups and downs, but for the couple in this film it seems their relationship has been perfected. Their contentment is disrupted, however, when the wife's memory starts to deteriorate. She moves to a nursing home to spare her husband the stress of caring for her, but he only feels guilty about events in the deep past.

The film stars [Julie Christie](#), [Gordon Pinsent](#), and [Olympia Dukakis](#)

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).



Watercolors for everyone!

Our popular watercolor class begins again
Friday, September 7
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.

The class will be **\$80** for the twelve week series. Sudbury residents may sign up beginning August 13; out-of-towners may enroll beginning August 27. Payment with enrollment, please.



Soup's On: Prescription Advantage

Prescription drugs: can't live without them, but can't afford to live with them! Please join us **Thursday, September 20** to learn how this state-sponsored program can help you pay your medication costs, especially when you have used your allotment for your medications and have fallen into the so-called donut hole. For many, it is free.

If you qualify, the plan will

- ★ Pay **ALL** or **part** of your Medicare Part D premium
- ★ Pay your Part D annual deductible
- ★ Give you coverage in the Part D coverage gap (the "donut hole")
- ★ Limit your annual out-of-pocket spending

The latest news on this program is that there is now continuous enrollment, which means you don't have to fear being shut out.

Soup, salad, and a dessert will be served at **12:00**, and the talk will begin at **12:30**. The event is **free**, but please *call the Senior Center* at 978-443-3055 **by the day before** to register.

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



Better balance and flexibility

Come join our next series of eight classes to practice improved balance, **Monday** afternoons from **1:00-2:00**. The focus is on empowering seniors to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture.

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

Class dates are **September 10, 17, 24, October 1, 22, 29, and November 5 and 19**. The cost is **\$40** for the series, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

Free sample: Come to the class September 10 or 24 to see if this is for you!

Please VOTE in the special primary election
Tuesday, September 4.



The election is for the Representative seat recently vacated by Marty Meehan.

World War II series continued from page 4

to have significant impact in the Mediterranean? *Roman Renaissance*
The allied invasion of Europe begins at Sicily and heads “up the boot”. We will cover the ego issues that drove Generals Patton and Montgomery and the costly military blunders at Anzio and Monte Casino, concluding with the March to Rome. Next, *Pacific Guadalcanal* In May of 1942 American reconnaissance planes spotted the Japanese building an airfield on Guadalcanal. What followed was one of the most hotly contested campaigns for control of the ground, sea and skies of the war. *Building a Ring around Rabaul* With Guadalcanal secured, attention turned to the rest of the Solomon Islands. *The Conquest of Micronesia* Meanwhile in the central Pacific, Japanese and U.S Aircraft Carriers squared off over the Gilbert and Marshall Islands.

Friday, October 5, 1:00 *Philippines & Japan October 1944 - August 1945.* Excerpts from the Victory at Sea series: *Battle for Leyte Gulf* The fall of the Philippines would be a terrible blow to the Japanese, so plans were drawn up for a massive fleet action against the Americans. If this mission failed, Japan’s war would be lost. What followed were the biggest gambles of the Japanese navy and the greatest courage of the American fleet. *Return of the Allies* General MacArthur makes good on his promise, *Target Suribachi* The victory at Iwo Jima marks America’s first conquest on Japanese soil. *Suicide for Glory* Okinawa March 18 - June 21 1945 Over 100,000 Japanese die in the war’s last major battle.

Friday, October 19, 1:00: *The A-Bomb: The Decision to Drop* Was it the right decision? Why did we do it? Who in the Government and Military was in favor and who was not? We will discuss your opinions. This session utilizes footage from the *World at War* series and from the *History Channel 60th Anniversary Week* series.

Friday, October 26, 1:00: *Downfall of Hitler* (a German film). In April of 1945, Germany stood at the brink of defeat with the Russian Army closing in from the east and the Allied Expeditionary Force attacking from the west. In Berlin, capital of the Third Reich, Adolf Hitler proclaimed that Germany would still achieve victory and ordered his Generals and advisers to fight to the last man. The film explores these final days of the Reich, where some senior German leaders began defecting from their beloved Fuhrer in an effort to save their own lives, while others pledge to die with Hitler. Hitler himself degenerates into a paranoid shell of a man, full of optimism one moment and suicidal depression the next. When the end finally does come and Hitler lies dead by his own hand, what is left of his military must find a way to end the killing that is the Battle of Berlin, and lay down their arms in surrender. This film is based on interviews with, and a diary kept by, Hitler’s secretary Trausi Junge.

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As summer winds down and fall is peeking around the corner, I would like to thank all my traveling friends for making our trips so successful thus far.

We have only three already planned trips left, but we have added one new one, our December Holiday trip.

By the time you read this, 52 **Hawaii**-bound folks will already have departed. We are expecting a fun-filled cruise filled with sun, sand, and tropical breezes. I will let you know how we all make out in a future newsletter.

Green Mountain Railroad, Tuesday, October 9: One motor coach for this trip has already sold out and it looks like we may have enough folks for a **second coach**. As of this writing we only need ten more people in order to be able to book a second coach. The cost is **\$63.00** per person. Flyers describing the trip are available at the Center. It includes lunch, a scenic train trip, and shopping.

Foxwoods Monday, November 5 This trip is fast filling up, but as of this writing (mid-August) we still have some spaces left. Cost is **\$19.00**.

Irving Berlin's White Christmas, Thursday, December 6: We have finally booked our Holiday Show at the Wang Theatre in Boston. The classic holiday movie comes to life with plenty of razzmatazz, including snow on stage. The play brims with Irving Berlin's unforgettable songs, including *Blue Skies*, *How Deep is The Ocean* and of course *White Christmas*. It is a show filled with dancing, music and laughter . . . definitely not to be missed.

The show was here two years ago and was a sellout. We were not able to get tickets at that time. I was lucky enough to hear about this new production about a month ago, so I immediately called for tickets. Believe it or not, their matinees were almost sold out at that time. I was only able to get orchestra seats in rows Y and Z center, Row W right center and row W and X left center. They assured me that all seats are good at the Wang.

The cost will be **\$76.00** and will include transportation. If you are interested please sign up ASAP (but definitely by October 1). Unfortunately, the tickets have to be paid in full by October 1, and any unsold seats must be returned at that time.

Sudbury residents only may make reservations until September 14, and the trip will be open to all after that date.

In the meantime, aloha!

Carmel



Cultural Trip Committee

St. Gauden's National Historic Site, Cornish, NH, Tuesday, September 25

Discover the beautiful home, studios and gardens of Augustus Saint-Gaudens, one of America's greatest sculptors. Over 100 of his artworks can be seen in the galleries, from heroic public monuments to expressive portrait reliefs and the gold coins which changed the look of American coinage.

The cost of **\$60** includes lunch, bus, and admission to the National Historic site with a guided tour. The trip will be limited to 26 and your check must accompany your application. If you have a Golden Age Pass, bring it along. We'll depart from the Senior Center promptly at 8:00 AM and return around 6:00 PM. Sign up for Sudbury residents began August 6, and for all on August 20.

For later in the year, the committee also plans trips to a Boston Symphony rehearsal of Mahler's 9th symphony in November, the British Museum at Yale in February, the new WGBH studios in March, the Clark Museum in Williamstown in May, and to a performance of *Blythe Spirit* at Trinity Rep in Providence. Stay tuned for details!

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Tuesday** through **Friday** from **9:00 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

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

Sudbury Senior Access:

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly free drop-in health clinics. Clinic hours are **Tuesdays 9:00-9:30** and **11:30 to 1:00**. Free blood

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

Medical Equipment Loan Closet:

For those in need of medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

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

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

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

IN-HOME SERVICES

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

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

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

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

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

NUTRITION

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

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

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

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Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 9:00 AM to 3:00 PM

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

Cancellation Line: 978-639-3276



Announcing the return of the

Policemen's Picnic

Sunday, September 30

12:00-2:00

Fairbank Community Center gym
doors open at 11:00, dinner served at 12:00

Featuring

Larry Zuck and the New Orleans Jazz Band

Menu: Steak, chicken, potato, pasta and green salads, beverages and luscious desserts

Free

Courtesy of the Sudbury Police Association; Sudbury residents aged 60 and older only

Reservations required by calling 978-443-3055; limit 150 guests

Special thanks to Officer Rocky Conrado, Lt. Rick Glavin and Lt. Scott Nix