

# Sudbury Senior Scene

July/August  
2005

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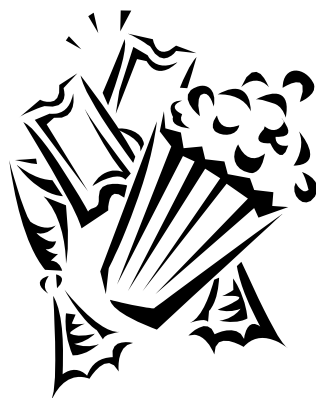
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\* This is our combined July and August issue of the *Sudbury Senior Scene*. An updated calendar and short description of August events will be available at the Senior Center by the end of July!

# Summer at the Movies

Join us on Thursdays in July and August  
For a **film fest** of current releases.

Each film will be shown at 12:30



Free popcorn and lemonade!

*Viewer's choice:* by popular demand, pizza will be available at 12:00 for \$1.00 a slice or we'll make ice cream sundaes for \$1.00 each

You must call by 10:00 the day of the showing to place your request for slices or a sundae.

Here's the lineup!

(Details inside: July page 2, August page 9)

July 7 *Phantom of the Opera*  
July 14 *In Good Company*  
July 21 *Kinsey*  
July 28 *Finding Neverland*

August 4 *Million Dollar Baby*  
August 11 *Being Julia*  
August 18 *Spanglish*  
August 25 *The Five People you Meet in Heaven*

# July Movies



## *Phantom of the Opera*

Thursday,  
July 7  
12:30

**2 hrs. 23 min.** This romantic musical epic is about a mysterious masked figure, Erik (Butler), who roams 19th century Paris, under the Opera Populaire, where he tutors a beautiful young soprano, Christine (Rossum). The Phantom thinks he's found love, until Christine's childhood boyfriend, Vicomte de Chagny (Wilson) shows up. **PG-13** for brief violent images

[Gerard Butler](#), [Emmy Rossum](#),  
[Patrick Wilson](#), [Minnie Driver](#),  
[Miranda Richardson](#)



## *In Good Company*

Thursday,  
July 14  
12:30

Comedy, **1 hr. 50 mins.** Dan Foreman (Dennis Quaid) is headed for a shakeup. He is demoted from head of ad sales for a major magazine when the company he works for is acquired in a corporate takeover. His new boss, Carter Duryea (played by Topher Grace) is half his age. Both men are going through turmoil at home. Dan and Carter's uneasy friendship is thrown into jeopardy when Carter falls for, and begins an affair with, Dan's daughter Alex (Scarlett Johansson).

**PG 13**

[Dennis Quaid](#), [Topher Grace](#),  
[Scarlett Johansson](#), [Selma Blair](#),  
[Clark Gregg](#)



## *Kinsey*

Thursday,  
July 21  
12:30

**1 hr. 58 min.** Liam Neeson stars as Kinsey, who in 1948 irrevocably changed American culture with his book *Sexual Behavior in the Human Male*. Kinsey lifted the weight of doubt and shame from a society in which sex was hidden. His work sparked one of the most intense cultural debates of the past century. **R** for pervasive sexual content, including some graphic images and descriptions.

[Liam Neeson](#), [Laura Linney](#), [Chris O'Donnell](#), [John Lithgow](#), [Oliver Platt](#)



## *Finding Neverland*

Thursday,  
July 28  
12:30

**1 hr. 46 min.** Set in London in 1904, the film follows J.M. Barrie's creative journey to bring Peter Pan to life, from his first inspiration for the story up until the play's premiere at the Duke of York's Theatre - a night that will change not only Barrie's own life, but the lives of everyone close to him. David Magee's screenplay is based on the play "The Man Who Was Peter Pan," written by Allen Knee.

**PG** for mild thematic elements and brief language.

[Johnny Depp](#), [Kate Winslet](#), [Julie Christie](#), [Radha Mitchell](#), [Dustin Hoffman](#)

## COUNCIL ON AGING

### Chairperson:

Joseph Bausk

### Board of Directors:

Mort Brond  
Tamilyn Cheverie  
Judy Deutsch  
Beverly Guild  
Catherine Kuras  
Patrick Mullen  
Edward Ross  
Benjamin Stahl

## SUDBURY SENIOR CENTER

### Director

Kristin Kiesel

### Administrative Assistant

Claire Wigandt

### Information and Referral

Debra Galloway

### Senior Aide

Jean Taylor

### Senior Community Work Program Coordinator

Peg Whittemore

### S.H.I.N.E. Counselor

Kathy Worhach

### SMOC Mealsite Manager

Marie Lupien

### Trip Coordinator

Carmel O'Connell

### Van Driver

Carolyn Young

### Volunteer Coordinator

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.

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## Great News!

### *We're getting a new van!*

The Sudbury Senior Center and Council on Aging are proud to announce that we have been awarded 80% of the cost of a new fully accessible maxivan under the Mobility Assistance Program of the Executive Office of Transportation. This grant was written by former Director Ruth Griesel and her team.

The remaining 20% of the cost of the van is being underwritten by the Friends of Sudbury Seniors, without whose contribution this grant award would not have been possible.

Although the van itself will not arrive until April of 2006 or later, we will begin making plans for its use now, and the hope is that we can use it to expand transportation options for Sudbury seniors and people with disabilities.

Many thanks to EOT Secretary John Cogliano and his team!

Sudbury Senior Center

## Chicken barbeque

Friday, July 15\*  
12:00-2:00

Grilled chicken with BBQ sauce  
Cole slaw \* Potato salad  
Watermelon \* Birthday cake

Cost: \$3.50

June, July and August Birthdays will be celebrated

Talent show by Sudbury campers!

\*Reservations required by Friday, July 1



## Roadwise Review

Had a fender-bender lately? How confident are you of your ability to drive after dark? What if a dog suddenly runs in front of the car . . . can you stop in time?

Older drivers can be safe drivers, but as we grow older our abilities change. The Senior Center now has a way for you to check your own driving abilities, conveniently and confidentially.

Called the *Roadwise Review*, this driving health test is published by AAA. You use a computer to test yourself on leg strength and general mobility, head and neck flexibility, high-contrast visual acuity, working memory, visualizing missing information, visual searching, and visual information processing.

When you are done with your self-evaluation, you get a confidential report, along with recommendations for driving safety.

You can schedule your test at your convenience. You'll need to bring a partner to help with a few parts of the test. The Roadwise Review is available now, but please call ahead to be sure that the test is not being used by someone else.

Please call (978) 443-3055 to schedule your test or if you have questions.

## Florida Frolic sneak preview!

**Info meetings Monday, July 18  
and Monday, August 1**

Come with us for a break from our harsh New England winter. Starting in **early March**, we'll go on a 16-day excursion to Tampa-St Petersburg, Fort Myers-Naples, and Fort Lauderdale, with a two-day stop in Savannah!

We will be using the same wonderful company that took us on our spectacular Ottawa Tulip-Lilac trip, and a representative from that company will be here at our two informational meetings (**Monday, July 18 and August 1, both at 2:00**) to present all the highlights. Space is limited so please call (978) 443-3055 to sign up for one of the meetings. Don't forget to tell us which one you plan to attend! We will also be accepting deposits at that time.

Flyers with all the details will be available at the Senior Center very shortly.

## Free carbon monoxide detectors!

Carbon monoxide is a silent killer. The gas is tasteless, odorless, and invisible, and each year people fall asleep never to wake up under its influence.

Eagle Scout Patrick DeMarle has made arrangements for 50 seniors to get free carbon monoxide detectors in mid July. The detectors are simple to install: you just plug them into a wall outlet (they have a battery back-up in case the power fails.) Call us for details at (978) 443-3055.

## Fit for the Future in summer

Great news! The Lincoln-Sudbury High School will house the Fit for the Future classes in July and August.

The **8:30** class will not meet for the summer.

The **Monday/Wednesday/Friday** 11:00 class will meet, just for the summer, at **10:00** in the multipurpose room also beginning **July 6**.

The class will last 45 minutes. This will give you time to get back to the Senior Center for lunch or other activities. *Many thanks to the High School for making this possible!*



## Diagnose a stroke/ save a life!

Even non medical people can identify facial weakness, arm weakness and speech problems that may mean a stroke is in progress by asking three simple questions:

- \* Ask the individual to **smile**.
- \* Ask him or her to **raise both arms**.
- \* Ask the person to **speak a simple sentence**.

If he or she has trouble with any of these tasks, **call 9-1-1 immediately** and describe the symptoms to the dispatcher.

Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent lasting brain damage.

**New scams target Medicare recipients:  
news from the desk of  
Information and Consultation Specialist Debra Galloway**

***Please note:*** *Information and Consultation hours during the summer will be Tuesday, Wednesday, and Thursday from 9:30-2:30.*

Scam artists think up new ways to “put something over on us” every day. Some scam artists are taking advantage of the new Medicare Part D Prescription Drug program to send letters or make calls seeking personal and financial information. The writer or caller may falsely claim to be an insurance agent or a Social Security employee. Be wary! Do not give out your Social Security or bank account numbers or other personal information unless you can verify the letter writer’s or caller’s identification (or you called them yourself).

Beginning this month and continuing through August, the Social Security Administration will mail application forms to Medicare beneficiaries who may qualify for low income assistance. The Social Security Administration applications do not ask for specific bank account numbers, but may ask for general financial information. Unfortunately, scam artists may also use official-looking letters to try to get information from you.

The Commissioner of Social Security, Joanne Barnhart, recommends contacting your [local Social Security office](#) at (508) 875-5047 or Social Security’s toll-free number at 1-800-772-1213 to verify the legitimacy of the call or letter. (If you are deaf or hard of hearing, call Social Security's TTY number at 1-800-325-0778.) To report suspicious activity, please call the Office of the Inspector General Hotline at 1-800-269-0271 or go online to <http://www.socialsecurity.gov/oig/> You may also bring your concerns or questions to me at the Senior Center at (978) 443-3055.

Source: “Scammers Hit Senior Citizens Claiming to Help with Medicare Part D”, *SeniorJournal.com*, June 1, 2005, and “Social Security Recipients Warned About Potential Scams”, *Social Security News Release*, May 28, 2004.

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## Come to the Concerts!

The Sudbury Park and Recreation department will offer a series of four band concerts in July and August. Come join your friends for this good old-fashioned activity, **free**, at **Haskell Field** (across from the Senior Center) beginning at **7:00 PM** on four **Mondays**, with rain dates on Tuesday.


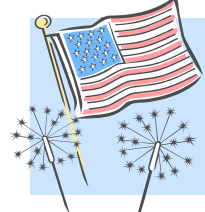

**July 11: Middlesex Concert Band:** Marches, big band sounds, folk tunes and music from Broadway. (Rain date July 12)

**July 18: Concord Express and the Sounds of Concord:** Barbershop quartet and ensemble (Rain date July 19)

**July 25: Family Fun Night:** Bring the grandkids! Games and a movie on the big screen. (Rain date July 26) *Sponsored by Shaw's Supermarket*

**August 1: Hush:** Lively, upbeat variety band plays for your enjoyment. (Rain date August 2) *Sponsored by Sudbury Farms*

# JULY 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:30 Watercolors
Independence Day 4  Come to the parade!	5 8-9:00 Parmenter Clinic 9:00 Cribbage 10:00 Nature in Art 11:00 Chair Yoga 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	6 9:00 Cribbage 9:30 World Religions follow-up 10:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge Practice	7 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Phantom of the Opera</i>	8 9:00 Cribbage 9:30 Bingo 10:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:30 Watercolors
11 Van trip to Framingham and Natick Malls/Olive Garden for lunch 10:00 Stamp Club 10:00 Nature in Art 10:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics 7:00 Band Concert	12 8-9:00 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Chair Yoga 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	13 9:00 Cribbage 9:30 <i>Follies</i> Trip 9:30-2:30 I&R Hours 10:00-12:00 Legal clinic 10:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge Practice	14 9-12 SHINE 9:30-2:30 I&R Hours 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>In Good Company</i>	15 9:00 Cribbage 9:30 Bingo 10:00 Fit for the Future 12:00 Cook-out and Talent Show 1:00 Cards 1:00 Canasta 1:00-3:30 Watercolors
18 Van trip to Wal-Mart/Minuteman Airport for lunch 10:00 Nature in Art 10:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics 2:00 Florida Trip Meeting 7:00 Band Concert	19 8-9:00 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30-1:00 Parmenter Clinic 12:30 Bridge	20 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge Practice	21 9-12 SHINE 9:30-2:30 I&R Hours 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Kinsey</i>	22 9:00 Cribbage 9:30 Bingo 10:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:30 Watercolors
25 Van trip to Wrentham Village Outlet stores 10:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics 7:00 Family Fun Night	26 8-9:00 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	27 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge Practice	28 9-12 SHINE 9:30-2:30 I&R Hours 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Finding Neverland</i>	29 9:00 Cribbage 9:30 Bingo 10:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:30 Watercolors
<b>Breaking News: Beginning Watercolors:</b> six week session beginning Friday, July 1, 1-3:30, \$40/series. Cynthia Durost, instructor. Call the Senior Center at (978) 443-3055 for details!				

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# August 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Van trip to Pickity Place, Mason, NH 7:30 Foxwoods Trip 10:00 Fit for the Future 1:00 Ceramics 2:00 Florida Trip Meeting 7:00 Band Concert</p>	<p>2</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&amp;R Hours 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge 7:00 PM COA Board</p>	<p>3</p> <p>9:00 Cribbage 9:30-2:30 I&amp;R Hours 10:00 Fit for the Future 12:30 Quilters 1:00 BP Clinic 1:00 Canasta 1:00 Bridge Practice</p>	<p>4</p> <p>9-12 SHINE 9:30-2:30 I&amp;R Hours 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Million Dollar Baby</i></p>	<p>5</p> <p>9:00 Cribbage 9:30 Bingo 10:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:30 Watercolors</p> <p style="text-align: center;"><u>Sunday August 7</u> Tanglewood trip</p>
<p>8</p> <p>Van trip to Framingham and Natick Malls/ Villa for lunch 10:00 Fit for the Future 10:00 Stamp Club 12:00 Tai Chi 1:00 Ceramics</p>	<p>9</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&amp;R Hours 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>10</p> <p>9:00 Cribbage 10:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge Practice</p>	<p>11</p> <p>9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Being Julia</i></p>	<p>12</p> <p>9:00 Cribbage 9:30 Bingo 10:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta</p>
<p>15</p> <p>Van trip to Christmas Tree Shop in Shrewsbury/ Britney's for lunch 10:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics</p>	<p>16</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&amp;R Hours 10:15 Log Cabin Lobster Fest Trip 12:00 Lunch 12:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>17</p> <p>9:00 Cribbage 9:30-2:30 I&amp;R Hours 10:00-12:00 Legal clinic 10:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge Practice</p>	<p>18</p> <p>9-12 SHINE 9:30-2:30 I&amp;R Hours 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Spanglish</i></p>	<p>19</p> <p>9:00 Cribbage 9:30 Bingo 10:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta</p>
<p>22</p> <p>Van trip to Wal-Mart/ Minuteman Airport for lunch 10:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics</p>	<p>23</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>24</p> <p>9:00 Cribbage 10:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge Practice</p>	<p>25</p> <p>9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Five People you Meet in Heaven</i></p>	<p>26</p> <p>9:00 Cribbage 9:30 Bingo 10:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta</p>
<p>29</p> <p>Van trip to Rockport 10:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics</p>	<p>30</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>31</p> <p>9:00 Cribbage 9:30-2:30 I&amp;R Hours 10:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge Practice</p>		

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## Lunch Menus/July

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

TUESDAY	WEDNESDAY	FRIDAY
June 28	June 29	July 1
Cream of broccoli soup / crackers Seafood salad Potato salad Rye bread Tapioca pudding	Pot roast / onion gravy Mashed potatoes Peas Dinner roll Pineapple	Stuffed pepper / tomato sauce Corn Carrots Pumpernickel bread Peaches
July 5	July 6	July 8
Broccoli Bake Mixed vegetables Pumpernickel bread Peaches	<i>Fire cracker special</i> BBQ chicken Au gratin potato Italian green beans Dinner roll Blueberry crisp	Beef strip/onion gravy O'Brien potatoes Asian blend vegetables Multigrain bread Chocolate pudding
July 12	July 13	July 15: <b>Cookout!</b>
Roast turkey/gravy Cranberry sauce Sweet potatoes Cabbage Multigrain bread Pears	Cream of broccoli soup Seafood salad Three bean salad Hot dog roll White cherry cake	Chicken Barbeque Potato salad Cole slaw Watermelon Birthday Cake Cost: \$3.50
July 19	July 20	July 22
Hot dog with roll Baked beans Cole slaw Pineapple	Meatloaf/gravy O'Brien potatoes Beets Multigrain bread Mandarin oranges	Pier 17 fish Parsley potatoes Summer squash blend Oatmeal bread Vanilla pudding
July 26	July 27	July 29
Veal parmesan / tomato sauce / cheese Rotini / tomato sauce Broccoli Scali bread Tropical peach smoothie	Boneless chicken breast / wine sauce Brown rice Green beans Multigrain bread Cantaloupe	Roast pork / rosemary gravy Sweet potatoes Genoa vegetables Wheat roll Mixed fruit

## "Extra Help" from Medicare's new prescription drug program (Part D)

Starting January 1, 2006, Medicare will offer prescription drug coverage for *all* people with Medicare. Some people on Medicare will also get *extra help* under this new program. You may qualify for extra help if:

- Your annual income is below \$14,355 for a single person (or \$19,245 if you are married and living with your spouse),  
**AND**
- Your resources (including savings and stocks, but not counting your home or car) are under \$11,500 (for a single person) or under \$23,000 (for a married couple).

The amount of extra help you get depends on your income and resources. Some people will get the extra help automatically. Others will receive an application for the extra help from the Social Security Administration. Even if you are slightly above the income and asset limits, complete the application and return it to Social Security. You may still qualify.

For assistance with filling out the applications call us at (978) 443-3055 and ask for an appointment with SHINE Counselor Kathy Worhach.

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## August Movies

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### *Million Dollar Baby*

Thursday,  
August 4  
12:30

**2 hrs. 17 min.** In the wake of a painful estrangement from his daughter, boxing trainer Frankie Dunn has been unwilling to let himself get close to anyone. Then Maggie Fitzgerald walks into his gym. More than anything, she wants someone to believe in her. He begrudgingly agrees to take her on. The two discover that they share a common spirit that transcends the pain and loss of their pasts, yet they both face a battle that will demand more heart and courage than any they've ever known.

**PG-13** for violence, some disturbing images, thematic material and language.

[Hilary Swank](#), [Clint Eastwood](#), [Morgan Freeman](#), [Jay Baruchel](#), [Christina Cox](#)



### *Being Julia*

Thursday,  
August 11  
12:30

**1 hr. 45 min.** Julia, an aging actress, is searching for some way in which to regain her sparkle. A young American admirer sweeps Julia off her feet, she embarks on an illicit affair. His real affection is actually devoted to an ambitious young starlet. Julia plots an elaborate revenge.

**R** for some sexuality.

[Annette Bening](#), [Catherine Charlton](#), [Jeremy Irons](#), [Michael Gambon](#), [Bruce Greenwood](#)



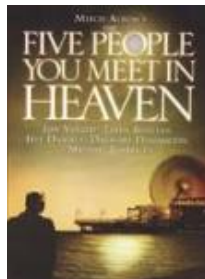
### *Spanglish*

Thursday,  
August 18  
12:30

**2 hrs. 09 min.** Cultures collide as Flor (Paz Vega), a beautiful Mexican woman, and her twelve-year-old daughter move in with an affluent Los Angeles family (Adam Sandler, Téa Leoni and Cloris Leachman). Of all the horrors Flor imagined about this new culture, she never fathomed the peril of being truly embraced by an upscale American family.

**PG-13** some sexual content and brief language

[Adam Sandler](#), [Tea Leoni](#), [Paz Vega](#), [Cloris Leachman](#), [Ian Hyland](#)

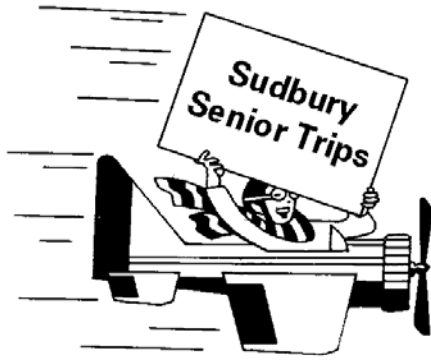


### *The Five People you Meet in Heaven*

Thursday,  
August 11  
12:30

A TV movie adapted from Mitch Albom's best-selling novel stars Jon Voight as Eddie, whose 83rd birthday marks the movie's opening. Eddie's lifelong employment at an amusement park has endowed him with a stoicism punctuated by flashes of kindness. But Eddie's 83rd birthday also marks his death, as he is injured while trying to save a young girl. We see Eddie's experiences in the afterlife, where he is greeted by five people whose lives were intertwined with his. This is a moving tale of a man who discovers the true meaning of his life, as he looks back on it with the enhanced perspective of death.

**Unrated**  
[Jon Voight](#), [Ellen Burstyn](#), [Dagmara Dominczyk](#), [Michael Imperioli](#)



"In the good old summertime . . ." what could be nicer than riding through the countryside on a Sudbury Senior Trip? Unfortunately some of them are very close to being sold out as of this writing. However, occasionally people have to cancel, so if you are interested do put your name on our wait lists.

### Stephen Sondheim's Musical "Follies" Wednesday, July 13

Departure time is at **9:30 AM**, and return at about 6:00 PM.

### Florida Frolic Sneak Preview

See page 4 for a few of the tantalizing details . . . and come to our information meetings **Monday July 18** or **August 1** at **2:00** in the Senior Center. There will be 3-4 day stays at several Florida sites, with plenty of time for sight seeing and beach going.

### Our Annual Tanglewood Trip Sunday, August 7

Our very special Tanglewood Trip with the Boston Symphony Orchestra and the Tanglewood Chorus, (cost **\$86.00**) still has a limited number of spaces available. If you are planning to go, you need to let us know soon before we offer our remaining tickets to other senior centers.

The cost includes a delicious lunch at the Cork 'n' Hearth as well as front-of-the-shed seating.

The program for the day will be Nanie, Gesang der Parzen and Shicksalslied for chorus and orchestra by Brahms, and Symphony No. 5 by Beethoven.

**Summer Foxwoods Trip  
Monday, August 1**  
**SOLD OUT!** But if we get enough names on our waiting list, we'll hire another bus! The cost is **\$19.00** and we'll depart at 7:45 AM promptly. Please meet at the center by **7:30 AM**. We expect to return home by about 5:00 PM.

### Log Cabin and Lobster Fest Tuesday, August 16

A fun and "yummy" day awaits you when you join us for another of our annual summertime Lobster bakes. This time we are going to the hills of Holyoke to the Log Cabin Restaurant. We'll sit back and enjoy the music of the Riverboat Ramblers and at the same time enjoy a fabulous lobster, barbecued ribs or chicken feast with all the fixings, including a complimentary souvenir petite bottle of wine. Cost is **\$63.00**. The departure time is **10:15 AM** and return will be by about 4:30 PM.

**Sag Harbor and the  
Hamptons  
September 11-13**  
**SOLD OUT!** You're welcome to put your name on the waiting list just in case of cancellations. The cost is \$370 per person double occupancy. Final payment is due **August 1**.

### Octoberfest at the Indianhead Resort Wednesday, October 19

*Plenty of spaces available!*  
Maybe it's too early to think of fall foliage but it should be lovely in the New Hampshire Mountains if Mother Nature does her usual beautiful work. 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. The cost is **\$55.00**.

**Late Fall Foxwoods Trip  
Monday, November 7**  
This is our last Foxwoods trip for 2005, cost **\$19.00**.

**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 is a full turkey dinner with all the fixings. The sooner you book the better your seat will be: all money collected by the end of July will be sent in early to ensure good seating. (We will have other seats available later.) Cost: **\$69.95**

### 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 planning to go 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!

## 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 wheel chair, 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 Tuesdays, Wednesdays and Thursdays from 9:30 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 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 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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## Change Service Requested



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

## In-Home Fix-It service for seniors

Would you like help with a small job around the house? Sometimes there are things you can no longer do, or should not be doing for safety reasons. We can help you with these jobs that are usually too small for a paid contractor. If you need such help, please call the Senior Center at 978-443-3055. Our Volunteer Coordinator, Ed Gottmann, will give you a call to learn if it is a job that Fix-It can handle for you. And even if it isn't something we can do, we may be able to diagnose the problem and tell you whether you need an electrician, plumber, or other professional.

Here are some of the Fix-It tasks we regularly perform:

- fixing stuck windows
- changing light bulbs
- replacing batteries in smoke and carbon dioxide detectors
- unclogging drains
- setting up new appliances such as answering machines and VCRs
- changing storm windows to screens and back
- repairing wall switches, wall plugs and lamps
- turning mattresses
- changing curtains on curtain rods & installing curtain rods
- installing window fans or air conditioners
- fixing door hinges & knobs
- tacking down carpets

*If you have a job that you need help with, give us a call, even if it is not on this list!*