

***Take a Look at Some of our Fall Classes!  
Registration for Classes Below Begins on Tuesday, July 21***

**The Skeptic's Guide to American History—DVD Series  
September 9—December 9  
Wednesdays, 9:30-11:30 AM\***

Everyone recognizes as myths the idea that Columbus was the first to discover America or the story that George Washington admitted cutting down a cherry tree. But very few realize how much of what we think we know about American history is also mythical and mistaken. Historians recognize that many popular beliefs about history in general—and about U.S. history in particular—are myths, either totally false or, at best, only half true. The first half of this 24-lecture series will cover the 17<sup>th</sup> through early 20<sup>th</sup> centuries in American history (beginning with the myth of religious toleration among the early settlers and ending with the strange history of labor in America). But the course is far from limited to challenging our often sacredly-held beliefs. It will also examine how and why these myths arose and what historians now say about what really happened—as opposed to what most Americans believe happened.

This lecture series from The Teaching Company features Professor Mark A. Stoler, Professor Emeritus of History at the University of Vermont. Each lecture will be augmented by a volunteer moderator who will provide additional information and lead discussion on the topic of the day. Please call the Senior Center at (978) 443-3055 to sign up. \*A course outline is available for \$10. If you wish to purchase one, please pay \$10 at the time of registration (or no later than August 24<sup>th</sup>) so that we will know how many to order. They will be available at the first class. **Registration begins on July 21.**

**British Art with Donald Oasis**

**Wednesday, 1:30 PM**

**September 16, 30, October 14, 21, 28, November 4, 18\***

On Wednesday September 16<sup>th</sup> at 1:30 pm Dr Donald Oasis will present a seven session course on British Art. Although slow to start, its development was rapid. The class will start with Rubens, who with the skill of his students brought art from the continent to Britain. We will watch the art develop with the help of Gainsborough, Reynolds, and Joseph Wright. Perhaps the greatest of all is HMW Turner whose art greatly influenced the impressionists. The final three meetings will be devoted to the Pre-Raphaelites, JAM Whistler, William Sargeant, and David Hockney.



A donation of \$25 to the **Friends of Sudbury Seniors** would be appreciated. A visit to the Museum of British Art at Yale University may occur in early 2016. Those taking the course will have preference if the museum reopens on schedule.

**\*Note: Registration Begins on Tuesday, July 21**

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*Evidence Based Program!*

## A Matter of Balance: Managing Concerns about Falls

**Fall Prevention Workshop**  
**Tuesdays, September 15—November 10**  
**9:30-11:30 AM**

***Have you had a fall? Have you lost your confidence to go out of the house?***

In conjunction with BayPath Elder Services' Healthy Living Program, the Sudbury Senior Center is offering the Matter of Balance workshop for the first time. The class will teach you how to minimize your chances of falling, fall correctly so you are less likely to get hurt, and how to get up safely. Weekly classes also include strengthening exercises. The combination of new skills and improved strength will give you the confidence to get out of the house and live your life! Call the Senior Center at (978) 443-3055 to **sign up on July 21 or later.**

***We have been waiting for this program! Don't miss out!***

**Watercolors Workshop**  
**7 Fridays, 11:30-1:30**  
**July 10-Aug. 28, \$49, No class Aug. 14**



Join our delightful Watercolors class with Sandy Wilensky! You must register and pay in order to hold your space for this class. Make your check payable to *Town of Sudbury*. **Sign up** for July session will begin on **June 19** for residents, on **June 26** for all others. Please call (978) 443-3055 for information.



### IMPORTANT—Transportation News

#### Current and Future Van Riders! Procedures for Scheduling the Van

As mentioned in previous newsletters and flyers, our Transportation procedures have changed.

1. Sudbury residents who are 60 and older or under 60 and have a disability are eligible for van rides. You must preregister with the MetroWest Regional Transit Authority (MWRTA) to schedule a ride. Applications are available from Van Drivers, the Senior Center or the MWRTA.
2. Send a check or money order to the MetroWest Regional Transit Authority (checks payable to MWRTA). Your account will be debited when you take a ride on the van.
3. Once the account is set up, call the MetroWest Regional Transit Authority Central Reservation phone line at 508-820-4650 to request a ride by the Senior Center van at least 48 hours in advance of the ride.

Van service is available Monday-Friday from 8:30-3:30. Tuesdays and Thursdays are reserved for shopping at the Sudbury Farms or Shaws Plazas. The last Monday of each month is a shopping trip and lunch out of town.

Cost for a one way ride in town is \$1, out of town is \$2.

If you have any concerns or problems, please call us at (978) 443-3055. We will work to solve the problem.

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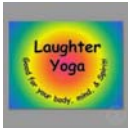
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**Let's Laugh Today!**  
**Monday, July 13**  
**10:00 AM**



Laughter makes you feel good and is great exercise! Have you heard about Laughter Yoga? Enjoy this unique exercise of laughter and clapping combined with gentle breathing that brings more oxygen to the body's cells. This oxygen boost gives enhanced vitality, energy and a feeling of real well-being. Any age and any level of physical ability can participate in this uplifting experience! Children are welcome. You can sit or stand. There are no fancy poses.

Join Certified Laughter Yoga instructor Linda Hamaker for this rejuvenating program! Please sign up in advance, as space is limited. Call (978) 443-3055 to sign up!

**PUSHING THE ENVELOPE: A BRIEF HISTORY OF THE U.S. POSTAL SYSTEM  
 BY VIEWING POSTAGE STAMPS**

**With Henry Lucas from the Spellman Museum of Stamps**  
**Thursday, July 30 at 10:00 AM**

Learn about the history of the U.S. postal system from colonial times to the present by viewing many stamps issued over the years starting in 1847. Hear about the many ways mail has been delivered including using the Boston Post Road (America's First Information Highway), the Santa Fe Trail and the Pony Express. Discover how mail was carried by trains, planes, ships, catapults, rockets and even camels. Also learn about unusual items transported by the Postal Service over the years including eggs, baby chicks, bees, pumpkins, war helmets, the Hope Diamond, bricks that were used to build a bank and even a little girl who mailed herself to her grandmother in Idaho! **Remember: "You can learn a lot from the corner of an envelope."**

**Please call the Senior Center at (978) 443-3055 to sign up for this fascinating talk!**

**Lunch and Learn**

**GMO Foods: What Are They?  
 Are you For or Against?**

Wednesday, August 12, 1:00 PM

Join us for a healthy salad based lunch at 12:30 and then learn all about GMO—Genetically Modified Foods with Nutritionist Joshua Hammond, MBA, LNHA, RD. Mr. Hammond is Nutritionist at St. Patrick's Manor in Framingham. Please reserve your lunch by Monday, August 10. If you plan to attend without lunch, please let us know by Wednesday morning at (978) 443-3055.

**Van Trip  
 Ice Cream Social to Trombettas!**

Friday, August 21, 10:00-12:00

Pickups: 9:00-10:00,

Drop off: 12:00-1:00 PM



Get together for a fun ride over to Trombettas in Marlboro. Enjoy delicious ice cream and watch or play mini-golf. Please call the MWRTA (508-820-4650) no earlier than August 7 to sign up. First come, first serve. Maximum 9 participants.

**Irish Voices**

Thursday, September 24

1:00 PM

\$5 in advance

Much of Irish writing deals with the land, the past, the church and the changing cultural landscape. Performer Stephen Collins brings Irish authors and their writings in this dramatic performance. **Please sign up** by calling the Senior Center at (978) 443-3055.



REGISTRATION FOR FALL

CLASSES BEGINS ON

TUESDAY, JULY 21

**Media, Religion and  
 Popular Culture**

**Mondays, September 21, 28,**

**October 5**

**10:00 AM**

**\$20 for the series**



Prof. Soterio Zoulas, a Sudbury resident, will offer this 3 session course on the intersection of Media, Religion and Popular Culture. More details in September newsletter! Sign up begins on July 21st.

**Means Tested  
Senior Tax Exemption  
Help Sessions**



**Thursday and Friday, July 9 and 10  
9:00 AM—12:00 PM**

Experienced volunteers will be at the Senior Center to explain and assist with, on a one-to-one basis, the Means-Tested Senior Tax Exemption application process. Call to schedule a half hour appointment.

If your property taxes exceed 10% of your qualifying Circuit Breaker income, you may qualify. The assessed value of your home must be less than \$700,000\*, you must be 65 years of age, and any co-owner must be 60+ years of age. In order to apply, you must submit a completed copy of your Mass. State Income Tax Schedule CB (Circuit Breaker) Credit 2014, even if you did not file it; and a copy of your 2014 Federal Income Tax Form 1040/1040A or 1040EZ (pages 1 and 2). The 2015 application is available at the Senior Center and online at the Assessor's webpage of the Town website.

Call the Assessor's office at (978) 639-3393 or the Senior Center at (978) 443-3055 for an application or more information. And please schedule your appointment at (978) 443-3055.

**Current Events Group**

1st and 3rd Thursdays, 10:00 AM  
July 2, 16, August 6, 20

The Current Events group meets at the Senior Center twice a month on the first and 3rd Thursday of the month from 10:00 to 11:30 AM. Please feel free to join the group for this special showing or at any other meeting.

Thank you to our longtime Facilitator Richard Nesmith who will be on hiatus for a few months. We wish him and his lovely wife Patricia well! For information, please call the Senior Center at (978) 443-3055.

**Connection Circle—Thursdays at 2:30 PM**

The group will meet most Thursdays over the summer, call (978) 443-3055 to check on any last minute changes. No meeting on August 20.



**Caring Café  
Monday, July 13 and  
Monday, August 10  
1:00-2:30 PM**

Designed for caregivers and their loved ones, this afternoon event will include refreshments, music, and time for conversation with others. A wonderful opportunity to get out with your loved one in a supportive and caring environment. Open to anyone in the community accompanied by their caregiver. Please call Senior Center or RSVP at (978) 443-3055 or call Anne Manning directly at (978) 639-3268. A joint program of the Sudbury Senior Center and Pleasantries Adult Day Care in Marlborough.

**Music Appreciation with Sivan Etedgee  
Thursday, August 20, 10:00 AM, \$5**

Popular instructor Sivan Etedgee returns this summer with a delightful Music Appreciation class. Please call (978) 443-3055 for more information and to sign up.

**Downton Abbey**

Mondays at 1:00 PM

Season 1: June 15-July 27

Season 2: August 3-October 19

No class on August 10, Sept. 7, Oct. 12



Grab your cup of tea and settle into air-conditioned comfort for the first two seasons of Downton Abbey. This hit period series from England is sure to entertain! Please sign up by calling (978) 443-3055.

**Legal Clinic**

**Tuesdays, July 14 and August 11  
10:00AM-12:00 PM**

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Susan Shipley of Natick on July 14 and with Elder Law Attorney Denise Yurkofsky of Wayland on August 11. Call (978) 443-3055 to schedule your appointment.




**The Vikings DVD Series—CONTINUES  
Wednesdays, June 10– September 2  
9:30-11:15 AM; no class July 22**

**PLEASE NOTE:**

Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please feel free to call us at (978) 443-3055 to verify any programming information.



# JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p><b>I &amp; R—Information and Referral—Anne Manning will help with your questions and concerns. Call to talk with her or schedule an appointment!</b></p>	<p><b>Fit for the Future</b> returns in September  <b>LS— Lincoln Sudbury High School Gym C -120</b> (ask for special instructions when you sign up)</p>	<p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30-11:15 Vikings (4)</b>  <b>No Drawing in July</b>  <b>No Senior Aerobics this week</b>  <b>1:00 Canasta (SP)</b>  <b>1:00-3:30 Quilting (1, VH)</b></p>	<p><b>9-12 SHINE</b>  <b>Tap Dance returns in September</b>  <b>10:00 Siena Farms Pickup</b>  <b>10:00 Current Events</b>  <b>2:30 Connection Circle</b></p>	<p><b>Independence Day Holiday</b></p> <div style="text-align: center;">  <p><b>Senior Center Closed</b></p> </div>
6	7	8	9	10
<p><b>9:00-3:00 I&amp;R Hours</b>  <b>1:00 Downton Abbey (Season 1, 4)</b>  <b>1:00 Better Bones (1) (LS)</b>  <b>NO Tai Chi</b></p>	<p><b>8:30-10:30 BP Clinic</b>  <b>9:00 Cribbage</b>  <b>9:40/11 Yoga (5) (LS)</b>  <b>12:30-3:30 Bridge</b>  <b>1:00-4:00 SHINE</b>  <b>NO Tai Chi for Healthy Living</b></p>	<p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30 Vikings (5)</b>  <b>9:30 Senior Aerobics (LS)</b>  <b>1:00 Canasta (SP)</b>  <b>1:00-3:30 Quilting (2, VH)</b>  <b>Order lunch for Friday by 10am</b></p>	<p><b>9-12 SHINE</b>  <b>9:00-12:00 Senior Tax Exemption Help—by appt.</b>  <b>10:00 Siena Farms Pickup</b>  <b>10:00 Silk Flower Craft Workshop</b>  <b>12:00 Pizza and a Movie: Whiplash</b>  <b>2:30 Connection Circle</b></p>	<p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:00-12:00 Senior Tax Exemption Help—by appt.</b>  <b>9:30-11:30 Bingo (SP)</b>  <b>9:30 Senior Aerobics (LS)</b>  <b>12:00 Lunch and 12:45 Friday Movie: Snow Falling on Cedars *Goodies from Sudbury Pines</b>  <b>11:30 - Watercolors (1)</b></p>
13	14	15	16	17
<p><b>9:00-3:00 I&amp;R Hours</b>  <b>10:00 Stamp Club</b>  <b>10:00 Let's Laugh Today!</b>  <b>1:00-2:30 Caring Café (VH) (SP)</b>  <b>1:00 Downton Abbey (5) (LS)</b>  <b>1:00 Better Bones (2) (LS)</b>  <b>2:15 Tai Chi (8) (LS)</b></p>	<p><b>8:30-10:30 BP Clinic</b>  <b>9:00 Cribbage</b>  <b>9:40/11 Yoga (6) (LS)</b>  <b>10-12:00 Legal Clinic</b>  <b>12:30-3:30 Bridge</b>  <b>1:15 Tai Chi for Healthy Living (4) (SP)</b></p>	<p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30 Senior Aerobics (LS)</b>  <b>9:30 Vikings (6)</b>  <b>1:00 Canasta (SP)</b>  <b>1:00-3:30 Quilting (3, VH)</b></p>	<p><b>9-12 SHINE</b>  <b>10:00 Siena Farms Pickup</b>  <b>10:00 Current Events</b>  <b>12:00 Pizza and a Movie: Theory of Everything</b>  <b>2:30 Connection Circle</b></p>	<p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30-11:30 Bingo (SP)</b>  <b>9:30 Senior Aerobics (LS)</b>  <b>12:45 Friday Movie: Frank Lloyd Wright (docu.) *Goodies from Sudbury Pines</b>  <b>11:30 - Watercolors (2)</b></p>
20	21	22	23	24
<p><b>9:00-3:00 I&amp;R Hours</b>  <b>1:00 Downton Abbey (6)</b>  <b>1:00 Better Bones (3) (LS)</b>  <b>2:15 Tai Chi (1) (LS)</b></p>	<p><b>8:30-10:30 BP Clinic</b>  <b>9:00 Cribbage</b>  <b>9:40/11 Yoga (7) (LS)</b>  <b>12:30-3:30 Bridge</b>  <b>1:15 Tai Chi for Healthy Living (5) (SP)</b>  <b>3:00 Council on Aging</b></p>	<p><b>9:00-3:00 I&amp;R Hours</b>  <b>NO Vikings today</b>  <b>9:30 Senior Aerobics (LS)</b>  <b>12:00 Summer BBQ!</b>  <b>1:00 Canasta (VH)</b>  <b>No Quilting today</b>  <b>Order lunch for Friday by 10am</b></p>	<p><b>9-12 SHINE</b>  <b>10:00 Siena Farms Pickup</b>  <b>12:00 Pizza and a Movie: Maleficent</b>  <b>2:30 Connection Circle</b></p>	<p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30-11:30 Bingo (SP)</b>  <b>9:30 Senior Aerobics (LS)</b>  <b>12:00 Lunch and 12:45 Friday Movie: Just Like Heaven *Goodies from Sudbury Pines</b>  <b>11:30 - Watercolors (3)</b></p>
27	28	29	30	31
<p><b>9:00-3:00 I&amp;R Hours</b>  <b>1:00 Downton Abbey (Season 1, 7, last)</b>  <b>1:00 Better Bones (4)</b>  <b>2:15 Tai Chi (2) (LS)</b></p>	<p><b>8:30-10:30 BP Clinic</b>  <b>9:00 Cribbage</b>  <b>9:40/11 Yoga (8) (LS)</b>  <b>12:30-3:30 Bridge</b>  <b>1:00-4:00 SHINE</b>  <b>1:15 Tai Chi for Healthy Living (6) (SP)</b></p>	<p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30 Vikings (7)</b>  <b>9:30 Senior Aerobics (LS)</b>  <b>1:00 Canasta (SP)</b>  <b>1:00-3:30 Quilting (4, VH)</b></p>	<p><b>9-12 SHINE</b>  <b>10:00 Siena Farms Pickup</b>  <b>10:00 Pushing the Envelope -Spellman Museum Talk</b>  <b>12:00 Pizza and a Movie: The Good Lie</b>  <b>2:30 Connection Circle</b></p>	<p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30-11:30 Bingo (SP)</b>  <b>9:30 Senior Aerobics (LS)</b>  <b>12:45 Friday Movie: Donizetti: L'Elisir D'Amore (opera) *Goodies from Sudbury Pines</b>  <b>11:30 Watercolors (4)</b></p>

## AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:00-3:00 I&R Hours 1:00 <i>Downton Abbey</i> (Season 2, 1) 1:00 Better Bones (5) (LS) 2:15 Tai Chi (3) (LS)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) (LS) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (7)	9:00-3:00 I&R Hours 9:30-11:15 <i>Vikings</i> (8) 9:30 <i>Senior Aerobics</i> (L-S) 1:00 Canasta (VH) 12:30-3:00 Quilting (5)	9-12 SHINE 10:00 Current Events 10:00 <i>Siena Farms Pickup</i> 12:00 Pizza and a Movie: <i>The Imitation Game</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 <i>Senior Aerobics</i> (L-S) 11:30 Watercolors (5) 12:00 <i>Lunch and Movie*</i> 12:45 Friday Movie: <i>Freedom Riders</i> * <i>lunch is tentative</i>
10	11	12	13	14
9:00-3:00 I&R Hours 10:00 Stamp Club 1-2:30 <i>Caring Café</i> <i>No Downton Abbey today</i> 1:00 Better Bones (6, VH) 2:15 Tai Chi (4) (VH) <i>Order Lunch for Wed.</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) (SP) 10:00-12:00 Legal Clinic 12:30-3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i> (8, last)	9:00-3:00 I&R Hours 9:30-11:15 <i>Vikings</i> (9) 9:30 <i>Senior Aerobics</i> (VH) 12:30 <i>Lunch and Learn: What are GMO Foods?</i> 1:00 Canasta (VH) 12:30-3:00 Quilting (6, last)	9-12 SHINE 10:00 <i>Siena Farms Pickup</i> 12:00 Pizza and a Movie: <i>And So It Goes</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 <i>Senior Aerobics</i> 12:45 Friday Movie: <i>Chicago</i> (musical) No Watercolors
17	18	19	20	21
9:00-3:00 I&R Hours 1:00 <i>Downton Abbey</i> (Season 2, 2) 1:00 Better Bones (7) (VH) 2:15 Tai Chi (5) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) (SP) 12:30-3:30 Bridge No <i>Tai Chi for Healthy Living</i>	9:00-3:00 I&R Hours 9:30-11:15 <i>Vikings</i> (10) 9:30 <i>Senior Aerobics</i> (VH) 1:00 Canasta (VH) No Quilting	9-12 SHINE 10:00 Current Events 10:00 <i>Music Appreciation with Sivan Etedgee</i> 10:00 <i>Siena Farms Pickup</i> 12:00 Pizza and a Movie: <i>Chef</i> No Connection Circle	9:00 Van Trip—Ice Cream Social! 9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 <i>Senior Aerobics</i> 12:00 <i>Lunch and Movie*</i> 12:45 Friday Movie: <i>Thornbirds</i> (1) 11:30 Watercolors (6) * <i>lunch is tentative</i>
24	25	26	27	28
9:00-3:00 I&R Hours 1:00 <i>Downton Abbey</i> (Season 2, 3) 1:00 Better Bones (8) (VH) 2:15 Tai Chi (6) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) (SP) 12:30-3:30 Bridge No <i>Tai Chi for Healthy Living</i>	9:00-3:00 I&R Hours 9:30-11:15 <i>Vikings</i> (11) 9:30 <i>Senior Aerobics</i> (VH) 1:00 Canasta (VH) No Quilting	9-12 SHINE 10:00 <i>Siena Farms Pickup</i> 12:00 Pizza and a Movie: <i>The Cobbler</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 <i>Senior Aerobics</i> 11:30 Watercolors (7, last) 12:45 Friday Movie: <i>Thornbirds</i> (2)
31				
9:00-3:00 I&R Hours 1:00 <i>Downton Abbey</i> (Season 2, 4) NO Better Bones 2:15 Tai Chi (7) (VH)	I & R—Information and Referral—Anne Manning will help with your questions and concerns. Call to talk with her or schedule an appointment!		LS—Lincoln Sudbury High School SP—Sudbury Pines Room at Senior Center VH—Van Houten Room at Senior Center	SHINE—Serving the Health Insurance Needs of Everyone—unbiased trained volunteer counselors available to help with Medicare issues.

## SHOWING AT THE SUDBURY SENIOR CENTER CINEMA THIS SUMMER!

### Thursdays—Movie and Pizza!

Pizza (12:00 PM) and Movie (12:30 PM)

Please order pizza & register for movie by 10:00 AM at (978) 443-3055.

7/9 **Whiplash** R, 1 hr 15 mins; Andrew Neiman is an ambitious young jazz drummer, single-minded in his pursuit to rise to the top of his elite east coast music conservatory.

7/16 **Theory of Everything** PG-13, 2 hrs; With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work.

7/23 **Maleficent** PG, 1 hr 36 mins; Turning the classic fairy tale "Sleeping Beauty" on its head, this fantasy drama retells the story from the point of view of evil godmother Maleficent.

7/30 **The Good Lie** PG-13, 1 hr, 15 mins; In this fact-based drama, a young Sudanese War refugee wins a lottery.

8/6 **The Imitation Game** PG-13, 1hr 54 mins; Chronicling mathematical wizard Alan Turing's key role in Britain's successful effort to crack Germany's Enigma code.

8/13 **And So It Goes** PG-13, 1 hr 34 mins; When he's obliged to take over the care of a previously unknown granddaughter, wealthy and self-absorbed Oren (Michael Douglas) is suddenly in need of major help.

8/20 **Chef** PG-13, 1hr, 55 mins; When Chef Carl Casper's plans for opening a restaurant in Los Angeles fail to pan out, he returns home to Miami and debuts a food truck instead.

8/27 **The Cobbler** PG-13, 1hr 38 mins; Max Simkin (Adam Sandler) repairs shoes in the same New York shop that has been in his family for generations.

### Siena Farms Pickup

Thursdays at about 10:00 AM  
July—October 2015

Our local CSA (Community Supported Agriculture) Farm donates vegetables from their weekly production. Please respect guidelines for how much to take. We try to share the vegetables with as many as possible!

### Fridays at the Movies!

**Lunch at noon on selected dates—Movies start at 12:45**

Please call in your lunch reservation by the **preceding Wednesday, at 10:00 AM**. Lunch dates are July 10, 24, and tentatively August 7, 21\*.

Call (978) 443-3055 ask for a **July or August menu**, to **order lunch** or reserve a seat for the movie.

July Movies will have goodies and drinks from **Sudbury Pines Extended Care**.

7/10 Lunch and Movie: **Snow Falling on Cedars** PG-13, 2hrs; When a fisherman is found drowned, suspicion falls on Japanese-American Kazuo Miyamoto.

7/17 **Frank Lloyd Wright (Documentary)** NR, 2.5 hrs; Often touted as the most influential and important American architect of all time, Frank Lloyd Wright is the subject of this acclaimed documentary by award-winning filmmaker Ken Burns.

7/24 Lunch and Movie: **Just Like Heaven** PG-13, 1hr 35 mins; When David (Mark Ruffalo) rents his new apartment, the last thing he wants is company.

7/31 **Donizetti: L'Elisir D'Amore (Opera)** NR, 2 hrs; Opera greats Kathleen Battle and Luciano Pavarotti star in this 1991 performance of Gaetano Donizetti's playful love story "L'Elisir D'Amore," filmed at New York's Metropolitan Opera House. James Levine conducts.

8/7 **\*Freedom Writers** PG-13, 2 hrs; While her at-risk students are reading classics such as "The Diary of Anne Frank," a young teacher asks them to keep journals about their troubled lives -- hoping they can apply history's lessons to break the cycle of violence.

8/14 **Chicago (musical)** PG-13, 1 hr 53 min; Roxie hungers for stardom but ends up in the slammer, where superstar Velma is doing time for shooting her cheating husband.

8/21 **\*Thorn Birds – Part 1** R, 2 hrs 30 min

8/28 **Thorn Birds – Part 2** R, 2 hrs 30 min; In this Australian mini-series, an intimate friendship takes place between a priest (Richard Chamberlain) and one of his best friends, the very married Meggie (Rachel Ward). While both chose separate paths in life, their friendship sparks passions that could destroy the lives of those around them -- and maybe even their own.

### Make a Silk Flower Wreath!

**Thursday, July 9, 10:00 AM FREE**

Instruction and supplies donated by Lee-Ann Toohey of HoneyBee Crafts. Space is limited to 10 participants.

***Hello Fellow Travelers-***

Our Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to partake in one of the wonderful trips they have planned this year! Check out the new offering... along with current favorites!

**Gloucester Lobster Cruise in Rockport  
September 2, 2015—\$97**

Step aboard the elegant Beauport Princess and settle back for a cruise of one of New England's most photogenic harbors, in Gloucester, Mass. Enjoy your lobster buffet lunch while cruising past the historic homes, churches and city hall of Gloucester, the Ten Pound Island Lighthouse, Blynman Bridge, Gloucester Fisherman's Statue, Hammond Castle and Norman's Woe, a rock reef immortalized in the "Wreck of the Hesperus" poem.

**Octoberfest and Fall Foliage, Essex, CT  
October 15, 2015—\$117**

Lunch at the East Side Restaurant, a continuously family owned and operated restaurant on the same site for over 70 years. Visit the quaint town of Essex, CT, where you'll enjoy a scenic October Foliage ride on the Essex Steam Train and Riverboat. Chug through the scenic towns of Deep River and Chester, then take a ride on the Becky Thatcher Riverboat to the famed Gillett Castle and Goodspeed Opera House learning about the local history and legends of the area!

**Quebec City!****September 20-23—\$719, 4 days, 3 meals**

This is an easy bus ride north to Quebec City in Quebec, Canada. Stay at the Star Palace Royal Hotel right outside the walled City! See the Quebec Citadel, stroll the boardwalk of the Hotel Frontenac, visit the plains of Abraham, the outdoor bread ovens and more!

**Hawaii****January 28-February 7, 2016, 11 days**

Fly to Honolulu and then cruise to all the best parts of the islands! \$4,449-\$5,359 double occupancy. Make your deposit now for the best cabins!

**New! The Great Rivers of Europe—October 7, 2016**

River cruise along the Rhine and Danube rivers, visiting Amsterdam, and several famous cities in Germany and Austria. Trip flyers available in the Senior Center Trip Rack! \$4,995 double occ. \$500 deposit.

*Flyers are in the Trip Rack for more details! Please note:* All trips require payment when registering.

**Senior Center Fitness Classes*****Sign-Up Information—Please Note:***

*Sign-up* for residents begins 3 weeks before the class start date. *Sign-up* for all others begins 2 weeks before the class start date. Payment is due at registration.

**Fit for the Future with Lois (aerobics/strength)**

**On hiatus until September**

**Better Bones, Senior Strength**

**Mondays** at 1PM; 7/6-8/24 (no class 6/22, 6/29)

\$56—8 weeks;

**Sign up starts** on June 15 for residents; June 22 for all others

**Fridays** at 9:30AM; **on hiatus for summer**

**Tai Chi**

Mondays, 2:15 PM; 7/20-8/31

\$31.50 for 7 weeks;

**Sign up** for 2nd session begins on June 29 for residents; July 6 for all others

**Tai Chi for Healthy Living**

Tai Chi for those who may not have exercised in a while and prefer a slower pace.

Tuesdays, 1:15 PM; \$10, 6/16-8/11, 8 weeks

No class 7/7 (supported by the Executive Office of Elder Affairs State Formula Grant)

**Tap Dance**

Thursdays, 9:30 AM, on hiatus for the summer; will resume in September

**Yoga for Living Well**

Tuesdays, 9:40 or 11:00 AM

8/4-8/25; 4 weeks for \$28

**Summer Senior Aerobics**

Wednesdays and Fridays, 9:30 AM

\$25 for 10 classes; June 24-July 31, no class 7/1, 7/3

\$17.50 for 7 classes, Aug. 5-28.

Class will meet in Van Houten room at Senior Center June 24, 26 and August 12-28.

Will meet at Lincoln Sudbury High School gym on July 8-August 7.

**NOTES:**

In the summer, the Senior Center loses access to the gym and other fitness rooms, due to Summer Camp. Many fitness classes will meet at Lincoln Sudbury High School for July and the first week of August, and then will meet in the Senior Center rooms until September. Please call (978) 443-3055 for information or ask for a Fitness flyer.



## SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the MWRTA at 508-820-4650 at least 48 hours in advance before your ride. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2** each way for our out-of-town trips at the end of each month.

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

### HEALTH SERVICES

**Blood Pressure Clinic:** The Senior Center, in conjunction with the Sudbury Board of Health, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:30-10:30 AM**. **Free** blood sugar testing is also provided each **Tuesday from 8:30-9:30AM**. No appointment is necessary.

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

### CONSULTATION

**Information and Referral:** Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide information and 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 3:00**.

**Legal Clinic:** An elder law attorney is available once a month for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

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

### IN-HOME SERVICES

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

### **Friendly Visitor Program:**

Seniors who can't get out to socialize can be matched with a volunteer for weekly informal visits.

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

**Sand Buckets:** Volunteers will deliver a bucket of sand for you to use on your walks and driveway, free. Call the Senior Center, at (978) 443-3055. Let us know where you'd like the bucket to be placed.

**Lock Boxes:** The Senior Center can install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$60 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

### NUTRITION

**Meals on Site:** Once or twice a month a full lunch is served at the Senior Center at noon. Details are available in each newsletter. Please call to make a reservation as specified in the article. A voluntary donation of **\$3.00** a meal is suggested.

**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 **\$3.00** a meal is suggested. Please call BayPath Elder Services at (508) 573-7200 to ask about eligibility and starting service.

*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>



Or Current Resident

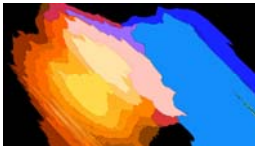
Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

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



*Join us at  
the  
Senior Center!*

*“Pushing the Envelope” talk!  
Learn About GMOs*

*Yoga, Better Bones,  
Tai chi, Senior Aerobics  
for Summer!*

*Programs for Caregivers:  
Caring Café!*

*Make a Silk Wreath,  
Watercolors, Stamp Club,  
Cribbage, and Bridge!*

*Downton Abbey, Movies,  
Trips and More!*

*Let’s Laugh Today!*

## Summer Barbecue!

Wednesday, July 22  
12 noon



With entertainment provided by  
David Polansky-  
*“Music Through the Decades!”*

Meal and Entertainment  
Sponsored by  
HERITAGE ASSISTED LIVING  
OF FRAMINGHAM

*Sudbury residents may sign up  
as of June 26; all others may  
sign up as of July 10. Call  
(978) 443-3055. Space is  
limited.*

