

A Publication of the Sudbury Senior Center: the place for information, learning and connection!

***You've heard of the Mediterranean Diet...
Learn More about it this Summer!***



**The Everyday Gourmet:
The Joy of Mediterranean Cooking
DVD Series**

July 20 – September 7
8 Wednesdays, 10:00-11:00 AM

Tapas. Olive oil. Clean eating. Three of the biggest trends in the world of food aren't really trends at all—they're hallmarks of the close-to-the-earth style of cooking known as Mediterranean cuisine.

With one foot rooted firmly in tradition and one balanced on the cutting-edge, Mediterranean cooking is both quintessentially classic and utterly contemporary. It's one of the most flavorful, fresh, and varied cuisines in the culinary canon—not to mention one of the most healthful styles of eating in existence.

Numerous studies have demonstrated this oil-abundant diet's power to reduce your risk for heart disease, and there's evidence linking it with the potential to prevent diabetes and cancer as well. While such a thing as an ultimate, silver-bullet diet may not exist, the Mediterranean diet is as close as it gets. And it just so happens that it's also simple to prepare and a pleasure to eat.

You must sign up for this class online at www.sudburyseniorcenter.org. If you need assistance with signup, please call 978-443-3055 to schedule a help session with one of our staff or volunteers! Thank you.

(Course description from "The Great Courses", at www.thegreatcourses.com)

Try Mediterranean Inspired Food!

Mediterranean Meals

**Two Wednesdays, July 20 and August 17, 12:00 PM
\$5 in advance**

We are partnering with ***Carina is Cooking*** to offer healthy meals at the Sudbury Senior Center. She will prepare a delicious healthy lunch that is Mediterranean and Plant Based. Carina uses produce that is local and/or organic. Because Carina is volunteering her time, we are able to offer these meals at a very reasonable price! Thank you Carina!



Carina, a personal chef right here in Sudbury, is centered on creating healthy family style menus from comfort foods to delicious plant-based anti-inflammatory menus. She is a member of the US Personal Chefs Association and a certified food safety manager.

Get inspired by her delicious cooking! You must register and pay for these lunches in advance at (978) 443-3055, so that we know how many lunches to order. Menu to be available in early July. *Sudbury residents may register as of Thursday, June 30, all others as of Monday, July 11.*

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Transportation Information-

Added Van Service Hours
4:00-7:00 PM Tuesdays/Thursdays
and

**Rides to Framingham to catch the Boston Hospital Shuttle
on Tuesdays (early morning, return midday or early eve.)**

For information, please call (978) 443-3055 and ask for Sharon Wilkes, Program Coordinator. If you are a registered van rider, you may call the MWRTA Call Center at 508-820-4650 to register for a ride.

This new service is offered on a trail basis until mid-November.

World's Greatest Paintings DVD Series*

Mondays—July 11, 25, August 8, 15, 22, 29

12:30 PM Bring your own Lunch!

1:00-2:00 PM DVD (two 30 minute lectures)

Great paintings challenge us to understand them, to penetrate their mysteries, and to appreciate their riches.

But within the vast history of art, there exist only a small number of paintings that transcend the traditional role of art to become cultural signifiers—works that allow us to comprehend more deeply the world and our place within it.

Now, in 24 illuminating lectures, **The World's Greatest Paintings** leads you in a compelling discovery of some of the most significant paintings in Western art. Taking you from the 14th century to the 20th, distinguished art historian and veteran Great Courses Professor William Kloss reveals a group of works that, in his expert judgment, rank among the greatest paintings ever made.

***This will be the first half of lectures, second half to follow in September.** Please sign up by calling the Senior Center at (978) 443-3055.

*Course description from The Great Courses catalog.



Means-Tested Senior Tax Exemption Forms

Forms are available at the Senior Center and the Assessors office, or at the Assessor's webpage: www.sudbury.ma.us/assessors.

Should you need assistance with completing the forms, or with the Circuit Breaker Tax form, please contact the Senior Center and we will connect you with a volunteer to help you.

Karaoke Machine?

The Senior Notes singing group is looking for a gently used Karaoke machine. Please contact Sam Gorfinkle at 978-310-7951 if you would like to donate one.

**Nutrition Counseling**

Thursday, July 28
12:00-4:00 PM

Do you need tips for making meals for one? Do you have osteoporosis, and need information on improving your diet? Do you want to make your diet more brain healthy?

Sign up for one-to-one nutrition counseling with nutritionist Traci Robidoux, RD, LDN, of BayPath Elder Services. She will be scheduling 1 hour appointments at 12:00, 1:00, 2:00 and 3:00 PM.

Please call to sign up at (978) 443-3055 and **let us know a general idea what your topic of interest is** so that Traci can have materials ready. If appointments fill, please leave your name on a waiting list.

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SUDBURY SENIOR CENTER

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Email: senior@sudbury.ma.us

Webpage: www.senior.sudbury.ma.us

The Legendary Judy Garland!

Thursday, July 21

2:00 PM

\$7 at the door



The Legendary Judy Garland is an engaging one-hour review of the life and fabulous career of the girl from Oz! It analyzes the genius of Judy Garland---a show business dynamo of unparalleled gifts. During the program, an informative discussion is teamed with a power-point presentation that includes fascinating archival photos, many of which harken back to the delightful motion pictures in which Judy starred such as *The Wizard of Oz*, *For Me and My Gal*, *Meet Me in St. Louis*, *Easter Parade* and *A Star is Born*. And, of course, the evening is highlighted by the sounds of many of her hit recordings such as *Somewhere Over the Rainbow*, *Have Yourself a Merry Little Christmas*, *The Trolley Song*, *Get Happy* and *The Man That Got Away*.

Bruce Hambro has been a History teacher as well as a student of the American entertainment industry. He has always been enchanted by the magic of Judy Garland. Mr. Hambro believes that no other female musical performer in the history of show business has ever matched Judy's brilliance in the areas of singing, dancing and acting. Her signature, of course, was her incredible facility to pack heartrending emotion into so many classic songs, that the listener couldn't help but love her!

Please sign up by calling the Senior Center at (978) 443-3055.

Bingo Players!

Please note that due to a special event, Bingo will take place in the Van Houten room on Friday, August 5 from 9:30-11:30 AM. Thank you for your understanding!

Caring Café—Special Event!

Meet Me at the Movies and Make Memories!

Friday, August 5, 9:00-11:00 AM

Please join us for a one-of-a-kind film experience, designed specifically for people living with memory loss and their loved ones. Short clips from classic films and TV shows will be shown, followed by audience discussion and reminiscence guided by a moderator.

Originally presented in partnership with the Tribeca Film Institute, this program demonstrates how film has the power to connect us with our deep-rooted emotional memories ~ the kind that never leave us.

This program is jointly sponsored by *Pleasanties Adult Day Care*, *Traditions of Wayland*, *Right at Home*, *Hearthstone at New Horizons* and the Sudbury Senior Center. Thank you Anne Manning for coordinating this!

This program is free and all are welcome, but seating may be limited. Please RSVP to wecare@thehearth.org or the Senior Center at (978) 443-3055.

Watercolors Workshop with Plein Air Option at 2pm

Friday, July 8-Sept. 2

No class on August 19

8 weeks, \$56

11:30 AM-1:30 PM or

2:00-4:00 PM (Plein air*)

Join our delightful Watercolors Workshop on Friday afternoons! Class is open to those with lots of experience as well as newer artists.

*We are offering an alternative for the 2PM class for this session. **This class will meet in different outdoor locations** to paint outside (Plein air). During inclement weather, the class will meet in the Instructor's studio at *ArtSpace* at 63 Summer St., Maynard. First class is at the Senior Center—you will receive a schedule of locations. Please pay when you register for class. If you have a question, you may leave a message for Sandy with the Senior Center Receptionist at (978) 443-3055.

Prebiotic and Probiotic Foods:

What to Know

Thursday, July 14, 10:00 AM

You've probably heard of prebiotics and probiotics, but do you know what they are? Nutrition research has pinpointed specific functional components of foods that may improve health, and prebiotics and probiotics are two such substances. Come learn about the benefits of these functional foods and where to find them!

Traci Robidoux, R.D., LDN, of BayPath Elder Services will be providing the lowdown on pro- and pre-biotics!

Please register by calling the Senior Center at (978) 443-3055.



Sizzling Summer Movies!

**Thursdays with Pizza
And
Fridays with Snack**

Thursdays: Pizza at Noon - Movie at 12:30 PM
Fridays: Movie and Snack at 12:30 PM

Thursdays

July 7—*The Dead* (James Joyce short story)

July 14—*Inside Out* (bring the grandkids!)

July 21—Judy Garland program; no movie

July 28—*In the Heart of the Sea*

August 4—*Burnt*

August 11—*Doctor Zhivago*

August 18—*How to Train Your Dragon* (bring the grandkids!)

August 25—*East Side Sushi*

Fridays

July 1—*The Letters*

July 8—*The English Patient*

July 15—*Wicked: A New Musical*

July 22—*Trumbo*

July 29—*Hachi: A Dog's Tale*

August 5—*Youth*

August 12—*Lady in the Van*

August 19—*Creed*

August 26—*Joy*



On rare occasions we may need to substitute another movie due to availability issues. Please ask for our Movie Flyer to get information on each movie.

Please sign up and order your pizza by 10:00 AM on the day of the pizza and movie. Pizza is \$1.25/slice.

Thank you to Bill and Jean Semple for filling the two buckets in front of the Senior Center and under the sign with beautiful flowers and plants every season—lovely geraniums for the summer!

Thank you to the Sudbury Garden Club for volunteering to teach a workshop on Container Gardening in June!



Thank you to our many L-S High School Student Volunteers for helping with Teen Tech and other projects this year!

**Short Story Discussion Group**

2 Thursdays, July 14, 28
1:00-2:00 PM

Join Lois Leav at the Senior Center for a discussion of the short story *The Dead* or another story from the book *The Dubliners* by James Joyce. Lois, who is a book and story lover, will facilitate the discussion about this short story. Call us at the Senior Center to let us know that you will attend at 978-443-3055. Thank you Lois for suggesting this idea!

Please Note: We are showing the movie version of the story *The Dead* on Thursday, July 7. Pizza at noon; movie at 12:30 PM.

Legal Clinic

**Tuesday, July 12 and Tuesday, Aug. 9
10:00AM-12:00 PM**



Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Susan Shipley of Natick in July and Elder Law Attorney Denise Yurkofsky of Wayland in August.

Our Volunteer Elder Law Attorneys provide free 20 minute appointments generally focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. For issues that are not in their domain, they will provide referrals to other attorneys. They are not able to prepare documents during these appointments. Call (978) 443-3055 to sign up for an appointment.

**Monday Van Trips**

Pickups: 9:00-10:00 AM*
Shopping and Lunch, 10:00-1:30*
Return: 1:30-3:00 PM*

July 11, Aug. 1 to WalMart

in Hudson

July 18, Aug. 15 to Market Basket/Hudson

Please call the MetroWest RTA to register for the trips at (508) 820-4650 no earlier than 2 weeks prior and no later than 48 business hours in advance. First come, first served.

MWRTA Reservation center # is 508-820-4650.

* Times are approximate.

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.

**Live Better at Home:
Learn about Adaptive Equipment from a Physical Therapist**
Monday, July 18
1:00 PM

Elizabeth Crowley, PT, DPT, Staff Physical Therapist at the Center of Rehabilitative and Sports Therapies at Emerson Hospital will be here to discuss assistive equipment that you might use either when recovering from surgery or on a regular basis, if needed. Talk will be followed by Show and Tell—please bring your questions!

Please sign up in advance online at the Sudbury Senior Center website at sudburyseniorcenter.org. If you need assistance, please call the Senior Center at 978-443-3055.

Current Events Group
1st and 3rd Thursdays
July 7, 21 and August 4, 18
10:00-11:30 AM



Please feel free to join the group for a respectful discussion of world events where each person has an opportunity to contribute! Thank you to volunteer Facilitator Don Sherman!

Teen Tech Help
Tuesdays, 1:00-4:00 PM
July and August

Two students from L-S High School are volunteering this summer and will be available to help you learn how to sign up for Senior Center programs online, as well as help with other tech questions that you may have! Please call to sign up for a time slot at 978-443-3055.



Canasta Group
Wednesdays, 1:00-3.45 PM

We have a regular foursome of intermediate players, who would welcome another foursome of either intermediate or beginning players to play alongside them. Please call the Senior Center at 978-443-3055 and leave your name and number.

Be a Friend! Help Reduce Postage Costs!

Did you know that the Friends of Sudbury Seniors spend over \$1,000 per month to mail this newsletter to Sudbury residents? Many people use email and might like to receive the newsletter via email instead—if you would like this and could help reduce all of that spending:

Please **sign up for our email newsletter online** at www.sudbury.ma.us and click on “Subscribe”, and **contact Claire Wigandt, via phone at (978) 443-3055 or email at senior@sudbury.ma.us to let her know to remove you from the mailing list. Please include your full name and address.**

Join the Friends and help us plan our next event! Leave a message at 978-443-3055 and a Friend will call you.

Looking toward Fall...

**The Skeptic’s Guide to
American History
DVD Series**

September 14 - December 14
No classes October 12, Nov. 23

Get ready for part 2!

**Fall Art History - 17th
Century Dutch Art with
Donald Oasis**

7 Wednesdays – October 5, 26;
November 2, 9, 16, 30, Dec. 7
1:30-2:45 PM

\$25 donation to the *Friends of
Sudbury Seniors*
is suggested.

**Senior Notes:
Singing Group**
Will resume in September

Crafty Jewelry Group
Will resume in October

*Looking for Crafters interested in
joining/facilitating a Crafts
Group this fall!*

Join the Stamp Club
Monday, July 18 and August 8

Bring your stamps for review... 2nd
Monday of the month at 10:00 AM.

Siena Farms Veggies!
Thursday afternoons
around 1:00 PM

Enjoy a sampling of fresh, organic vegetables from Sudbury’s Siena Farm on Thursdays all summer!

Please note that the Sudbury Senior Center does not specifically endorse or recommend any of the advertisers in our newsletter. Should you have any concerns about the advertisements, please call (978) 443-3055.

JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Please Note:		1
VH—Van Houten room; SP— Sudbury Pines room; R1-Room 1 R2-Room 2 (billiards) R3-Room 3 (Game rm.) G-Gym SHINE-Medicare Help LS-Lincoln-Sudbury High School	New Time: Fit for the Future will be held from 10:00-11:00 AM from June 27-September 2. Note: Tai Chi on Mondays will be at the Senior Center all summer.	Fitness Classes will be at Lincoln-Sudbury High School Gym from June 27-August 5 and then return to the Senior Center rooms until September.	Watercolors at 11:30 AM will be at the Senior Center; *Beginning July 8, Watercolors at 2:00 PM will be in varying locations determined by the instructor. Come to Senior Center for first class—for first hour.	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 10:00 Fit for the Future at L-S 11:30 or 1:45 Watercolors (8, last in series) 12:30 Friday Movie: <i>The Letters</i>
4	5	6	7	8
Independence Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage <i>No Yoga</i> 12:30-3:30 Bridge <i>No Tai Chi for Healthy Living</i>	9:00-3:00 I&R Hours 9:30 <i>History of Hitler's Empire (6, last)</i> 10:00 <i>Fit for the Future at L-S</i> 1:00 Canasta (SP) 1:00-3:30 Quilting (1)	9-12 SHINE 10:00 Current Events (SP) 12:00 Pizza and a 12:30 Movie: <i>The Dead</i> 1:00-4:00 SHINE 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 10:00 <i>Fit for the Future L-S</i> 11:30 Watercolors (1) 12:30 Friday Movie: <i>The English Patient</i> 2:00 <i>Watercolors en Plein Air (1) (come to Senior Center for first hour) *</i>
WalMart Trip 11	12	13	14	15
9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures</i> 10:00 <i>Fit for the Future at L-S</i> 12:30 <i>Bring your Lunch... World's Greatest Paintings (1)</i> 1:00 Better Bones (7) (LS) 2:15 Tai Chi (1) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) (LS) 10-12 Legal Clinic 12:30-3:30 Bridge 1-4 Teen Tech Help 1:30 <i>Tai Chi for Healthy Living (1) (LS)</i>	9:00-3:00 I&R Hours 10:00 <i>Fit for the Future at L-S</i> 12:00 <i>Summer BBQ with Jazz Pianist Ross Petot</i> 1:00 Canasta (SP) 1:00-3:30 Quilting (2)	9-12 SHINE 10:00 <i>Learn about Pro and Prebiotics!</i> 12:00 Pizza and 12:30 Movie: <i>Inside Out (grandkids welcome!)</i> 1:00 <i>Short Story Disc. Group</i> 1:00-4:00 SHINE 2:30 Connection Circle 3:00 COA Meeting	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 10:00 <i>Fit for the Future at L-S</i> 11:30 Watercolors (2) 12:30 Friday Movie: <i>Wicked (musical)</i> 2:00 <i>Watercolors en Plein Air (2) (outdoors) *</i>
Market Basket Trip 18	19	20	21	22
9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures</i> 10:00 Stamp Club 10:00 <i>Fit for the Future L-S</i> 12:30 <i>Bring your Lunch... 1:00 Physical Therapist Talk! (SP)</i> 1:00 Better Bones (8, last in session) (LS) 2:15 Tai Chi (2) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) (LS) 12:30-3:30 Bridge 1-4 Teen Tech Help 1:30 <i>Tai Chi for Healthy Living (2) (LS)</i>	9:00-3:00 I&R Hours 10:00 <i>Mediterranean Cooking DVD (1)</i> 10:00 <i>Fit for the Future at L-S</i> 12:00 <i>Mediterranean Meal (SP)</i> 1:00 Canasta (SP) 1:00-3:30 Quilting (3)	9-12 SHINE 10:00 Current Events (SP) 1-4 SHINE 2:00 <i>The Legendary Judy Garland</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 10:00 <i>Fit for the Future at L-S</i> 11:30 Watercolors (3) 12:30 Friday Movie: <i>Trumbo</i> 2:00 <i>Watercolors en Plein Air (3) (outdoors) *</i>
25	26	27	28	29
9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures</i> 10:00 <i>Fit for the Future at L-S</i> 12:30 <i>Bring your Lunch... 1:00 World's Greatest Paintings (2)</i> 1:00 Better Bones 2:15 Tai Chi (3) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga at L/S (7, last in session) 12:30-3:30 Bridge 1-4 Teen Tech Help 1:30 <i>Tai Chi for Healthy Living (3) (LS)</i>	9:00-3:00 I&R Hours 10:00 <i>Mediterranean Cooking DVD (2)</i> 10:00 <i>Fit for the Future at L-S</i> 1:00 Canasta (SP) 1:00-3:30 Quilting (4)	No SHINE today 12:00 Pizza and a 12:30 Movie: <i>In the Heart of the Sea</i> 12:00-4:00 <i>Nutrition Counseling</i> 1:00 <i>Short Story Discussion Group</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 10:00 <i>Fit for the Future at L-S</i> 11:30 Watercolors (4) 12:30 Friday Movie: <i>Hachi: A Dog's Tale</i> 2:00 <i>Watercolors en Plein Air (4) (outdoors) *</i>

AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>WalMart Van Trip</i> 1	2	3	4	5
7:30 <i>Foxwoods Trip</i> 9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures</i> 10 Fit for the Future (LS) 1:00 Better Bones (2) (LS) 1:00 <i>Ireland Trip Meeting for Trip Participants</i> 2:15 Tai Chi (4) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) (LS) 12:30-3:30 Bridge 1-4 Teen Tech Help 1:30 <i>Tai Chi for Healthy Living</i> (4) (LS)	9:00-3:00 I&R Hours 10:00 <i>Mediterranean Cooking DVD</i> (3) 10 Fit for the Future - LS 1:00 Canasta (SP) 1:00 -3:30 Quilting (5)	9:00-12:00 SHINE No Tap Dance 10:00 Current Events (SP) 12:00 Pizza and a 12:30 Movie: <i>Burnt</i> No Connection Circle today	9:00-3:00 I&R Hours 9:00-11:00 <i>Caring Café—Meet Me at the Movies</i> (SP) 9:30-11:30 Bingo (VH) 10 Fit for the Future (LS) 11:30 Watercolors (5) 12:30 Friday movie: <i>Youth</i> 2:00 <i>Watercolors Plein Air</i> (outdoors) (5)*
8	9	10	11	12
9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures</i> 10:00 Stamp Club 10 Fit for the Future at Senior Center (VH) 12:30 <i>Bring your Lunch...</i> 1:00 <i>World's Greatest Paintings</i> (3) No Better Bones today 2:15 Tai Chi (5) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) at Senior Center SP 10-12 Legal Clinic 12:30-3:30 Bridge 1-4 Teen Tech Help 1:30 <i>Tai Chi for Healthy Living</i> (5) (at Sr Ctr VH)	9:00-3:00 I&R Hours 10:00 <i>Mediterranean Cooking DVD</i> (4) 10:00 Fit for the Future (VH) 1:00 Canasta (SP) No Quilting	9:00-12:00 SHINE No Tap Dance 12:00 Pizza and a 12:30 Movie: <i>Dr. Zhivago</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 10:00 Fit for the Future (VH) 11:30 Watercolors (6) 12:30 Friday movie: <i>Lady in the Van</i> 2:00 <i>Watercolors en Plein Air</i> (outdoors) (6)*
<i>Market Basket Trip</i> 15	16	17	18	19
9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures</i> 10 Fit for the Future (VH) 12:30 <i>Bring your Lunch...</i> 1:00 <i>World's Greatest Paintings</i> (4) 1:00 Better Bones (3) VH 2:15 Tai Chi (6) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) (SP) 12:30-3:30 Bridge 11:30 <i>Tai Chi for Healthy Living</i> (6) (VH) 1-4 Teen Tech Help	9:00-3:00 I&R Hours 10:00 <i>Mediterranean Cooking DVD</i> (5) 10:00 Fit for the Future (VH) 12:00 <i>Mediterranean Meal</i> (SP) 1:00 Canasta No Quilting	9-12 SHINE No Tap Dance 10:00 Current Events (SP) 12:00 Pizza and a 12:30 Movie: <i>How to Train Your Dragon</i> (bring the grandkids!) 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 10:00 Fit for the Future (VH) 12:30 Friday movie: <i>Creed</i> No Watercolors today
22	23	24	25	26
9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures</i> 10 Fit for the Future VH 12:30 <i>Bring your Lunch...</i> 1:00 <i>World's Greatest Paintings</i> (5) 1:00 Better Bones (4) (VH) 2:15 Tai Chi (7) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) (SP) 12:30-3:30 Bridge 1-4 Teen Tech Help 1:30 <i>Tai Chi for Healthy Living</i> (7) (VH)	9:00-3:00 I&R Hours 10:00 <i>Mediterranean Cooking DVD</i> (6) 10 Fit for the Future (VH or G) 1:00 Canasta No Quilting	9-12 SHINE No Tap Dance 12:00 Pizza and a 12:30 Movie: <i>East Side Sushi</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 10:00 Fit for the Future (VH or G) 12:30 Friday Movie: <i>Joy</i> 11:30 Watercolors (7) 2:00 <i>Watercolors en Plein Air</i> (outdoors) (7)*
29	30	31		
9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures</i> 10 Fit for the Future VH 12:30 <i>Bring your Lunch...</i> 1:00 <i>World's Greatest Paintings</i> (6) No Better Bones 2:15 Tai Chi (8) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage No Yoga today 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (8) (VH)	9:00-3:00 I&R Hours 10:00 <i>Mediterranean Cooking DVD</i> (7) 10:00 Fit for the Future (VH) 1:00 Canasta (SP) No Quilting	SP-Sudbury Pines Room VH-Van Houten Room G- Fairbank Gym LS- Lincoln-Sudbury High School <i>Note: Gym Floors waxed this week</i>	<i>Check on Fitness location at Front Desk during August 22-26. Fitness will be in Senior Center rooms August 29-September 2 due to refinishing of gym floor.</i>



TRIPS NEWS Hello Fellow Travelers-

Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to partake in one of our wonderful trips!

Forever Motown Wednesday, September 21

The iconic sounds and choreography of Motown performed by veteran entertainers. Songs of the Four Tops, Temptations, Supremes, Smokey Robinson, Stevie Wonder and more. Lunch and show at Venus de Milo. Payable to Best of Times by Aug. 9.

Jimmy Lehoux Band and the Turkey Train, Oct. 19
Fall foliage, country music, and Hart's Turkey Luncheon in Meredith NH! Payable to Best of Times.

President's Trip on Cape Cod, Nov. 11-12
Oceanfront hotel in Falmouth, visit Sandwich, Hyannisport, JFK Museum. Payable to Conway Tours.

**Boston Symphony-2016 Holiday Pops!
Friday, December 9, 2016
Matinee Show and Luncheon included!**
Reserved seating at Symphony Hall; wonderful luncheon at Venezia Waterfront restaurant. Meal choice: Chicken Parmesan or Baked Scrod. **Sign up now! We make final payment by Oct. 11.** Checks payable to Best of Times.

Please note: All trips require purple registration form and payment when registering. Trip guidelines are available on the back of the 2016 Trip Brochure, or by request. Thank you!

Foxwoods Trips with Deanna and Ron Monday, August 1 - \$26

Please arrive by 7:15 AM! Sign up is happening right now! Don't miss out on the fun! Your \$26 fee includes: \$10 Buffet or Food Voucher Coupon and \$10 Slot Play.

Please note: As of Tuesday, June 14, 2016 checks for Foxwoods should be made payable to the **Friends of Sudbury Seniors**. Next trip is on November 7!

Computer/Tech Instructors Needed!

The Senior Center is looking for instructors and tutors with computer experience, who can help people to learn to register online for programs, and to offer classes on how to use software, ipads, etc. Please contact Debra Galloway, Director, at (978) 443-3055 for more information.

Senior Center Fitness Classes Summer Schedule— Location changes!

Sign-Up Information—Please Note: Payment is due at registration, with the exception of Fit for the Future which is drop-in.

Fit for the Future with Lois (aerobics/strength)

Ongoing classes on M, W, F **10:00 AM**— *note* time change for the summer! (June—Sep. 2), \$2 drop-in; no sign-up.

As of June 27 classes move to L-S high school until August 5, return to Senior Center on August 8.

Better Bones, Senior Strength*

Mondays at 1PM; No class Aug. 8, 29

July 25-August 22; 4 weeks; \$28

Classes are at L-S high school through Aug. 1, then at Senior Center until August 22; as of September 12 they are back in the gym.

*Bring your mat, 2 sets of weights, resistance band, and water!

Tai Chi

Mondays, 2:15 PM; \$36 for 8 weeks

July 11-August 29 (no class July 4)

Classes will be at the Senior Center Van Houten room through September 2, then move back to the gym on September 12.

Tai Chi for Healthy Living

Tai Chi for those who prefer a slower pace and may need to work on balance. Classes move to L-S High School until August 2, at Senior Center August 9-30; gym as of September 6.

Tuesdays, 1:30 PM; \$15 *

Jul 12—Aug. 30, 8 weeks; (* supported by the Elder Affairs State Grant) (no class July 5)

Tap Dance -Class on hiatus for the summer.

Yoga for Living Well**

Tuesdays, 9:40 or 11:00 AM

\$49 for 7 week session

June 7 - July 26 (no class July 5)

\$28 for 4 week session

August 2-23

Improve balance and strength, and learn to relax!

**Bring your mat, block and water!

Classes are at L-S High school

June 27-Aug. 5, then at Senior Center from Aug. 9-23, back to gym in September.

NOTES: Please call (978) 443-3055 for information or ask for a Fitness flyer (includes schedule and class descriptions). Bring water to all classes!

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 4:00 PM**. On two Mondays every month we provide transportation to a shopping location outside of Sudbury. You must be registered with the MetroWest Regional Transit Authority (MWRTA) to get rides. Call the MWRTA at 508-820-4650 or Senior Center for an application. You must call at least 48 business hours in advance **to schedule** 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.

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**. 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

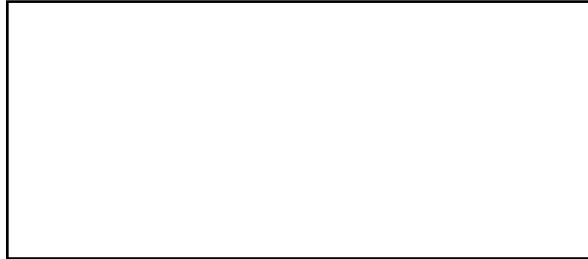
SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

Return Service Requested



Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Monday through Friday, 8:30 AM to 4:00 PM

The Legendary Judy Garland

Thursday, July 21

2:00 PM

\$7 at the door

Enjoy a review of the life and fabulous career of the girl from Oz!

See page 3!

World's Greatest Paintings DVD Series

Mondays, July 11, 25 and
August 8, 15, 22, 29

12:30 PM Bring your own lunch!

1:00 PM DVD

See page 2!

Mediterranean Cooking

DVD Series

On Wednesdays beginning on July 20

10:00-11:00 AM

Freshly Made

Mediterranean Meals

Wednesdays, July 20 and August 17, 12:00 PM

Meet Me at the Movies and Make Memories!

Friday, August 5, 9:00-11:00 AM

Sponsored by: Hearthstone at New Horizons,
Pleasantries Adult Day Care, Traditions of Wayland
and Right at Home—Home Care, p. 3