

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



**AAA Older Wiser Driver
Two Part Training
Two Wednesdays, June 22, 29
10:00 AM-1:00 PM**

*Please
sign up
online!*

Driving is a skill that can and should be continually improved. A driver improvement course in the classroom can help you keep your driving knowledge fresh and get the most out of your vehicle, while reducing risk to you, your passengers and others on the road. Although this SeniorDriving.AAA.com class contains many driving tips, taking a comprehensive driving improvement course will ensure that you have the most up-to-date driving techniques and understand the latest vehicle technologies.

As a group, older drivers are at a higher risk of having a serious collision per mile driven than any other age group except for those under age 25. Drivers in their late 70s have about the same number of injury-involved crashes per mile driven as drivers in their early 20s. And drivers age 85 and older are injured or killed in crashes at a higher rate than any other age group. Older senior drivers are generally less able to withstand the forces of a crash, so they are more likely to become injured, compared with younger and fitter individuals.

Learn how to hone your driving skills and about new vehicle technology and driving tips for today's drivers. AAA's course is designed to help you be a better, safer driver. The course covers topics like:

- Extending Your Safe Driving Career
- Distractions, Drowsiness, Aggressive Driving & Road Rage
- Managing Visibility, Time & Space
- Alcohol & Medications
- Comfort & Safety Tips

John Paul, Senior Manager of Traffic Safety at AAA New England, will be teaching the two workshops. *Please sign up online* at www.sudburyseniorcenter.org. If you need assistance with signing up online, please make an appointment for Tech Help at (978) 443-3055.

One-to-One Nutrition Counseling

Wednesday, June 8
1:00-4:00 PM



Do you need tips for making meals for one or trying new fruits or vegetables? Do you have osteoporosis, or osteopenia and need information on improving your diet? Do you want to make your diet as brain healthy as possible?



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 1:00, 2:00 and 3:00 PM. If appointments fill, please leave your name on a interest list. *Please sign up online* at www.sudburyseniorcenter.org or make an appointment for Tech Help at (978) 443-3055.

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Website Update!

You can access the website at www.sudburyseniorcenter.org. We are currently continuing to add to and improve the website. Please feel free to contact us with questions, contact Sharon Wilkes, Program Coordinator or Debra Galloway, Director at (978) 443-3055 or at senior@sudbury.ma.us.

Please register for the following programs online: AAA Older Wiser Driver workshops and Nutrition Counseling. Please call to make an appointment for help with online sign up at (978) 443-3055.

Transportation Update:

**New Van Service from 4:00-7:00 PM Tuesdays/Thursdays
and**

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

On a trial basis we are offering expanded service. Evening Service on Tuesdays and Thursdays from 4:00-7:00 PM will be on the Dial-a-Ride van by Kiessling Transportation. The same company will provide early morning transportation from 7:00-8:00 AM on Tuesdays for people who'd like to ride the Boston Hospital Shuttle into Boston (the shuttle leaves Framingham at 8:30 AM). Riders register for these services at the same number as our regular van service (508) 820-4650. For information, please call (978) 443-3055 and ask for Sharon Wilkes, Program Coordinator.

Information on the Boston Hospital Shuttle is available online at the MWRTA website. The shuttle stops at: West Roxbury VA Hospital, Jamaica Plain VA Hospital, N.E. Baptist Hospital, Brigham and Women's, Dana Farber, Beth Israel, Joslin Clinic and N. E. Deaconess. You must register and set up an account in advance to use the Boston Hospital shuttle. The cost is \$2 one way. **Registration information at 508-820-4650.**

Thank You Volunteers!

Volunteers enrich the Senior Center, and the community. They are our most valuable resource! Thank a volunteer! Volunteers set up for events, help at the Front Desk, are friendly visitors, drive people to medical appointments and more. Research indicates that they benefit as much as the recipients of their volunteerism!

Buried in Treasures Support Group

Do you have trouble getting rid of your stuff? If you have questions about or interest in a Support Group that offers help with cluttering, please contact Anne Manning, Information Specialist, 978-639-3268.

Mercury Collection

**Saturday, June 11
11:00 AM—1:00 PM**

Mercury is a highly toxic compound that needs to be removed from the home. It should not be included in your weekly trash, as this will cause it to be released into the environment.

Bring your mercury containing items to the Senior Center and we will make sure they are safely and properly disposed of. This includes: old mercury thermometers or thermostats, small fluorescent lightbulbs, and other small mercury containing items. Don't forget your **button batteries** as they contain mercury!

For information, call the Senior Center at (978) 443-3055.

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SUDBURY SENIOR CENTER

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: senior@sudbury.ma.us

Webpage: www.senior.sudbury.ma.us

**Celebrate the 400th Anniversary of Shakespeare!
Thursday, June 2, 1:00 PM, \$5**



Celebrate the Bard with a performance from Stephen Collins on Thursday, June 2 at 1:00 PM. \$5 at the door, but you must sign up for a seat in advance at (978) 443-3055. Space is limited.



Short Story Discussion Group

2 Thursdays, June 9 and 23
1:00-2:00 PM

Join Lois Leav at the Senior Center for a discussion of the short story *The Dead* by James Joyce (available separately and also in the book *The Dubliners*). Lois (our fantastic Fit for the Future instructor) who is a book and story lover will facilitate the discussions about this short story. Perhaps the group will be interested in having an ongoing monthly or weekly short story or book group? Please come to enjoy the discussion and let us know if you are interested in continuing this type of group. We are happy to provide space for this on a regular basis if there is interest! 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!

**Watercolors Workshop
with Plein air Option...**

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 class**)

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

*We are offering an alternative time and location for the 1:45 PM class for this session. This class will meet at 2 PM in different outdoor locations to paint *outside (Plein air)*. During inclement weather, class will meet in the Instructor's studio, **ArtSpace** at 63 Summer St., Maynard.

For more information, you may leave a message for Sandy with the Senior Center Receptionist at (978) 443-3055. Please pay the fee when you register for the class.

Please Note: *History of Hitler's Empire*—Schedule Change

The final class that was scheduled for Wed., June 22, will now be shown on Wed., July 6 at 9:30 AM. The remaining class dates are as follows: June 1, June 8, June 15 and July 6.

***Soup's On!* - rescheduled from April
Changes in Vision as We Get Older**

Thursday, June 23
Soup at 12:00 PM
Talk at 12:45 PM



Most people find that their vision changes as they get older. Some changes are normal; but, some changes are associated with age-related diseases, like macular degeneration, glaucoma, cataract, or diabetic eye disease. Learn more about these conditions, as well as benefits and services available through the Commission for the Blind and other agencies. You will have an opportunity to learn about helpful and interesting low vision aids and more.

Please Note: People who registered for this talk in April will be called and get first priority to sign up for soup (max. 35 people for soup). We can have up to 55 people attend the talk. The last day to sign up for soup and salad will be Tuesday, June 21, before 4:00 PM by calling (978) 443-3055.

**Siena Farms'
Fresh Veggie Pickup
Begins June 9 at 1:30 PM**

Siena Farms, an organic farm and CSA (Community Supported Agriculture) farm in north Sudbury, provides high quality organic vegetables to many fine restaurants in the Boston area. We are fortunate that they are once again offering to share some of their weekly harvest with us! Every week's harvest is different, so we never know what we will get, but it is always fresh and sometimes an interesting, new vegetable we've never seen before!

Senior residents who could use some additional fresh veggies can stop by to pick up a sampling on Thursday afternoons beginning on June 9. We expect to have the veggies ready about 1:30 PM. If you have questions, please feel free to call us at 978-443-3055.



Container Planting

Thursday, June 16
10:00-11:30 AM



Try something new this spring for your front door entrance and plant some gorgeous flower pots.

Display them on either side of the door or in its vicinity. Use color, shape, and height to create a dramatic arrangement that greet visitors and welcomes them to your home. In this workshop presented by the Sudbury Garden Club Heather Halsey and Joyce Fricke and their garden helpers Jo Ann Forester, Marion Tratnyek, Pat Drobinski, Leslie Lowe, Cynthia Kazior and Barbara Fay will demonstrate how to successfully plant a variety of flowers in containers, discuss soil type, drainage and what's plants to use for sun and/or shade. *Please sign up by calling (978) 443-3055-Sudbury residents may sign up as of June 1, all others as of June 13.*

**Lincoln-Sudbury High School
Senior Student Give Back Day
Tech Help!**
Wed., June 1, 11 AM—1PM



Sign up for some help on your tech devices; cell phones, cameras, laptops, etc. Seniors at L-S will be here to help for 1/2 hour appointments (11, 11:30, 12, 12:30 - two appointments each half hour). Find out what these fantastic students have been doing and what their plans for the future are! Please call to reserve your spot 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.



Save the Date!

SUMMER BARBECUE-

Wednesday, July 13, 12 Noon

With entertainment from Jazz Pianist Ross Petot!

Please note: Sudbury residents may sign up beginning on June 1, all others on Monday, June 13. Space is limited!

Caring Café

Friday, June 3, 9:00-11:00 AM

Are you caring for a loved one with Alzheimer's or other memory impairment? The Caring Café encourages socialization with other caregivers where you can just be yourself. This is a wonderful opportunity to get out with your loved one and have an enjoyable morning. It's a time to step out of the daily routine, leave the disease at the door, and enjoy a positive experience in a supportive environment. The morning will consist of conversation, entertainment, music, arts, games, refreshments, and most importantly, laughter. It is open to anyone in the community at any stage of the disease process accompanied by friends, family, and loved ones.

Please call 978-443-3055 to sign up. For more information, call Anne Manning at 978-443-3268.

**Gary Hylander****A is for Assassin**

3 Remaining Mondays, June 6, 13, 27
1:00 PM

\$35 for series/\$10 individual

Join us as we examine the historical context and long-term consequences of the several assassinations.

Please sign up and pay the fee (checks payable to Town of Sudbury) at the Sudbury Senior Center.

Please Note: Time changed to 1PM

No class on June 20

Monday Van Trips

Pickups: 9:00-10:00 AM*

Shopping and Lunch, 10:00-1:30*

Return: 1:30-3:00 PM*

Monday, June 6 to WalMart in Hudson

Monday, June 20 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.

Property Tax Relief.



**Means-Tested
Senior Tax Exemption
Information Meeting**
Tuesday, June 7
10:00 AM

Assessor Cynthia Gerry will be at the Senior Center to explain how this Tax Exemption works and how to complete the application. If your property taxes exceed 10% of your income, you may qualify. The assessed value of your home must be less than \$746,000, 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 2015, even if you did not file it; and a copy of your 2015 Federal Income Tax Form 1040/1040A or 1040EZ (pages 1 and 2). The 2016 Application form will be available sometime in June.

In addition, for those who are new to this exemption and may need some assistance in applying, we are scheduling a date for a Tax Exemption Help Session at the Senior Center. The date will be available at the Info Meeting on June 7.

Call the Senior Center at (978) 443-3055 to sign up for this informational talk.

Legal Clinic
Tuesday, June 14
10:00AM-12:00 PM



Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Denise Yurkofsky of Wayland. Call (978) 443-3055 to sign up.

Stamp Club—2nd Monday of the month at 10:00 AM.

Suggestions Welcome!

We are always interested in what programs, classes or entertainers you would like to see at the Senior Center. Please feel free to drop a note in the Suggestion Box at the Front Desk!

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.

Senior Notes: Singing Group
Will Resume in September



The Singing Group will return in September—look for information in the September newsletter. Thank you Sam Gorfinkle for facilitating this group!

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 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 address.***



The Friends are a great group of people dedicated to helping to fundraise for senior needs at the Senior Center. Their funds pay for the mailing of the newsletter, sponsor the annual Volunteer Appreciation Luncheon, and other events. Join us—we are always looking for convivial, fun, and interested people to work with us! You can drop in to a Friends’ meeting anytime. Meetings are usually held on the 4th Thursday of the month at 3:00 PM., and generally listed in the Senior Center calendar. You can always call the Senior Center to verify this at (978) 443-3055. (Friend—member of the Friends of Sudbury Seniors—*this could be You!*)

Current Events Group
1st and 3rd Thursdays—June 2 and 16
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 Facilitator Don Sherman!

Please note: The group will meet in the Van Houten room on June 2 due to a Bridges Reunion.



JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Please Note: In June, we begin to lose access to the gym for fitness classes, please check with the Front Desk about location—there will also be an information flyer.	LS— Lincoln Sudbury High School Gym C-120 (ask for special instructions when you sign up) NOTE: <i>A is for Assassin</i> time has changed to 1:00 PM	9:00-3:00 I&R Hours 9:30 <i>History of Hitler's Empire</i> (3) 10:00 <i>Drawing</i> (6, last) 11:00 Fit for the Future 11-1 L-S Student Give Back <i>Day-Teen Tech Help</i> 1:00 Canasta (SP) No Quilting	9:30 <i>Tap Dance</i> (1) 10:00 <i>Bridges Reunion</i> (SP) 10:00 Current Events (VH) 1:00-4:00 SHINE 1:00 <i>Shakespeare Performance</i> (SP) 2:30 Connection Circle	9:00-3:00 I&R Hours 9-11 <i>Caring Café</i> 9:30-11:30 Bingo (SP) 11 Fit for the Future 12:30 Friday Movie: <i>Puccini's Turandot</i> 11:30/2:00 - Watercolors (4)
6	7	8	9	10
<i>WalMart Van Trip</i> 9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures Group</i> (3) 11:00 Fit for the Future 1:00 Better Bones (4) 1:00 <i>A is for Assassin</i> (4) New Time! 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (1) 10:00 Senior Tax Exemption Talk 12:30-3:30 Bridge 1:00-4:00 SHINE 1:30 <i>Tai Chi for Healthy Living</i> (6)	9:00-3:00 I&R Hours 9:30 <i>History of Hitler's Empire</i> (4) <i>Drawing Returns in Sept.</i> 11:00 Fit for the Future 1:00-4:00 <i>Nutrition Counseling</i> (SP) 9:30 <i>History of Hitler's Empire</i> (VH) No Quilting	9-12 SHINE 9:30 <i>Tap Dance</i> (2) 1:00 <i>Short Story Discussion Group</i> (1) 1:30 <i>Siena Farms Pickup</i> 1:00-4:00 SHINE 2:30 Connection Circle 3:00 <i>Council on Aging Meeting and Dinner</i>	9:00-3:00 I&R Hrs 9:30-11:30 Bingo (SP) 11 Fit for the Future 12:30 Friday Movie: <i>Cider House Rules</i> 11:30/2:00 Watercolors (5) <i>Mercury Collection</i> Sat. 6/11, 11am-1pm
<i>Chk Fitness locations!</i> 13	14	<i>Check Fitness locations!</i> 15	16	<i>Check on Fitness locations!</i> 17
<i>Special Town Meeting</i> 9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures Grp</i> (4) 10:00 Stamp Club 11:00 Fit for the Future - (VH or G) 1:00 Better Bones (5) (SP or G-chk location) 1:00 <i>A is for Assassin</i> (5) 2:15 Tai Chi (7) (VH / G)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (2) (LS) 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (7)	<i>Sign up for Fall Classes starts today</i> 9:00-3:00 I&R Hours 9:30 <i>History of Hitler's Empire</i> (5) 11:00 Fit for the Future (VH or G) 1:00 Canasta (SP) No Quilting	9-12 SHINE No Tap Dance 10:00 Current Events (SP) 10:00-11:30 <i>Container Gardening</i> (VH) 1:00-4:00 SHINE 1:30 <i>Siena Farms Pickup</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH or G) 12:30 Friday Movie: Patch Adams 11:30/2:00 - Watercolors (6)
<i>Check on Fitness locations!</i> 20	21	<i>Check on Fitness locations!</i> 22	<i>Highwaymen Trip</i> 23	<i>Check on Fitness locations!</i> 24
<i>Market Basket Van Trip</i> 9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures Group</i> (5) 11:00 Fit for the Future (VH) No Better Bones this wk. No <i>A is for Assassin</i> 2:15 Tai Chi (8)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (3) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (8)	9:00-3:00 I&R Hours <i>History of Hitler's Empire resumes July 6</i> 10:00-1:00 AAA Older <i>Wiser Driver—Pt. 1</i> 11:00 Fit for the Future (VH) 1:00 Canasta (SP) No Quilting today	9-12, 1-4 SHINE <i>Tap Dance returns in Sept.</i> 12:00 <i>Soup's On!</i> <i>Low Vision</i> 1:00 <i>Short Story Disc. Grp</i> (2) (VH) 1:30 <i>Siena Farms Pickup</i> 2:30 Connection Circle 3:00 Friend's Mtg. (tent.)	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH) 12:30 Friday Movie: <i>The Big Short</i> 11:30/2:00 - Watercolors (7)
<i>Fitness moves to L-S</i> 27	<i>Fitness moves to L-S</i> 28	<i>Fitness moves to L-S</i> 29	30	
9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures Group</i> (6) 10 Fit for the Future -L-S 1:00 Better Bones (6) 1:00 <i>A is for Assassin</i> (6) No Tai Chi this week	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (4) (LS) 12:30-3:30 Bridge No <i>Tai Chi for Healthy Living</i> this week	9:00-3:00 I&R Hours 10:00-1:00 AAA Older <i>Wiser Driver—Pt. 2</i> 10 Fit for the Future at L-S 1:00 Canasta (SP) No Quilting	9-12/ 1-4 SHINE 9:30 <i>Tap Dance returns Sept</i> 12:00 Pizza and a Movie: <i>Still Alice</i> 1:30 <i>Siena Farms Pickup</i> 2:30 Connection Circle	VH—Van Houten room; SP— Sudbury Pines rm; R1-Room 1 R2-Room 2 (billiards) R3-Room 3 (Games) G-Gym

Friday at the Movies!

Please call to let us know you are coming at (978) 443-3055; we will contact you should the schedule change. All movies start at 12:30 PM—unless noted.

June 3 – **Puccini's: Turandot** (opera) - 2003 NR 2 hrs

Acclaimed director of both stage and screen Franco Zeffirelli produced this performance of Puccini's *Turandot* by the Metropolitan Opera. With a cast that includes Plácido Domingo, Eva Marton, and Leona Mitchell, the production also features the Metropolitan Opera Orchestra under conductor James Levine and the Metropolitan Opera Ballet under choreographer Chiang Ching and Matthew Tobey.

June 10 - **Cider House Rules** 1999 PG-13 1 hr 25 m

A surrogate son and protégé to a kindly physician who runs an orphanage in rural Maine, itchy Homer Wells sets off wide-eyed to see the world -- but cold reality soon intrudes on his youthful idealism and moral certitude

June 17 – **Patch Adams** – 1998 PG-13 1 hr 15 mins

After spending time in a mental institution, Hunter “Patch” Adams (Robin Williams) decides to become a doctor, based on his lighthearted hypothesis that introduction patients to humor will significantly improve their quality of life.

June 24 - **The Big Short** 2015 R 1.5 hrs

Before the housing and credit bubble of 2007 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits.

Save the Date!

The Legendary Judy Garland

Thursday, July 21, 2:00 PM, \$10

Join us for this engaging one-hour review of the life and fabulous career of the girl from *Oz*! Space may be limited—**please pay and register** for this class at the Senior Center by Monday, July 18.

Movie and Pizza Thursday, June 30

Still Alice

PG-13

1 h, 41 m



When 50-year-old linguistics professor Alice Howland (Julianne Moore) begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early-onset Alzheimer's which forces Alice and her family to make radical changes in their lives.

12:00 Pizza; 12:30 Movie

Please call to order your slice(s) of pizza **by 10:00 AM** on June 30 at (978) 443-3055. \$1.25 per slice.

Looking toward Fall... (sign up starts June 15)

The Skeptic's Guide to American History DVD Series

September 14 - December 14

No classes October 12, November 23

Get ready for part 2! Let us know if you would like a class booklet. Sign up begins on **June 15**.

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

7 Wednesdays – October 5, 26;

November 2, 9, 16, 30, December 7

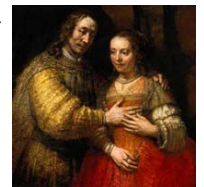
1:30-2:45 PM

\$25 donation to the

Friends of Sudbury Seniors is suggested.

Sign up begins on **June 15**.

Look for detailed information in our July/August newsletter.





TRIPS NEWS Hello Fellow Travelers-

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

Highwaymen and Queens of Country Thursday, June 23, Please Note New Date!! \$91

An unforgettable tribute to some of country music's most famous performers: Dolly Parton, Waylon Jennings, Willie Nelson, Johnny Cash, Reba McEntire. The lookalike/sound-alike performers are outstanding! Lunch and matinee. Payable to *Best of Times*.

Forever Motown Wednesday, September 21, \$91

The iconic sounds and choreography of Motown performed by veteran entertainers. Featuring songs of the Four Tops, Temptations, Supremes, Marvin Gaye, Smokey Robinson, Stevie Wonder and more. Lunch and show. 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. Payable to Best of Times.

President's Trip on Cape Cod, Nov. 11-12 \$299-\$379
Oceanfront hotel in Falmouth, visit Sandwich, Hyannisport, JFK Museum. Payable to Conway Tours.

**Boston Symphony—2016 Holiday Pops Show!
Friday, December 9, 2016 \$131**

Matinee Show with Luncheon included!
Reserved seating at Symphony Hall and wonderful luncheon at Venezia Waterfront restaurant. Please indicate meal choice of either Chicken Parmesan or Baked Schrod. 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, May 3, 2016 checks for Foxwoods should be made payable to the *Town of Sudbury*.

Senior Center Fitness Classes Summer Schedule—Location changes!

Fit for the Future with Lois (aerobics/strength)

Ongoing classes on M, W, F 11:00 AM,
\$2 drop-in; no sign-up.

Schedule changes to MWF 10AM as of June 27 and classes move to L-S high school.

Better Bones, Senior Strength*

Mondays at 1PM; \$56 - 8 weeks

May 9-July 18 (no class May 30, June 20, July 4) (a cancelled class on Apr. 4 changed the session dates)

Classes move to L-S high school on June 27.

*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 June 27, July 4)

Classes held in the Senior Ctr. Van Houten rm (or gym when available), check at Front Desk.

Tai Chi for Healthy Living

Tai Chi for those who prefer a slower pace and may need to work on balance.

Tuesdays, 1:30 PM; \$15 #

Jul 12—Aug. 30, 8 weeks; (# supported by the Elder Affairs State Grant) (no class June 28, July 5)

Classes move to L-S high school on June 27.

Tap Dance -Thursdays, 9:30 AM

June 2, 9 - 2 weeks for \$10 -

Class on hiatus for the rest of the summer.

Yoga for Living Well**

Tuesdays, 9:40 or 11:00 AM

\$49 for 7 week session-Jun 7-Jul 26 (no class July 5)

\$28 for 4 week session- August 2-23

Improve balance and strength, and learn to relax!

*Note: Classes at Senior Center: Jun 14, 21

At L-S High School Jun 28, Jul 12, 19, 26

At Senior Center August 2-23

**Bring your mat, block and water!

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

Having Fun with Scottish Music!

The Strathspey and Reel Society

Sunday, June 5, 2:00 PM

Celebrate Wayside Inn's 300th Anniversary!

Call Wayside Inn for more info at 978-443-1776.

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.

As of March 14, 2016, shopping days are Mondays and Wednesdays. See p. 2 for more.

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

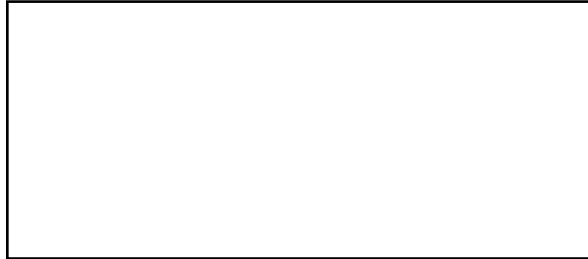
SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

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

Older Wiser Driver

2 part Workshop
Wednesday, June 22 and 29
10:00 AM– 1:00 PM



Please sign up for this class *online* at www.sudburyseniorcenter.org, please call to make to make an appointment.



Caring Café

Friday, June 3
9:00-11:00 AM

Memory impaired individuals and their loved ones are invited to participate in this supportive environment. Opportunity for conversation, entertainment, arts, games and refreshments. Relieve stress, share information.

Please call Anne Manning, LMHC, for information at (978) 639-3268.

Teen Tech Help
Wednesday, June 1
11:00 AM-1:00 PM

Short Story Discussion Group
2 Thursdays, June 9 and 23
1:00-2:00 PM

Siena Farm's Fresh Veggies
Thursdays beginning June 9
1:30 PM

Container Planting Workshop with Sudbury Garden Club

Thursday, June 16
10:00-11:30 AM

Please sign up by calling (978) 443-3055. Sudbury residents as of June 1, all others as of June 13.

