

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

***Soup's On!***

**Domestic Abuse Among Family or Friends:  
Concerns You May Have and Connections That Can Help**

***Panel Discussion***

**Thursday, June 1**

**11:00 Soup; 11:30 Talk**



Are you concerned about the possible financial, emotional, sexual or physical abuse of a friend, loved one, or neighbor? Every town has troubled families. We may know that someone is having difficulties but not how to offer help. Come learn about the various forms of domestic abuse from experts in the field as well as our own Police Chief and Town Social Worker. Jacquelin Apsler, M. Ed., MBA, Executive Director of Domestic Violence Services Network will be here with information on how to provide encouragement and information to your friends, neighbors and/or family that you are concerned about. Elder Law Attorney Arthur Bergeron will provide a legal perspective. Police Chief Nix and Board of Health Social Worker Bethany Hadvab, LICSW, will talk about the impact on Sudbury and how they can support individuals facing domestic abuse and their loved ones.

**Special dessert** sponsored by Domestic Violence Roundtable.

Please **sign up for soup before Tuesday, May 30, 4:00 PM**, if possible, so that we can purchase enough ingredients! Call 978-443-3055.

Soup will be served at 11:00 AM; Discussion begins at 11:30 AM.

\* Please note *time change* for this Soup's On - **11AM!**

**World War II  
Talk and Discussion  
June 6 - 1:30 PM**



**The 73rd Anniversary of the Normandy Landings  
in France**

**by Mike Walling, Author and Historian**



Please join us for a talk and discussion on World War II by Mike Walling, an internationally known historian and author of six books including *Bloodstained Seas: The U.S. Coast Guard in the Battle of the Atlantic 1941-1944* and *Bloodstained Sands: U.S. Amphibious Operations in World War II*.

Mike is a Coast Guard Vet who has spent over five decades collecting stories of veterans from World War II, Korea, Vietnam, the Gulf War, Iraq, and Afghanistan, as well as those of merchant seamen and civilian personnel with NATO and EUFOR. His research has taken him to Bosnia-Herzegovina, Croatia, Great Britain, Newfoundland, Nova Scotia, Russia, Afghanistan, and across the U.S. He is a Hudson, Mass. resident and may be contacted through his website: [www.mikewalling.com](http://www.mikewalling.com).

Please sign up by calling 978-443-3055.

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### New Sign up Procedures for most Fitness Classes\*!

For all 8 week fitness classes, students are asked to sign up during the last two weeks before the new session of classes. You can sign in before the fitness class, and you will be called to the Front Desk after class to complete your registration. \* Fit for the Future will remain a drop-in class.

### Friends of Sudbury Seniors

Support the Sudbury Senior Center by joining the Friends! The Friends is a group of people dedicated to support the Senior Center through fundraising, advocacy and underwriting programs and building improvements. Drop in on the 4th Thursday of most months at 3:00 PM at the Senior Center. Please call 978-443-3055 to confirm the time of the meeting or with a question.

**A Note about Donations! Please make your checks payable to the "Friends of Sudbury Senior Citizens, Inc."**. Thank you!

### Anticipated Room/Time Changes

- Current Events—will move to Van Houten room on Thursday, June 1.
- Canasta will be held in the Lounge on Monday, June 19.

### Summer Fitness Changes:

- Beginning the week of June 19, fitness classes will move out of the Fairbank Gym, because of the beginning of Summer Camp programs.
- Fit for the Future will be in the Van Houten room on June 19, 21, 23 at 11 AM and will move to Lincoln Sudbury High School on Monday, June 26. The class time will change to 10:00 AM at the High School.
- T'ai Chi classes will meet at the Senior Center Van Houten room on Monday and Tuesday, June 19, 20. From June 26 through August 22, T'ai Chi classes will meet at the Congregation Beth El community room with the same schedule as usual. Congregation Beth El is located at 105 Hudson Road, Sudbury. Many thanks to Beth El for the use of this space for the summer months!
- Yoga classes will be held at Lincoln-Sudbury High School from Tuesday, June 27 - August 22 at the regular times of 9:40 and 11:00 AM.
- Tap Dance will be on hiatus for the summer, resuming in September.
- **NOTICE:** Please do not bring your uncovered coffee cups into the Sudbury Pines room. Bring your covered mug from home if you need it in the room. *Thank you for your understanding!*

### Turn the Page

**Monthly Book Group**  
**2<sup>nd</sup> Wednesday, June 14**  
**1:00-2:00 PM**

*Join our new Book Group!* Founding members Patricia Howard and Carolyn Markuson invite you to join them in a monthly book group on the 2<sup>nd</sup> Wednesday of the month from 1:00 – 2:00 PM. The book to be discussed is "Patron Saints of Liars" by Ann Patchet. Please call the Sudbury Senior Center at (978) 443-3055 to sign up.

### MEET YOUR NEIGHBOR!

We'd love to share your profile and photo for the Sudbury Town Crier senior page! Contact Sharon Wilkes for more information at 978-443-3055.

### Current Events Group

**Every Thursday 10:00-11:15 AM**

Please feel free to join the group for a respectful discussion of world events where each person has an opportunity to contribute. Call 978-443-3055.

### COUNCIL ON AGING

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#### BOARD OF DIRECTORS:

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#### OFFICERS:

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Secretary Carolyn Markuson

Treasurer Joseph Bausk

#### SUDBURY SENIOR CENTER

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

Webpage: [www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org)

**The Healing Power of Animals**

Friday, June 16, 11:00 AM



LifeCare Center of Nashoba Valley believes in the strong bond between humans and animals. It is not unusual to see an employee walking through the building with a llama to visit residents. We have llamas and mini horses in our front yard. There are chickens that live outside our Memory Support Unit that residents help to take care of. It can be scary coming to a facility for rehabilitation after an illness and our animals are instrumental in achieving successful outcomes. The Memory Support Unit has a special resident greyhound, Lucy, who comes to work with the manager. She is a retired racing dog who the residents on the unit have helped to adjust to life as a treasured pet. Many residents here at LifeCare have had animals through out their lives in their homes. By creating an atmosphere that values that bond it helps to make LifeCare Nashoba Valley their home. Please call the Senior Center to sign up or for more information at (978) 443-3055.

**Means-Tested Senior Tax Exemption**

This exemption is available through the Sudbury Assessors Office. It is unique in that the application period is from late June through late August. Forms will be available in late June. The Exemption form requires that you have completed a Circuit Breaker State tax form (Form CB), if you haven't already. You can find these forms at <http://www.mass.gov/dor/docs/dor/senior-circuit-breaker/senior-circuit-breaker-2017.pdf>. The Sudbury Means-Tested Senior Tax Exemption application will be available on the Assessors webpage at [www.sudbury.ma/assessors](http://www.sudbury.ma/assessors) or by calling the Assessors Office at 978-639-3393.

Please call the Senior Center at 978-443-3055 if you need assistance with either completing a MA Circuit Breaker Tax form, or the Sudbury Means-Tested Senior Tax Exemption form itself. We have a volunteer who can assist you.

**Comfort Food Caring Café**

Monday, June 26  
12:00 – 2:00 PM

Caregivers and their loved ones with memory challenges are invited for a delicious lunch, entertainment, conversation, arts, music and laughter! This is a chance for you to get out of the house and come to a relaxed environment and let go of your worries. Please sign up if you are able at 978-443-3055 but drop-ins are also welcome.

**Tour the Goodnow Website  
with Reference Librarian Joanne Adamowicz!**  
Thursday, June 15  
1:00 PM

The Goodnow Library website ([goodnowlibrary.org](http://goodnowlibrary.org)) is the gateway to the Library's resources and services. Come for a tour of the website with Reference Librarian Joanne Adamowicz.

Learn how to:

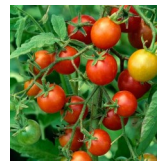
- Search the Minuteman Library catalog for books and movies
- Reserve a Museum pass
- Discover what's happening at the Goodnow - movies, knitting groups, book groups, writing groups, and more
- Explore the Sudbury Archives
- Access the timeline of the Goodnow Library History
- Sign up for the Newsletter

Please call to sign up at 978-443-3055 for this fun and informative talk!



**BOOK BUDDIES!**

Kindergartners and first graders need some extra practice with reading... you can help next fall! The program has flexible time slots beginning October. An orientation will be provided. If you would like more information, please call 978-443-3055 and leave a message for Intergenerational Program Coordinator Judy Battat.



**How to Grow Anything:  
Food Gardening for Everyone**  
DVD Series from *The Great Courses*  
2 more Tuesdays, June 13, 20  
2:00-3:00 PM

The DVD series is a practical guide for cultivating fresh produce from seed to harvest. Taught by renowned horticulturalist Melinda Myers, these 12 hands-on lessons are chock full of tips and tricks for novice gardeners and green thumbs alike. Please sign up at the Senior Center! For more information, call (978) 443-3055.

P.S. You may want to bring a notepad to take notes!



*Friends of Sudbury Seniors present a Magic Show:*



## Lovers of Magic of All Ages! Sunday, June 11, 2:00 PM

Come one, come all to the Sudbury Senior Center to be amazed!

Professional magician Jim Munsey will be here to dazzle you!

Tell your neighbors and bring your grandkids. Mr. Munsey delights children of all ages, you will love this show!

Many thanks to Sudbury's Coldwell-Banker and the Friends of Sudbury Seniors for sponsoring this event.

FREE ADMISSION



## Substitute Van Drivers Needed

The Sudbury Senior Center seeks a part-time, substitute Van Driver who enjoys driving older adults to various destinations. Individual must participate in MetroWest Regional Transit Authority training, pass a CORI and Driving Record check. Experience with driving large vehicles preferred! Please send your application and resume to Debra Galloway, Director. For more information go to <https://sudburyseniorcenter.org/part-time-van-drivers-needed/>.

## Canasta Group

Wednesdays, 1:00-3.30 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. Most Mondays, group meets in the Van Houten room, occasionally the group will meet in the lounge or Room 1. **Please note:** Due to space constraints, on Monday, June 19, Canasta will meet in the lounge, unless otherwise posted.



### PLEASE NOTE:

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

## Legal Clinic

Tuesday, June 13 - 1:00-3:00 PM

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Denise Yurkofsky.

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. Please understand that they are not able to prepare documents during these appointments. Call 978 443-3055 to schedule your appointment.

*Save the Date!*

## SUMMER BARBECUE-

Wednesday, July 19, 12 Noon

With entertainment from New Magnolia Jazz Band!

Please note: Sudbury residents may sign up beginning on June 1, all others on Monday, June 12. Space is limited!

## LINC

### Opportunity to Make a Difference!

Learning together, learning about each other, having a good time! The Learning Intergenerational Community (LINC) program started with a pilot in fall 2016. Older adults volunteer after school getting to know 4th and 5th graders, while following a curriculum that offers opportunities for learning and fun. The Sudbury Public Schools and the Sudbury Senior Center Intergenerational Coordinator are updating the curriculum and planning for the now official LINC session in October 2017. Please contact the Senior Center at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) if you would like to learn more about the program.



## Monday Van Trips

June 5 - WalMart/Hudson

June 19 - Market Basket/Hudson



Join us as we make our monthly special shopping trips to WalMart and Market Basket with time for lunch. 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. Van trips are available on a first come, first served basis. Schedule is subject to change.

*Coming in September - from the people who brought you the Skeptic's Guide to History last fall! A new Great Courses DVD Series:*

### **Long 19th Century: European History from 1789-1917** Wednesdays at 9:30 AM

Why did an era that began with the idealism of the French Revolution and the power of the Industrial Revolution culminate in the chaos of World War I, considered by most historians to be the greatest tragedy of modern European history? Did nationalism and imperialism inevitably lead in such a direction, or were there other factors involved? Sign up will begin on July 24! More information will be available in the July newsletter.



### **Falls Prevention!**

Many people in our Senior Center circle have had falls recently. Please take Falls Prevention seriously! We have lots of information at the Senior Center that can help you to make your home safer, and also tips for going out of the house! Please feel free to consult with our Outreach Information Specialist Ana Cristina Oliveira, she has plenty of information on falls prevention and would be happy to talk with you.



### **Crafty Jewelry Group** 3rd Thursday, June 15, 10:00 AM

Join facilitator Priscilla Reising at the Crafty Jewelry Group. Bring your projects, or start a project; ask questions of the group, make suggestions for future meeting ideas. We come together to share ideas and work together and have fun and perhaps share in some laughter as well. ***This is not a teacher led class***, nor is there a specific project with supplies provided. Please sign up in advance to join this group-that way we can call with schedule changes.

Sign up by calling (978) 443-3055.

### ***Thank You to Big Picture Framing!***

For reframing our Watercolors by Joanne Young that hang in our lounge! And thank you to Sandy Wilensky for bringing them to Big Picture!

Big Picture Framing  
421 Boston Post Road  
Sudbury, MA 01776  
978-440-9500  
www.bigpictureframing.com

### **The World's Greatest Geological Wonders - DVD Series** Wednesdays, 9:30-10:30 AM *Continuing through September 6*

Join us for this very popular series! You may have heard and maybe even have seen Yellowstone, the Grand Canyon, Mount Fuji, the Galapagos Islands. These natural wonders are on everyone's list of must-see attractions that are both spectacular and geologically fascinating. But what of Ha Long Bay, the Columbia Glacier, Erta Ale lava lake, and the Great Blue Hole? They also belong on the list, along with more than 200 other sites, both famous and obscure, that are well worth a visit to see breathtaking vistas combined with the grandeur of geological forces in action.

Join us at the Senior Center on Wednesdays over the next 14 weeks, and learn about these special places on our Earth! Sign up by calling 978-443-3055.

### **Salt Potato Day!** Wednesday, June 14, 12:00 PM

A few of our participants grew up with a tradition of cooking up Salt Potatoes for dipping. They will continue the tradition by boiling up some fresh baby potatoes and offering them as a lunchtime snack at the Senior Center. Feel free to stop by for a bite! (Probably not appropriate for those who are salt sensitive.)



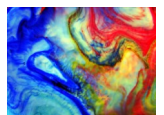
### **Wonderful Watercolors Workshop!**

6 Fridays, July 7, 14, 21, Aug 11, 18, 25  
No class Jul 28, no class Aug 4  
\$45

11:30 AM - 1:30 PM *or* 1:45 - 3:45 PM



Join our delightfully relaxing Watercolors workshop on Friday afternoons with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. Learn a new technique, or work on your own projects with instructor available for feedback. Please register and pay by May 5. Please note: Minimum # of participants needed.



## JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Note 11AM Start 4 Soup 1	2
<b>Tai Chi Sign up begins on June 12. Please sign in when you come to class, and then you will be called to the Desk to register after class. Thank you!</b>	VH Van Houten Room SP Sudbury Pines Room LS - Lincoln Sudbury High School Gym C-120 Beth El - Congregation Beth El Community Room	R1 - Room 1 R2 - Room 2 R3—Room 3 L - Lounge	9-12 SHINE 9:30 Tap Dance! (6) 10:00-11:15 Current Events Group (VH) <b>11:00 Soup's On!</b> <b>11:30 Panel Discussion</b> 2:30 Connection Circle (VH)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 Watercolors (4) 1:45 Watercolors (4) 1-3 <i>Buried in Treasures Wrkshp</i> (9)
Wal-Mart Trip 5	6	7	8	9
9:30-12 <i>Chronic Pain Workshop</i> (3) (SP) 11:00 Fit for the Future 12:30 Afternoon Movie: <i>Jackie</i> No Better Bones today 1:00-3:30 Canasta 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage (VH) 9:30 <i>Happy Seniors Club</i> (R1) No Yoga today 10:45-1:15 SHINE 11-12 <i>FitWalk</i> (7) 12:30-2:30 <i>Drawing</i> (5, last) <b>1 World War II Discussion</b> 1:30 <i>Tai Chi Healthy Living</i> (5) No <i>How to Grow Anything</i>	9:30 <i>World's Greatest Geological Wonders DVD Series</i> (5) 11:00 Fit for the Future 1:00 <i>Beginner Bridge</i> (6, last) No Quilting today	9-12 SHINE 9:30 Tap Dance! (7) 10:00-11:15 Current Events (R1) 12:00 Pizza and a 12:30 Movie! <i>Miracles in Heaven</i> 1-2 Short Story Group 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:30-11:30 Bingo 11:00 Fit for the Future 11:30 and 1:45 - Watercolors (5) 1-3 <i>Buried in Treasures Workshop</i> (10) <i>Magician Jim Munsey Sunday, June 11, 2pm</i>
12	Turkey Train Trip 13	14	15	16
9:30-12 <i>Chronic Pain Workshop</i> (4) (SP or VH) <b>10 Bereavement Group</b> (SP or VH) 10:00 Stamp Club (R1) 11 Fit for the Future 12:30 Movie: <i>La La Land</i> 1:00 Better Bones (1) 1-3:30 Canasta 2:15 Tai Chi (7) (G*)	8:30-10:30 BP Clinic 9:00 Cribbage (VH) 9:30 <i>Happy Seniors Club</i> (R1) 9:40/11:00 Yoga (1) (G) 10:45-1:15 SHINE 11-12 <i>FitWalk</i> (8, last) 1:30 Tai Chi for Healthy Living (6) (G or VH) 1-3 Legal Clinic (VH) 2:00 <i>How to Grow</i> (5) (SP)	9:30 <i>World's Greatest Geological Wonders DVD Series</i> (6) 11:00 Fit for the Future <b>12:00 Salt Potato Snack Day</b> 1:00-2:00 <i>Turn the Page - Book Group!</i> No Quilting today	9-12 SHINE 9:30 Tap Dance! (8) 10:00-11:15 Current Events Group 10:00-12 <i>Crafty Jewelry Group</i> <b>1:00 Take a Virtual Tour of the Goodnow Library!</b> (SP) 2:30 Connection Circle	9:30-11:30 Bingo (SP) - bingo will finish at 10:45 today 11:00 Fit for the Future <b>11:00 Healing Power of Animals!</b> (SP) 11:30 or 1:45 - Watercolors (6) (VH) 1-3 <i>Buried in Treasures Wkshp</i> (11)
Market Basket Trip 19	20	21	22	23
Fitness moves out of gym 9:30-12 <i>Chronic Pain Workshop</i> (5) (SP) 11 Fit for the Future (VH) 12:30 Movie: <i>Minority Report</i> 1 Better Bones (2) (VH) 1-3:30 Canasta (L) 2:15 Tai Chi (8) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> (SP) 9:40/11:00 Yoga (2) (SP) 10:45-1:15 SHINE 1:30 Tai Chi for Healthy Living (7) (VH) 2:00 <i>How to Grow Anything</i> (6, last) (SP)	9:30 <i>World's Greatest Geological Wonders DVD Series</i> (7) (SP) 11 Fit for the Future (VH) 1-4 Nutrition Counseling (SP) 1:00 Quilting (1) (VH)	9-12 SHINE No Tap Dance! 10:00 Current Events 1:00-2:00 Short Story Group 2:30 Connection Circle 3:00 <i>Friends Meeting</i>	9:30-11:30 Bingo (SP) 11 Fit for the Future (VH) 11:30 or 1:45 - Watercolors (7) 1-3 <i>Buried in Treasures Workshop</i> (12)
Fitness moves out of Center 26	27	28	29	30
9:30-12 <i>Chronic Pain Workshop</i> (6) (SP) 11 Fit for the Future (LS) <b>12-2 Caring Café</b> 1:00 Better Bones (3) (LS) 1-3:30 Canasta (VH) No movie today 2:15 Tai Chi (1) (Beth El)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) (LS) 10:45-1:15 SHINE 1:30 <i>Tai Chi for Healthy Living</i> (8) (Beth El)	9:30 <i>World's Greatest Geological Wonders DVD Series</i> (8) 11 Fit for the Future (LS) 1:00 Quilting (2)	9-12 SHINE No Tap Dance 10:00 Current Events 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future (LS) 11:30 or 1:45 - Watercolors (8) 1-3 <i>Buried in Treasures Wkshp</i> (13)

**TRIPS NEWS**

**Hello Fellow Travelers-**

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



**Kennebunkport City Tour and Lobsterbake**

Wednesday, July 26, 2017 - \$100—A bountiful lobsterbake in Scarborough, followed by a guided tour of Kennebunkport, exploring history and architecture.

**Newport Playhouse and Cabaret**

Wednesday, August 2, \$90 - Enjoy an outstanding lunch, show and aftershow cabaret. “Baggage” is a comedy about two difficult, single people, both trying to heal from respective disappointing relationships. Their luggage gets mixed up at the airport...after a disagreeable encounter, the fun begins!

**Northern National Parks**

**August 4-11, 2017** Double \$2,999. Yellowstone, Grand Teton Parks and more! Payable to *Collette Tours*. *Waiting list!*

**Rocky Mountain High and the Turkey Train**

Wednesday, October 11, 2017—\$111  
Experience New Hampshire’s glorious Fall Foliage as you travel to the white Mountains during the peak season. Back by popular demand! Enjoy a turkey dinner luncheon on the train, later see one of the most realistic tribute show as Ted Vigil becomes the legendary John Denver. Make checks payable to *Best of Times*. Payment due by August 31.

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

**A special Thank You** to volunteers **Joanne Bennett** and **Joe Bausk** for all of their hard work organizing and planning the Senior Trips!

**Connection Circle  
Thursdays, 2:30PM**

Join Facilitator Kim Schwartz at the Connection Circle! Share interests, memories and pieces of your life stories at our women’s discussion group.

**Pizza and a Movie  
Thursday, June 8**

**Miracles from Heaven  
2016 – Rated G  
1 hr 49 mins**



**Pizza: 12 noon  
Movie: 12:30 PM** is bel

This movie about Anna-Beam, who spent most of her childhood in and out of hospitals suffering from a rare digestive disorder. One day when she was feeling better she went to play with her sisters, she fell three stories headfirst into an old, hollowed-out tree. Implausibly, she survived without a scratch. While unconscious inside the tree, she visited heaven. After being released from the hospital, she defied science and had inexplicably recovered from her chronic ailments.

Please call the Senior Center at (978) 443-3055 to **order your pizza by 10:00 AM on the day of the movie (\$1.25 a slice).**

**Monday Movies**

**Please note:** Monday Movies begin at 12:30 PM. Every Monday for the month of July & August

Now featuring the following Mystery Classic movie:

- July 10 - The Green Glove
- July 17 - Bulldog Drummon Comes Back
- July 24 - The Mysterious Mr. Wong
- July 31 - Sherlock Homes: Dressed to Kill
- August 7 - Suddenly
- August 14 - Quicksand
- August 21 - Scarlet Street
- August 28 - Great Guy

**New Accessible Trail  
at Great Meadows Wildlife Refuge!**

Months of hard work have culminated in a new observation deck, a handicapped accessible trail and boardwalk at Great Meadows. The trail features access to the Sudbury River! 73 Weir Hill Road, Sudbury.



### FitWalk!

2 Tuesdays at 11:00 AM  
June 6, 13



Join Phyllis Schilp, RN, BSN, Sudbury's Board of Health Nurse, on a walking program across from the Senior Center at Haskell Field. Please wear comfortable clothing and shoes for walking and bring water and sunscreen! Please sign up by calling 978-443-3055.



### Bereavement Support Group

Monday, June 12- 10-11:30 AM

When a life ends, those living are left to grieve their loss. Your grief is as individual as your life. Evidence shows coming to be with a group can facilitate the process of healing and help one to move forward. This group will be co-facilitated by Nancy Duffy, the Hospice Bereavement Coordinator of Beacon Hospice, Inc./Amedisys Company and Anne Manning, LMHC, Support Group Specialist. Please call Nancy Duffy at 617-242-8370 for more information.

### Stamp Club - Monday, June 12, 10:00 AM

Anyone who has an old stamp collection tucked away in the attic is invited to stop by at the monthly meeting of the Club. Or maybe you just like to talk "stamps"! The Stamp Club usually meets on the second Monday of each month. **Please note:** Stamp Club may be meeting in Room 3 this month.

### Short Story Group

2 Thursdays, June 8, 22  
1:00-2:00 PM



If you are new to the group, please sign up by calling 978-443-3055.

### Thank you Volunteers!

#### Thank You Ed Gottmann, Volunteer Coordinator



We honored our many volunteers and our Volunteer Coordinator at our annual Volunteer Appreciation Luncheon on Wed., May 17. Volunteers are essential to many of the Senior Center's programs at the Center and in the community. If you have benefited from the generosity of a volunteer, say Thanks!

We also honored and thanked our Volunteer Coordinator Ed Gottmann for 20 years of dedication and hard work to the residents of Sudbury and the Senior Center!! If you see Ed, say Thank you!

### Senior Center Fitness Classes - Schedule

#### Sign-Up Information- See Page 2 with changes!

Checks payable to "Town of Sudbury"

**Fit for the Future with Lois** (aerobics/strength)  
Ongoing classes on M, W, F 11:00 AM-12:00 PM  
\$2 drop-in. **Please bring exact change!**

**\*\*\*Note: Fit for the Future will start at 10:00 AM beginning on Mon., June 26-August 4 while meeting at the Lincoln Sudbury High School! \*\*\***

#### Better Bones, Senior Strength\*

Mondays at 1PM; June 12-July 31\* Bring your mat, 2 sets of weights, resistance band, and water!  
No class July 3  
6 weeks for \$42 Build strength and balance!

#### T'ai Chi

Mondays, 2:15-3:15 PM; Tai Chi students:  
June 26 - Aug. 21 Bring comfortable clothes to move in and water.  
No class July 3  
\$40 for 8 weeks—Sign up June 12, 19

An ancient system of movements designed to maintain strength, balance and focus.

**Moving to Congregation Beth El June 26-Aug. 21!**

#### T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30 PM;  
7 weeks for \$35  
July 11- Aug. 22, no class July 4  
For those who want a slower pace; work on improved balance and mobility. **Moving to Congregation Beth El June 27-Aug. 22!**

#### Tap Dance! Tap Dance will return in September!

Thursdays, 9:30-10:30 AM

#### Yoga for Living Well\*

Tuesdays - June 13-July 25\*

#### Yoga 1: 9:40 AM or

#### Yoga 2: 11:00 AM

No class July 4  
\$42 for 6 week session  
Add strength and calm to your life!

\*\*Bring your mat, block and water!

**\*Better Bones and Yoga Schedules may change.**

**Yoga and Better Bones move to L-S High School on June 26, 27**

NOTE: Please call (978) 443-3055 for information.

### Foxwoods Trip - August 7 - \$25

Don't miss out on the fun! Your \$25 fee includes: \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Please note: checks for Foxwoods should be made payable to the **Friends of Sudbury Seniors.**

**Arrive by 7:15 !**



## 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). 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. (Extended hours are available on Tuesdays and Thursdays from 4-7pm.)

**F.I.S.H. (Friends in Service Helping):** When family and friends are unavailable, 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**.

### CONSULTATION

**Outreach and Information:** Our Outreach Information 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 **Monday through Friday** from **9:00 to 4:00**.

**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 Fire Department 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. Meals are delivered by Sudbury volunteers!

## SUMMER BARBECUE

Wednesday, July 19, 12 noon

Join us for a delicious Summertime Chicken BBQ! With fantastic tunes from the the New Magnolia Jazz Band playing New Orleans Dixieland music.

It's going to be great! You must sign up at 978-443-3055 .

Sudbury residents as of June 1; all others as of June 12.



The Strathspey and Reel Society of New Hampshire  
Sunday, June 5, 2:00 PM

Having fun with Scottish music at Wayside Inn!

Scottish orchestra returns to Wayside Inn. Tickets \$12.

Save the Date!

## The Life and Times of Frank Sinatra!

Tuesday, July 11, 10:00 AM

Bruce Hamsbro, who embodied Teddy Roosevelt at his last visit here, returns with a portrait of the iconic crooner! Sign up for Sudbury residents begins on June 1, all others on June 12.

### Put and Take Needs You!

There are opportunities to work for the town and "earn" a property tax abatement. The Transfer station, in particular, needs Put and Take monitors. Other Town departments that participate include the Goodnow Library, many of the schools, the Town Clerk, the IT department, the Senior Center and more. Be social, use your skills and help the town! Please note: a slot is not guaranteed and the abatement is considered income by the Federal government. Call for an application or leave a message for Coordinator Josephine King at (978) 443-3055.

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 4:00 PM  
[www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org)



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