

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

The Life and Times of Frank Sinatra!

Tuesday, July 11, 10:00 AM

Bruce Hambro returns to the Sudbury Senior Center for a one-hour program that presents the momentous career of the greatest male entertainer of the *20th century*! This power-point lecture includes a treasure-trove of music and images from the vast catalogue of the career of *Ol' Blues Eyes*.

Beginning with the start of Sinatra's singing career in the 1930s, this presentation follows Frank's meteoric rise to fame in the early 1940s, his fall from grace later in that decade and his historic comeback in the 1950s. Finally, the program demonstrates how The Chairman of the Board solidified his hold on the show business world in the 1960s, '70s and '80s. Additionally, the lecture touches on Frank's personal life, a topic with which countless Americans have always been fascinated.

During the program, the audience will hear many classic Sinatra recordings such as *I'll Never Smile Again*, *Young at Heart*, *I've Got You Under My Skin*, *New York, New York* and *My Way*. The audience members are encouraged to sing along if they like, as the lyrics to each song are projected on the big screen! Please call the Sudbury Senior Center at 978-443-3055 to sign up. Much appreciation to the *Friends of Sudbury Seniors* for sponsoring this show!



Magic Show with Magician Jack Ryan

Tuesday, August 1, 11:30 AM

A perfect combination of amazing magic, audience participation, good humor and FUN! Jack Ryan will be here to provide thrills and chills! Sign up early! For Sudbury residents registration begins on July 5, all others may sign up as of Wednesday, July 19.

Jack Ryan is a professional magician and past President of the Society of American Magicians in Boston. He has been successfully entertaining audiences of all ages for over thirty years. Jack lives in Boston and travels throughout New England.

Summer Barbecue and Jazz!

Wednesday, July 19
12 Noon



Our annual Summer Barbecue is a grand opportunity to get out of the sun and come into the cool Senior Center for a delicious chicken barbecue with all the fixins! While you tuck into your dessert, treat your ears to the best jazz around from the New Magnolia Jazz Band! Always a fun day and live music can't be beat! Please make a reservation by July 10 so that we can order enough food. Space is very limited at this barbecue, there may be a waiting list. Maximum of 65 people.

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Friends of Sudbury Seniors

Support the Sudbury Senior Center by joining the Friends! The Friends is a group of people dedicated to supporting 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 and Cancellations

- The Senior Center will be closed on July 3 and 4.
- Blood Pressure Clinic will be cancelled on Tuesday, July 18, and Tuesdays, August 22 and 29
- Current Events—will move to Van Houten room on Thursday, August 31.
- Canasta will be held in the Lounge on Monday, July 24.

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 1 at the regular times of 9:40 and 11:00 AM; and at the Senior Center Sudbury Pines room on August 8, 15.
- 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 unless tables are set up. Bring your covered mug from home if there are no tables up. *Thank you for your understanding!*

“Turn the Page “

Monthly Book Group
2nd Wednesdays, July 12, Aug. 9
1:00-2:00 PM

Founding members Patricia Howard and Carolyn Markuson invite you to join them in a monthly book group on the 2nd 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.

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SUDBURY SENIOR CENTER
 Phone: (978) 443-3055
 Address: 40 Fairbank Road, Sudbury
 Email: senior@sudbury.ma.us
 Webpage: www.sudburyseniorcenter.org

Magic Brush Pottery

Thursday, July 13, 10:00 AM

\$10 payable to “Magic Brush Pottery”



Join us for a morning of painting pottery, you can choose a bowl or plate (round or square) and we will teach you how to use our paints and tools that we bring. Your choice of design. Feel free to bring a design or idea and we can help you execute it. All paints are non-toxic and washable. Items will be fired after painting and will be available within 2 weeks.

Magic Brush Pottery is a craft studio that does Paint-your-own Pottery, Fused Glass, Canvas Painting, and wine glass painting. The store front for walk in customers is in Tewksbury, MA. They work with kids and adults; there is no age limit with art. They have Birthday Parties, Private Nights, Fundraisers, and so much more. Classes are step by step and/or free paint.

There is a minimum of 10 participants to run the class. Please call 978-443-3055 for information.

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.



Crafty Jewelry Group

Will be on hiatus until fall– look for information in the September newsletter! Thank you Priscilla for facilitating this group!

Comfort Food Caring Café

Monday, July 24, August 28

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.

A Spanish Flair!

Abla Shocair Piano Recital on DVD

Monday, July 17 10:00 AM



Abla Shocair, a Sudbury resident, originally from Jordan, started playing piano at age 4. She is a Civil Engineer by profession, and has given many piano concerts. Classical music lovers are in for a treat! Please call to let us know that you are coming at (978) 443-3055. Free! Thank you Abla!

DVD Series this Summer—*Repeat Performances*

Our Night Sky

Tuesdays, July 25-August 29

1:00 PM



For thousands of years, the star-filled sky has been a source of wonder, discovery, entertainment, and instruction. Even today, watching the sky has not lost its fascination. Prof. Edward Murphy will lead you to the wonders of the night sky! Sign up at 978-443-3055.

How to Grow Anything: Food Gardening for Everyone

Fridays, July 28-September 1

1:00 PM

Growing your own food is one of the most rewarding things you can do. While starting a garden may sound intimidating to some, nearly everyone can grow a few herbs, fruits, or vegetables. Learn more from Horticulturist and Arborist Melinda Myers. You might want to bring a notepad to make notes! Sign up at 978-443-3055.

Short Story Group

1st and 3rd Thursdays

July 13, 27, August 10, 24 - 1:00-2:00 PM



Stories, in order: Sonny’s Blues, The Chrysanthemums, Young Goodman Brown, and In the Penal Colony. Please sign up by calling 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. The Exemption form requires that you have completed a Circuit Breaker State tax form (Form CB), if you haven’t already.

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.

Heat safety

Please remember, as you get older, the heat can take more out of you! Play it safe - use your air conditioner, wear light colored, lightweight clothing, stay out of direct sun when it really hot, take a break at the Senior Center or the library to cool off!



Severe Weather



Stay on the alert for severe weather, it doesn't just happen in winter! Have an emergency plan with family, friends or neighbors, have contact numbers ready, extra food, water and medications, charge your phones, have extra batteries. Need more info about planning? Call Ana Cristina Oliveira, Outreach Information Specialist at 978-443-3055.

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

Mondays, 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, July 24, Canasta will meet in the lounge, unless otherwise posted. Please note: There is no Canasta on July 3. There are 3 interested new players, please call the Senior Center if you'd like to join them.

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.

Lunch at the Center!

Friday, July 14 and Tuesday, July 25
Wednesdays, August 16 and 30
12 Noon



Come to the cool spot for lunch! Join us and your neighbors for a delightful lunch and good conversation.

On July 14, our Lunch Coordinator Debbie Peters will serve up a trio of cool salads along with fruit cup, and ice cream for dessert! On July 25, join us for Salad Bar! Delicious salad options along with bread and ice cream!

Please reserve your lunch 2 days in advance by 11 AM by calling 978-443-3055. There is a \$3 suggested donation. Lunches provided by BayPath Elder Services.

August menu is still in development. Please check back in mid-July!

Stamp Club-Monday, July 10, Aug. 14 10AM

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.

Legal Clinic

Tuesday, July 11, August 8 - 1:00-3:00 PM

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Arthur Bergeron and 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.

Monday Van Trips

July 10, Aug. 7 - WalMart/Hudson
July 24, Aug. 21 - 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 Great Courses DVD Series...

**Long 19th Century:
European History from 1789-1917**

September 13-November 8* **Tentative schedule*
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?

Thank you Ruth Griesel, Jane Graham and Bill Allard for coordinating this series. And thanks to the many volunteers who assist in facilitating the discussions!



Sign up will begin on July 24!

Drawing Workshop: More Portraits

September 19-October 24

12:30-2:30 PM

6 weeks for \$30



Whatever medium you use, we work from photos, observing & drawing faces - front view, profile, 3/4 view, looking up, looking down, multiple faces, young & old. And, if you have a special photo you would like to work from, please feel free to bring it in to class. While reviewing the "how to's" of looking at a face, we work in a very relaxed atmosphere, so if this appeals to you, please come! Veteran artists as well as newly minted artists are always welcome.

Supplies: Sketch book; #2 pencils and erasers; colored pencils or any medium that you would like to work in; And images that you would like to draw from.

Registration begins on Monday, July 24.



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 get 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 Intergenerational Coordinator Judy Battat bat-tatj@sudbury.ma.us or leave a message 978-443-3055.

Continuing

**The World's Greatest Geological Wonders
DVD Series**

Wednesdays, 9:30-10:30 AM

**July 5, 12, 26, August 2, 9, 16, 23, 30 and
August 31 or September 5 for #17**

Last class on September 6 (#18)

No class on July 19

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. But what about Ha Long Bay, the Columbia Glacier, Erta Ale lava lake, and the Great Blue Hole? They also belong on your list, along with more than 200 other sites, both famous and obscure, that are well worth a visit to see breathtaking vistas and the grandeur of geological forces in action.

Join us at the Senior Center to learn about these special places on our Earth! **Note:** Due to no class on July 19, the next to last class will be shown on both Aug. 31, and Sep. 5. For information, please call 978-443-3055.

BOOK BUDDIES!



Kindergartners and first graders need some extra practice with reading... you can help this 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 Coordinator Judy Battat.

Did you miss our June Soup's On?

Domestic Violence and Abuse Panel Discussion



Fortunately, Sudbury TV, our local community cable organization, videotaped this discussion. Many thanks to Sudbury TV! Please view the taping of this presentation at www.sudburytv.org or look for it on your cable tv schedule. Sudbury TV tapes many of our programs, take a look on the website for options, or look for ads on your local Sudbury TV cable channel.

Special thanks to our Soup's On panelists: Jacquelin Apsler, Executive Director, Domestic Violence Services Network, Chief Scott Nix, Sudbury Police Department, Sudbury Board of Health Social Worker Bethany Hadvab, Arthur Bergeron, Elder Law Attorney, Mirick O'Connell.

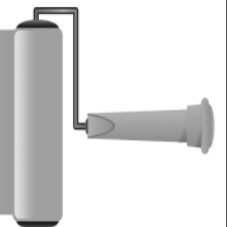


And special thanks for Claire Wigandt, Administrative Coordinator and Judy Demers, Special Volunteer who made a deliciously gourmet Melon Gazpacho soup, along with salad and croissants for our lunch!

JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Senior Center Closed  Classes are Cancelled. Home Delivered Meals will be delivered.	Independence Day Holiday  Happy 4th of July! Senior Center Closed	9:30 <i>World's Greatest Geological Wonders DVD Series (9)</i> 10:00 Fit for the Future 1:00-3:30 Quilting (3) (VH) 1:00-3:30 Bridge Practice	9-12 SHINE No Tap Dance 10:00-11:15 Current Events Group (SP) 12:00 Pizza and a 12:30 Movie: <i>Finding Nemo</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (LS) 11:30 Watercolors (1) 1:45 Watercolors (1) 1:00 <i>Buried in Treasures (13)</i>
10	11	12	13	14
Wal-Mart Trip 10:00 Stamp Club 10:00 Fit for the Future (LS) 12:30 Movie: <i>The Green Glove</i> 1-3:30 Canasta (VH) 1:00 Better Bones (4) 2:15 Tai Chi (2) (Beth El)	8:30-10:30 BP Clinic 9:00 Cribbage No <i>Happy Seniors Club</i> 9:40/11:00 Yoga (4) (LS) 10:00 <i>Frank Sinatra! (Bruce Hamsbro) (SP)</i> 10:45-1:15 SHINE No <i>Drawing</i> 1-3 Legal Clinic (SP) 1:30 <i>Tai Chi for Healthy Living (7) (Beth El)</i>	9:30 Vets Talk (VH) 9:30 <i>World's Greatest Geological Wonders DVD Series (10)</i> 10:00 Fit for the Future (LS) 1:00-2:00 <i>Turn the Page - Book Group!</i> 1:00-3:30 Quilting (4) No Bridge Practice today	9-12 SHINE 10:00-11:15 Current Events (SP) 10:00 <i>Magic Brush Pottery (VH)</i> 12:00 Pizza and a 12:30 Movie: <i>Meet Me in St. Louis</i> 1-2 Short Story Group 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (LS) 12:00 LUNCH! A Trio of Cool Salads with Ice Cream! 11:30 and 1:45 - Watercolors (2) 1:00 <i>Buried in Treasures (14)</i>
17	18	19	20	21
10:00 <i>DVD of Sudbury Pianist Abba Shocair</i> 10:00 Fit for the Future (LS) 12:30 Movie: <i>Bulldog Drummon Comes Back</i> 1-3:30 Canasta (VH) 1 Better Bones (5) (LS) 2:15 Tai Chi (3) (Beth El)	No BP Clinic 9:00 Cribbage (VH) 9:30 <i>Happy Seniors Club (SP)</i> 9:40/11:00 Yoga (5) (LS) 10:45-1:15 SHINE No <i>Drawing</i> 1:30 <i>Tai Chi for Healthy Living (8) (Beth El)</i>	No <i>World's Greatest Geological Wonders DVD Series today</i> 10:00 Fit for the Future (LS) 12:00 <i>Summer Barbecue with New Magnolia Jazz Band</i> No Quilting today No Bridge Practice today	9-12 SHINE No Tap Dance 10-11:15 Current Events No <i>Crafty Jewelry Group</i> 12:00 Pizza and a 12:30 Movie: <i>Girl on the Train</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (LS) 11:30 or 1:45 - Watercolors (3) 1:00 <i>Buried in Treasures (15, last)</i>
24	25	26	27	28
Market Basket Trip 10:00 Fit for the Future (LS) 12:30 Movie: <i>Mysterious Mr. Wong (SP)</i> 1:00 Better Bones (6) (LS) 1-3 <i>Comfort Food Caring Café (VH)</i> 1-3:30 Canasta (L) 2:15 Tai Chi (4) (Beth El)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors (SP)</i> 9:40/11 Yoga (6) (LS) 10:45-1:15 SHINE 12:00 LUNCH! Salad Bar Special with Ice Cream for Dessert! 1:00 <i>Our Night Sky (1)</i> 1:30 <i>Tai Chi for Healthy Living (1) (Beth El)</i>	9:30 <i>World's Greatest Geological Wonders DVD Series (11)</i> 10:00 Fit for the Future (LS) 1:00-3:30 Bridge Practice 1:00-3:30 Quilting (5, last)	9-12 SHINE No Tap Dance 10:00 Current Events (SP) 12:00 Pizza and a 12:30 Movie: <i>Bridget Jones's Baby</i> 1-2 Short Story Group (VH) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (LS) No Watercolors today 1:00 <i>Food Gardening for Everyone (1)</i>
31				
10:00 Fit for the Future (LS) 12:30 Movie: <i>Sherlock Holmes: Dressed to Kill</i> 1:00 Better Bones (1) 1-3:30 Canasta (VH) 2:15 Tai Chi (5) (Beth El)	Please note: There will be no Geological Wonders class on July 19. Tai Chi will be at Congregation Beth El for all of July through August 1.	NOTE: Yoga, Better Bones and Fit for the Future will be at LS High School gym between June 26- Aug 4. Get directions and parking instructions at Front Desk.	S.H.I.N.E. - Serving the Health Insurance Needs of Everyone - Medicare insurance counseling by trained, unbiased volunteers	VH-Van Houten rm; SP-Sudbury Pines room; LS - Lincoln Sudbury High School; Beth El-Congregation Beth El

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THAT SUPPORT OUR COMMUNITY



AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<p>This is the last week that Fit for the Future and Yoga Classes are at LS High School;</p> <p>Tai Chi classes will continue at Congregation Beth El until Aug. 21, 22</p>	<p>8:30-10:30 BP Clinic 9:00 Cribbage No <i>Happy Seniors Club</i> 9:40/11:00 Yoga (1) (LS) 11:30 <i>Magic! With Jack Ryan</i> No <i>Drawing Workshop</i> 1:00 <i>Our Night Sky</i> (2) 1:30 <i>Tai Chi - Healthy Living</i> (4) (Beth El)</p>	<p>9:30 <i>World's Greatest Geological Wonders DVD Series</i> (12) 10:00 Fit for the Future at (LS) No Quilting today</p>	<p>9-12 SHINE No Tap Dance 10:00-11:15 Current Events Group (SP) 12:00 Pizza and a 12:30 Movie No Connection Circle today</p>	<p>9:30-11:30 Bingo (SP) 10:00 Fit for the Future (LS) No Watercolors today 1:00 <i>Food Gardening for Everyone!</i> (2)</p> <p><i>Note: Fitness Classes move back to Senior Center next week.</i></p>
Wal-Mart Trip 7	8	9	10	11
<p>11 Fit for the Future (VH) 12:30 Monday Movie: <i>Suddenly</i> 1-3:30 Canasta **No Better Bones today 2:15 Tai Chi (6)</p>	<p>8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> (SP) **No Yoga today 10:45-1:15 SHINE 1:00 <i>Our Night Sky</i> (3) 1-3 Legal Clinic (VH) 1:30 <i>Tai Chi - Healthy Living</i> (5) (Beth El)</p>	<p>9:30 Vets Talk (VH) 9:30 <i>World's Greatest Geological Wonders DVD Series</i> (13) 10:00 Fit for the Future (VH) 1:00-2:00 <i>Turn the Page -Book Group!</i> No Quilting today</p>	<p>9-12 SHINE No Tap Dance 10:00-11:15 Current Events (SP) 12:00 Pizza and a 12:30 Movie 1:00 Short Story Group 2:30 Connection Circle</p>	<p>9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH) 11:30 and 1:45 - Watercolors (6) 1:00 <i>Food Gardening for Everyone!</i> (3)</p>
14	15	16	17	18
<p>10:00 Stamp Club 11 Fit for the Future (VH) 12:30 Monday Movie: <i>Quicksand</i> 1-3:30 Canasta 1 Better Bones (2) (VH) 2:15 Tai Chi (7) (Beth El)</p>	<p>8:30-10:30 BP Clinic 9:00 Cribbage (VH) No <i>Happy Seniors Club</i> 9:40/11 Yoga (2) (SP) 10:45-1:15 SHINE 1:00 <i>Our Night Sky</i> (4) No <i>Drawing</i> 1:30 <i>Tai Chi - Healthy Living</i> (6) (Beth El)</p>	<p>9:30 <i>World's Greatest Geological Wonders DVD Series</i> (14) 11:00 Fit for the Future (VH) 12:00 LUNCH! 1-3:30 Bridge Practice No Quilting today</p>	<p>9-12 SHINE No Tap Dance 10-11:15 Current Events No <i>Crafty Jewelry Group</i> 12:00 Pizza and a 12:30 Movie 2:30 Connection Circle</p>	<p>9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH) 11:30 or 1:45 - Watercolors (7) 1:00 <i>Food Gardening for Everyone!</i> (4)</p>
Market Basket Trip 21	No BP Clinic 22	23	24	25
<p>11 Fit for the Future (VH) 12:30 Monday Movie: <i>Scarlet Street</i> 1:00 Better Bones (3, last) (VH) 1-3:30 Canasta 2:15 Tai Chi (8, last) (Beth El)</p>	<p>9:00 Cribbage No <i>Happy Seniors Club</i> 9:40/11 Yoga (3, last) (SP) 10:45-1:15 SHINE 1:00 <i>Our Night Sky</i> (5) 1:30 <i>Tai Chi - Healthy Living</i> (7) last (Beth El)</p>	<p>9:30 <i>World's Greatest Geological Wonders DVD Series</i> (15) 11:00 Fit for the Future (VH) 1-3:30 Bridge Practice No Quilting today</p>	<p>9-12 SHINE No Tap Dance 10:00 Current Events (VH) 12:00 Pizza and a 12:30 Movie 1:00 Short Story Group 2:30 Connection Circle 3:00 <i>Friends meeting</i></p>	<p>9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH) 11:30 or 1:45 - Watercolors (8) 1:00 <i>Food Gardening for Everyone!</i> (5) (the last Gardening will be Sep. 1)</p>
<i>Fitness back to Gym</i> 28	29	30	31	
<p>11 Fit for the Future (G or VH) 12-2 <i>Caring Cafe</i> 12:30 Monday Movie: <i>Great Guy</i> 1-3:30 Canasta No Better Bones today No Tai Chi today</p>	<p>9:00 Cribbage 9:30 <i>Happy Seniors Club</i> (SP or R1) No Yoga today 10:45-1:15 SHINE 1:00 <i>Our Night Sky</i> (6) No <i>Drawing</i> No <i>Tai Chi</i></p>	<p>9:30 <i>World's Greatest Geological Wonders DVD Series</i> (16) 11:00 Fit for the Future (G) 12:00 LUNCH! 1-3:30 Bridge Practice No Quilting today</p>	<p>9-12 SHINE 9:30 <i>World's Greatest Geological Wonders</i> (17) 10:00 Current Events (VH) 12:00 Pizza and a 12:30 Movie 2:30 Connection Circle</p>	<p>VH-Van Houten room; SP- Sudbury Pines room; G-Gym LS-Lincoln Sudbury High School SHINE-Medicare Counseling</p>

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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...the fun begins!

Rocky Mountain High and the Turkey Train

Wednesday, October 11, 2017—\$111 (due 8/31)
Experience New Hampshire's glorious Fall Foliage as you travel to the white Mountains during the peak season. Turkey dinner luncheon on the train, realistic tribute show-Ted Vigil becomes the legendary John Denver. Make checks payable to *Best of Times*.

The Corvettes-Doo Wop Revue

Wednesday, November 8, \$91
Come go with me...Little Darlin'... At the Hop! "A Rollicking ride through the good old days of Rock & Roll". Lake Pearl, Wrentham, MA. Payable to Best of Times.

Wright's Farm and LaSalette Lights

Thursday, December 7, \$60
Holiday tour, Wright's Farm Restaurant luncheon, Holiday lights display at the shrine. Payable to Fox Tours.

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!

Learn about Upcoming Trips!!
Tuesday, September 19, 2:30 PM

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. **Note:** There will be no meeting on August 3.

Senior Center Fitness Classes - Schedule

Checks payable to "Town of Sudbury".

Fit for the Future with Lois (aerobics/strength)

Classes on M, W, F 11:00 AM until June 23

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! On Aug. 7 back to Senior Center at 11:00 AM.

\$2 drop-in. **Please bring exact change!**

Better Bones, Senior Strength* - two sessions

Mondays at 1PM; June 12-July 24 for \$42

July 31, Aug. 14, 21 for \$21

No class July 3, Aug. 7

Build strength and balance!

Note: Classes will be at LS High

School June 26-July 31.

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

T'ai Chi

Mondays, 2:15-3:15 PM;

\$40 for 8 weeks

June 26 - Aug. 21 No class July 3

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

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* two sessions, two times

Tuesdays - June 13-July 25 for \$42

Aug. 1, 15, 22 for \$21

Yoga 1: 9:40 AM or

Yoga 2: 11:00 AM

No class July 4, Aug. 8

Add strength and calm to your life!

**Bring your mat, block and water!

**Yoga and Better Bones move to L-S High School on June 26, 27—July 31, Aug. 1, back to Senior Center on Aug. 8 - 22.*

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

Arrive by 7:15!

Friends of Sudbury Seniors.

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!



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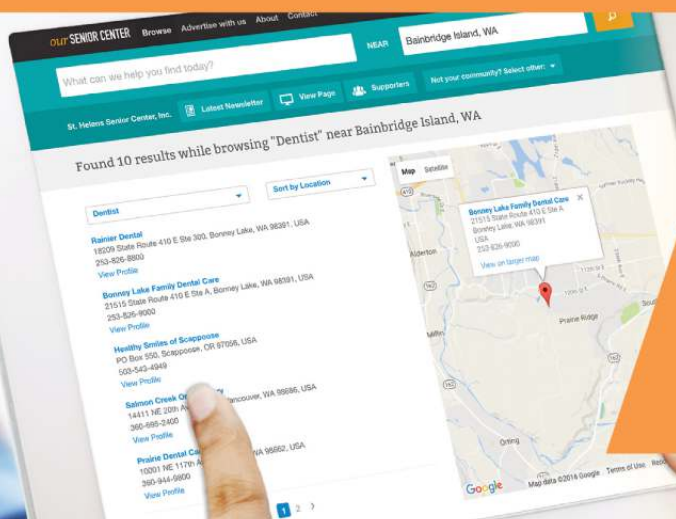
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Pizza and a Movie
Thursdays in July and August



July 6 Finding Nemo Rated G, 1 hr, 40 m
Animated. A clown fish named Marlin who lives in the Great Barrier Reef loses his son, Nemo.

July 13 Meet Me in St. Louis Rated G, 2 hrs
Classic with Judy Garland.

July 20 The Girl on the Train, Rated R, 1 hr, 52 m
Crime drama and mystery.

July 27 Bridget Jones's Baby, Rated R, 2 hrs
Bridget's focus on single life and her career is interrupted when she finds herself pregnant...

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).**



Pizza: 12 noon
Movie: 12:30 PM

August movie schedule will be available in July.

Monday Movies! 12:30 PM



7/10 **The Green Glove**
7/17 **Bulldog Drummon Comes Back**
7/24 **Mysterious Mr. Wong**
7/31 **Sherlock Holmes: Dressed to Kill**
8/7 **Suddenly**
8/14 **Quicksand**
8/21 **Scarlet Street**
8/28 **Great Guy**

Vet's Talks

Wednesdays at 9:30 AM
July 12 and August 9

Join other vets for conversation, coffee and baked goods! Author Mike Walling is planning to visit one of these talks. Sudbury's Vets Agent Nick Charbonneau will be here. Come on in! Call for information at 978-443-3055.



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
www.sudburyseniorcenter.org



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