



**Summer Barbecue**  
**with Honky Tonk Piano**  
**from Gary Landgren!**  
**Wednesday, July 18, 2018**  
**12 Noon**

**Suggested Donation \$5**  
Please reserve your spot  
early, space is limited!

Sponsored by the Friends of  
Sudbury Senior Citizens, Inc.

**Tuesday, July 24**  
**Lunch and Listen**  
**Lunch at 12 noon**  
**Sign up by Thursday, July 19.**  
**Sugg. Donation \$3**

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**Listen at 1:00 PM**  
**Solo Acoustic Guitar**  
**with Chris Carter!**  
**-no fee-**

Please sign up in advance at  
senior@sudbury.ma.us or  
978-443-3055. Sponsored by  
the Friends of Sudbury Sen-  
iors.



*Caring for our communities with pride.*



***Enjoy summer at the Senior Center at 40 Fairbank!***

**BBC's Planet Earth DVD Series** - Mondays, starts July 2, 11 AM, p. 3.

**Shostakovich - His Life and Music - DVD Series** - Fridays at 1:00, p. 3.

**Lunch and Listen: come to one or both!**

**-Lunch** on Tuesday, July 24, 12 noon, p. 1 and p. 3.

**-Chris Carter - Acoustic Guitar**, Tuesday, July 24, 1:00 PM, p. 1 and 3.

**Summer Pizza and Movies** - Thursdays at 12 PM, p. 4.

**Comfort Food Caring Café** - Mondays, July 23 and Aug. 27, p. 5.

**Lunch and Learn: Hearing & Hearing Loss** - Tues., July 31, 12 PM, p. 3.

**Happy Seniors Club and English Classes** - Tuesdays, 9:30 AM, p. 5.

**Come for Lunch and Stay for Ice Cream!** - Tuesday, Aug. 14 - **Lunch** at 12; **1:00 Trivia and Ice Cream** at 1:00 PM. Sign up for one or both.

**Road Scholar** - Wednesday, August 15, p. 5.

**Sudbury Senior Trips, Foxwoods Trip** - p. 8.

**Volunteer Program Coordinator Report**, p. 8.

**Intergenerational Programs** - p. 8.

**Please Note:**

**-There will be no blood pressure clinic on Tuesdays, July 3 and August 28.**

**-Canasta will move to Tuesdays from 1:00-3:30 PM for July and August.**

**-Connection Circle Schedule is variable for the Summer - Please contact the Senior Center to get up to date information.**

**The Fall and Rise of China**

**12 Wednesdays, 9:30-11:00 AM**

Sept. 12, 26, Oct. 3, 10, 17, 24, 31, Nov. 7, 14, 28, Dec. 5, 12

China - the world's oldest continuous civilization - has undergone an astonishing transformation in a brief span of recent history. Since the collapse of its once-glorious empire in 1911, China has seen decades of epic turmoil and upheavals, emerging in the new century as both an authoritarian megastate and an economic powerhouse. How did this happen? How can we account for China's momentous—and almost wholly unanticipated—global rise? And what does it mean, for us in the West and for humanity's future? Taught by China expert and Professor Richard Baum of UCLA.

This fall we are planning 12 sessions each showing 2 1/2 hr. videos accompanied by discussion and/or commentary. The remaining lectures will be offered at a later in 2019. **Sign up begins on Monday, July 23.**

**A Message from****Fairbank Community Center Update**

By the time you read this the Community Center group will be working to share important information about the recommendations for a new Fairbank Community Center. The Selectboard and the Town Manager will select this working group to plan for a proposal for funds to pay for the design of the Community Center at the October 2018 Town meeting.

John Beeler, Chairman COA Board of Directors

**Hello All and Happy Summer!**

Here are a few important notices to increase your safety over the summer:

**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's 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 or oliveiraa@sudbury.ma.us.

If the Senior Center closes due to severe weather or another emergency, this information will be shared on our website, the Town website, and on our main phone line. It will also be shared via the Town's Emergency Notification System - see Emergency Notifications below.

**Emergency Notifications**

One of the most important things you can do immediately, is to sign up for Sudbury's Emergency Notifications! This will ensure that urgent messages to the community about weather or other issues will be sent out to your home and cell phones. Go to the Town website at [www.sudbury.ma.us](http://www.sudbury.ma.us) and click on the red Emergency Notifications button. If you need help with this, please contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

**Sudbury Shuttle on Route 20!**

A new van shuttle runs Tuesdays and Thursdays 8:35 AM-3:30 PM along Route 20 from Stephen Anthony's restaurant to a stop at the Wayland Stop and Shop and then back again. This pilot project is funded in part by Older American's Act funds, awarded as a grant by BayPath Elder Services of Marlborough; targeted to serve people 60 and over, as well as younger persons with a disability. Confidential, voluntary suggested donation per ride is \$1 one way, though donations will not influence your ability to get a ride. Questions, please contact Ana Cristina Oliveira, Outreach, at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-443-3055.

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## ~ Special Series ~

**Shostakovich - His Life and Music  
DVD Series**

8 Fridays, 1:00 PM  
July 13 - August 31

Discover the extraordinary life, times, and art of Dmitri Shostakovich (1906–1975), great musical master and flawed but faithful witness to the survival of the human spirit under totalitarianism. He is without a doubt one of the absolutely central composers of the 20th century. His symphonies and string quartets are mainstays of the repertoire.

For this DVD series, the Professor is Dr. Robert Greenberg, who is Music Historian-in-Residence with San Francisco Performances. A graduate of Princeton University, Professor Greenberg holds a Ph.D. in Music Composition from the University of California, Berkeley. He has seen his compositions—which include more than 45 works for a wide variety of instrumental and vocal ensembles—performed all over the world, including New York, San Francisco, Chicago, Los Angeles, England, Ireland, Greece, Italy, and the Netherlands.

Each DVD class is 45 minutes long. Please sign up by calling 978-443-3055 or emailing at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

**Lunch and Listen:  
Solo Acoustic Guitar  
with Chris Carter**

Tuesday, July 24, 12:00 Lunch;  
Performance at 1:00 PM



Chris has been playing guitar for 28 years, graduated from UMass Lowell in 1996 with a Bachelor of Music degree, has been teaching guitar for 20 years, was in a rock band for 5 years and now focuses on writing and performing music for solo acoustic guitar. Enjoy instrumental arrangements of popular songs including “Norwegian Wood”, “Where Have All The Flowers Gone” and “The Girl From Ipanema”.

Please sign up by contacting the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

**Coming this Fall:****Netflix Series “The Crown” - Season 1**

More information to follow in September newsletter!

**Lunch and Learn!****Hearing, Hearing Loss  
and the Benefits of Hearing Instruments**

Tuesday, July 31  
Lunch: 12 Noon  
Talk: 12:45 PM

Michael Drennan, Licensed and Board Certified Hearing Instrument Specialist at Rogers Hearing Solutions in Marlborough, will be here to educate us about hearing, hearing loss and how hearing instruments can make life so much better. Hearing loss can be difficult to accept; sometimes past experience with a poor fitting-hearing aid may leave you discouraged. Learn more about the latest aids and other instruments that can help you hear the things you want to hear: your family members, your phone, your doorbell, beautiful music.

You must register in advance so that we can plan for enough food for lunch! Please contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). *By the way*, you may find it easier to get through on the phone when you call in the afternoon.

**Hearing Clinic**

Friday, July 13, 9:30-11:00 AM

Michael Drennan of Rogers Hearing Solutions offers complimentary wax and hearing screenings at the Senior Center. Call 978-443-3055 to schedule your appt.

**Planet Earth**

Mondays, 11:00 AM  
July 2 - September 17

**Bring Your Lunch; We'll  
Have Drinks and Dessert!**  
12:00 PM

David Attenborough celebrates the amazing variety of the natural world in this epic documentary series, filmed over four years across 64 different countries. This landmark series transports nature lovers from the Himalayan Mountains to the depths of the ocean and everywhere in between. Planet Earth is the most expensive nature documentary series ever commissioned by the BBC. The series won 4 primetime Emmy's for Outstanding Nonfiction Series.

Enjoy this BBC (British Broadcasting Company) series with amazing videography and gorgeous views of our Earth and then stay a little longer to enjoy your own lunch in our air conditioning. We will have plenty of drink options to accompany your lunch and also dessert!

**Sign up** at 978-443-3055/[senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## ~Summer Movies~

**Thursday Pizza & a Movie - \$1.25/Slice**

*You must reserve pizza in advance by 10:00 AM day of*

**Thursday, July 5, 2018 - *The Greatest Showman***

2017, PG, 1hr 45 mins

Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind.

**Thursday, July 12, 2018 – *LBJ***

2017 - R - 1hr 38 mins

After taking the reins of state in the wake of President Kennedy's 1963 assassination, Lyndon Baines Johnson assumes leadership at one of the most tumultuous times in U.S. history. This engrossing biopic looks at the man behind the political mask.

**Thursday, July 19, 2018 – *Coco***

2017 - G - 1 hr 45 mins

The rebellious Miguel, a 12-year-old Mexican boy and hopeful musician, is unable to understand the family's continuing ban on all music, especially when his icon and the greatest guitar player to ever live, the deceased Ernesto de la Cruz, is the town's hero. However, an inadvertent mistake on the sacred Day of the Dead will magically transport Miguel to the distant and bustling Land of the Dead, where the scoundrel skeleton, Hector, will lead the way through the vibrant underworld to help the young trespasser find a missing ancestor. However, can they do it before sunrise?

**Thursday, July 26, 2018 - *Battle of the Sexes***

2017 - PG-13 - 2hrs

In 1973, Billie Jean King, the world's No. 2 female tennis player, took on 55-year-old ex-champ Bobby Riggs in a match hyped as the Battle of the Sexes. This sports dramedy delves into the battles being played out in their lives beyond the spotlight.

**Thursday, August 2, 2018 - *Darkest Hour***

2017 - PG-13 - 2 hrs

Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolf Hitler and his relentless army during World War II's early days.

**Thursday, August 9, 2018 - *Game Night***

2018 - R - 1hr 40 mins

Jason Bateman and Rachel McAdams star as Max and Annie, whose weekly couples Game Night is kicked up a notch when Max's charismatic brother, Brooks, arranges a murder mystery party, complete with fake thugs and faux federal agents. So, when Brooks is kidnapped, it's all part of the game...right? But as the six uber competitive gamers set out to solve the case and win, they begin to discover that neither this "game" nor Brooks are what they seem to be. Over the course of one chaotic night, the friends find themselves increasingly in over their heads as each twist leads to another unexpected turn. With no rules, no points, and no idea who all the players are, this could turn out to be the most fun they have ever had or game over.

**Thursday, August 16, 2018 - *The Shape of Water***

2017 - R - 2hrs

During the Cold War era, lonely Elisa works as a cleaning lady in a top-secret U.S. government laboratory. However, her life is altered forever after she and a co-worker stumble upon a hush-hush experiment.

**Thursday, August 23, 2018 - *Black Panther***

2018 - PG-13 - 2 hrs

After the death of his father, the king of Wakanda, young T'Challa returns home to the isolated high-tech African nation to succeed to the throne and take his rightful place as king. But when a powerful enemy reappears, T'Challa's mettle as king and Black Panther is tested when he's drawn into a formidable conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, he must release the full power of Black Panther to defeat his foes and secure the safety of his people and their way of

**Fitness Programs**

During the summer, the Senior Center does not have access to the Fairbank gym due to Summer Camp programming. Fitness classes will move to alternate locations. Please check the Fitness schedule at the Front Desk and on the Senior Center website at [www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org) for details.

We do plan to offer new Fitness Classes in September - so stay tuned!

Summer classes include: Fit for the Future (aerobics/strength), Yoga, Better Bones (strength/balance), and T'ai Chi. Tap Dance is on hiatus until September.

**Learn about Road Scholar!**

Wednesday, August 15, 10:00 AM

A Road Scholar Ambassador will present information about the history and mission of the Road Scholar organization, the benefits of group travel, the strong educational component, and the cost of a program as well as what's included. Ambassadors share their travel experiences with attendees and support their conversation with stimulating photos, and facts learned under the tutelage of instructors and group leaders. Please sign up via phone at 978-443-3055 or email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

~ Caregivers ~

**Comfort Food Caring Café**

Mondays, July 23, August 27

12:00-2:00 PM

The Comfort Food Caring Café offers an opportunity for those who are caring for someone with memory challenges to bring their loved one to a fantastic and fun event, with entertainment, a delicious lunch and lots of laughs! Take a break and come on down! Co-facilitated by Tammy Pozericki of Pleantries Adult Day Care and Anne Manning, Senior Center Group Facilitator.

**Thank you** to our Sponsors: **Pleantries Adult Day Care** in Marlborough, **Right at Home Senior Care** of Westborough, **Orchard Hill Assisted Living** of Sudbury and **Sudbury Farms**. Reservations are requested, but drop-ins also okay. Questions, contact Ana Cristina at 978-443-3055 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

**Happy Seniors Club - Tuesdays, 9:30 - 11:30 AM**

Join the Chinese American Association as they meet at the Senior Center weekly for socialization, T'ai Chi, ping pong and tea/coffee.

**English Learner Classes - Tuesdays, 9:30 - 11:30 AM**

English Learner Classes are available Tuesday mornings. This project is funded in part by Older American's Act funds, through a BayPath Elder Services Area Agency on Aging grant. This program has a voluntary, confidential suggested donation of \$3 per class. Contact Ana Cristina Oliveira at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-443-3055.

See Translation

**Cool off and Have a Blast!**

Tuesday, August 14

**Lunch at 12:00 PM**

Reserve by Thursday, August 9, at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). \$3 sugg. Donation

**Trivia and Ice Cream Social!**

Join us for a fun trivia game while we all enjoy a delicious ice cream to cool off!

Please sign up so that we have enough ice cream!!

Contact us at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

Thank you to Karen Halloran, Regional Community Liaison of CareOne of Concord for offering to host this Trivia Game and bringing the all important ice Cream!

~ Arts and Crafts ~

**Wonderful Watercolors Workshop!**

Fridays, July 20, 27, Aug. 3, 10

11:30 AM - 1:30 PM or

1:45 - 3:45 PM Plein Air Sessions

\$40\*



Join our delightfully relaxing Watercolors workshop on Friday afternoons with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome.

11:30 at Senior Center; 1:45 at outside location TBD.

**\*Register/pay** for summer session at the Center by **Friday, July 6\***. Class minimum is 10 participants. If class does not meet minimum, classes may be combined.

**Happy Seniors/English Class Translation:**

老年中心快乐时光俱乐部 - 每周二, 9:30-11:30 AM

欢迎参加中美协会每周每周在老年中心组织的社交活动, 内容包括太极运动, 乒乓球, 或来闲享茶饮, 结识新友等。

老年中心提供英语课, 课程时间为每周二上午, 9:30-11:30 AM

每周二上午的英语课是通过老年服务本地机构 BayPath 由美国老年法案基金资助, 为了老年中心更好地继续提供英语课服务, 参加英文课的同学请考虑捐助, 捐助自愿, 建议的捐助份额为每节课3块美金。如有问题, 或希望参加英语课, 请联系 Ana Cristina Oliveira at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-443-3055.



## JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
No Fit for the Future 11:00 Planet Earth (1) Bring Lunch, we'll serve drinks and dessert! No Better Bones No Tai Chi today	No BP Clinic today 9:30 Happy Seniors Club 9:30 English Learners No Yoga today No Tai Chi for Healthy Living today No Canasta today	Independence Day Holiday  Senior Center closed	9-12 SHINE 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>The Greatest Showman</i> No Senior Notes: Singing Grp. 2:30 Connection Circle*	9:30-11:30 Bingo (SP) No Fit for the Future 11:30 and 1:45 - Watercolors (7)
9	10	11	12	13
10:00 Stamp Club 10:00 Fit for the Future (LS) 11:00 Planet Earth (2) 1:00 Better Bones (1) (LS) 2:15 Tai Chi (3) (CB)	8:30-10:30 BP Clinic 9:30 Happy Seniors Club 9:30 English Learners 9:40/11:00 Yoga (6) (LS) 1-3 Legal Clinic (VH) 1-3:30 Canasta 1:30 Tai Chi for Healthy Living (1) (CB) 3:00 Council on Aging	9:30-11 Great Decisions 9:30 Vet Talk/Coffee (VH) 10 Fit for the Future (LS) 1:00 Turn the Page—Book Group (SP) 1-3:30 Bridge Practice 1:00-3:30 Quilting (1)	9:00-12:00 SHINE 10:00 Current Events (VH) 12:00 Pizza and a 12:30 Movie: <i>LBJ</i> 1:00 Short Story Group (VH) 2:30 Connection Circle (VH)	9:30-11:00 Hearing Clinic 9:30-11:30 Bingo (SP) 10:00 Fit for the Future (LS) 11:30 and 1:45 Watercolors (8, last) 1:00 Shostakovich (1)
16	17	18	19	20
10:00 Fit for the Future (LS) 11:00 Planet Earth (3) No Better Bones today 2:15 Tai Chi (4) (CB)	8:30-10:30 BP Clinic 9:30 Happy Seniors Club 9:30 English Learners No Yoga today 1-3:30 Canasta 1:30 Tai Chi-Healthy Living (2) (CB)	10:00 Fit for the Future 12:00 Summer Barbecue! With Honky Tonk pianist Gary Landgren (SP/VH) 1-3:30 Bridge Practice 1:00-3:30 Quilting (2)	9-12 SHINE 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>Coco</i> No Senior Notes: Singing Grp. 2:30 Connection Circle*	9:30-11:30 Bingo (SP) 10:00 Fit for the Future 11:30/1:45 Watercolors (1) 1:00 Shostakovich (2)
23	24	25	26	27
10:00 Fit for the Future (LS) 11:00 Planet Earth (4) 12:00-2:00 Caring Café (VH) 1:00 Better Bones (2) (LS) 2:15 Tai Chi (5) (CB) Signup for Fall and Rise of China begins	8:30-10:30 BP Clinic 9:30 Happy Seniors Club 9:30 English Learners 9:40/11:00 Yoga (7) (LS) 12:00 LUNCH! Res. By 8/19 1:00 Acoustic Guitar with Chris Carter 1-3:30 Canasta 1:30 Tai Chi for Healthy Living (3) (CB)	9:30-11 Great Decisions 10 Fit for the Future (LS) 1-3:30 Bridge Practice No Quilting today	9-12 SHINE 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>Battle of the Sexes</i> 1:00 Short Story Group (VH) 2:30 Connection Circle*	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (LS) 11:30/1:45 Watercolors (2) 1:00 Shostakovich (3)
30	31			
10:00 Fit for the Future (LS) 11:00 Planet Earth (5) 1:00 Better Bones (3) (LS) 2:15 Tai Chi (6) (CB)	8:30-10:30 BP Clinic 9:30 Happy Seniors Club 9:30 English Learners 9:40/11:00 Yoga (8) (LS) 12:00 Lunch and Learn: Your Hearing 1-3:30 Canasta 1:30 Tai Chi for Healthy Living (4) (CB)	VH—Van Houten Room SP—Sudbury Pines Room LS—Lincoln Sudbury High School CB—Congregation Beth El	*Connection Circle has a variable schedule for the summer, please check with the Senior Center Front Desk to verify.	Monday Planet Earth Series—Please bring a bag lunch for after the show, we will provide drinks and dessert!

SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY



## AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Monday Planet Earth Series-Feel free to bring a bag lunch for after the show, we will provide drinks and dessert!	*Connection Circle has a variable schedule for the summer, please check with the Senior Center Front Desk to verify. **Check with Senior Center to verify if this class is running on Aug. 6.	10:00 Fit for the Future (LS) 1-3:30 Bridge Practice No Quilting today	No SHINE No Tap Dance 10:00-11:15 Current Events (SP) 12:00 <i>Pizza and a</i> 12:30 <i>Movie: Darkest Hour</i> No Senior Notes: <i>Singing Grp.</i> 2:30 Connection Circle* (VH) 3:30-5:30 LINC at Noyes (2)	9:30-11:30 Bingo (SP) 10:00 Fit for the Future 11:30 Watercolors (3) 1:45 - Watercolors (3) 1:00 Shostakovich (4)
Foxwoods Trip 6	7	8	9	10
10:00 Fit for the Future (LS)??? 11:00 Planet Earth (6) 1:00 Better Bones (4) (LS) 2:15 Tai Chi (7) (CB)	8:30-10:30 BP Clinic 9:30 <i>Happy Seniors Club</i> 9:30 English Learners 9:40/11:00 Yoga (1) (LS) 1-3:30 Canasta 1:30 <i>Tai Chi Healthy Living (5)</i>	9:30-11 Great Decisions 9:30 Vet Talk/Coffee 10:00 Fit for the Future (LS) 1-3:30 Bridge Practice 1:00-2:00 <i>Turn the Page -Book Group! (L)</i> 1:00-3:30 Quilting (3) (VH)	9-12 SHINE No Tap Dance 10-11:15 Current Events 12:00 <i>Pizza and a</i> 12:30 <i>Movie: Game Night</i> 1-2 Short Story Group (VH) 2:30 Connection Circle*	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (last LS) 11:30 Watercolors (4, last) 1:45 - Watercolors (4, last) 1:00 Shostakovich (5)
13	14	15	16	17
10:00 Fit for the Future (VH) 11:00 Planet Earth (7) 1:00 Better Bones (5) (VH) 2:15 Tai Chi (8, last) (CB)	8:30-10:30 BP Clinic 9:30 <i>Happy Seniors Club</i> 9:30 English Learners 9:40/11:00 Yoga (2) (SP) 12:00 LUNCH! Res. By 8/9 1:00 Trivia & Ice Cream Social (SP) 1-3 Legal Clinic (VH) 1-3:30 Canasta (L) 1:30 <i>Tai Chi Healthy Living (6)</i>	10:00 Road Scholar!  10:00 Fit for the Future (VH) 1-3:30 Bridge Practice 1:00-3:30 Quilting (4) (VH)	9-12 SHINE No Tap Dance 10:00 Current Events (SP) 12:00 <i>Pizza and a</i> 12:30 <i>Movie: The Shape of Water</i> No Senior Notes: <i>Singing Grp.</i> 2:30 Connection Circle*	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (VH) No Watercolors today 1:00 Shostakovich (6)
20	21	22	23	24
Staff Training 9-1 10:00 Fit for the Future (VH) <i>No Planet Earth due to Staff Training</i> 1:00 Better Bones (6, last) (VH) No Tai Chi today	8:30-10:30 BP Clinic 9:30 <i>Happy Seniors Club</i> 9:30 English Learners 9:40-11 Yoga (3, last) (SP) 1-4 SHINE 1-3:30 Canasta (SP) 1:30 <i>Tai Chi 4 Healthy Living (7) (VH)</i>	9:30-11 Great Decisions 10:00 Fit for the Future (VH) 1-3:30 Bridge Practice (SP)  No Quilting today	9-12 SHINE No Tap Dance 10:00 Current Events (VH) 1-2 Short Story Group (VH) 12:00 <i>Pizza and a</i> 12:30 <i>Movie: Black Panther</i> 2:30 Connection Circle* 2:30 <i>Friends Meeting</i>	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (VH) No Watercolors today 1:00 Shostakovich (7)
27	28	29	30	31
10:00 Fit for the Future (VH or G) 11:00 Planet Earth (8) 12-2 <i>Comfort Food Caring Café</i> No Better Bones No Tai Chi today	No BP Clinic today 9:30 <i>Happy Seniors Club (R1)</i> 9:30 English Learners <i>No Yoga today</i> 1-3:30 Canasta (SP) 1:30 <i>Tai Chi for Healthy Living (8, last) (VH or G)</i>	10:00 Fit for the Future (VH or G) 1-3:30 Bridge Practice (SP) No Quilting today	9-12 SHINE 9:30 <i>Tap Dance returns in September</i> 10:00 Current Events (VH) 2:30 Connection Circle*	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (VH or G) No Watercolors today <i>New Watercolors session starts Sept. 8</i> 1:00 Shostakovich (8, last)

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## ~ Sudbury Trips ~

**Hello Fellow Travelers-**

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

**Lobster! Lobster! Lobster!**

Wednesday, July 18, 2018 - \$100. Enjoy a traditional Maine Lobster bake in York, ME, while enjoying "Legends & Laughter" with the renowned Jimmy Mazz. Payable to Best of Times.

**Newport Playhouse & Cabaret Restaurant**

Wednesday, Aug. 22, 2018 - \$90. Enjoy an outstanding lunch, a show and cabaret. "No Tell Motel" is a 5 Star Comedy from Comedy Central. Payment to Fox Tours due by July 16, 2018.

**Granite State Chocolate & Wine Tour**

Wednesday, Sept. 26, 2018 - \$79. Enjoy delicious chocolate in Hampton Beach, have lunch, visit the Jewell Towne Vineyard. Check to Fox Tours by Aug. 22, 2018.

**Norman Rockwell Museum & Red Lion Inn**

Wednesday, Oct. 3, 2018 - \$90. Experience the renowned works of Norman Rockwell and dine at the historic inn. Payment to Fox Tours, due August 31, 2018.

**Rod Stewart, The Ultimate Tribute**

Thursday, Nov. 15, 2018 - \$93. Rob Caudill looks and sounds like Rod Stewart. Includes lunch. Payable to Best of Times by Oct. 15, 2018.

**Please note:** All trips require purple registration form and payment to the Tour Company when registering. Please read the **Trip guidelines** on the Trip Brochure.

**Trips—Looking Ahead...****Holiday Reagle Players and Luncheon**

Saturday, December 8, 2018 - \$90. Enjoy a matinee performance of the 2018 Edition of "Christmas Time" followed by lunch at a local restaurant. Payment to Royal Tours, due by November 1, 2018.

## ~ Clubs and Groups ~

**Stamp Club - 2nd Monday, July 9, 10:00 AM**

**Turn the Page - Book Group, July 11, Aug. 8, 1-2 PM**

**Short Story Discussion Group - July 12, 26, Aug. 9, 23 - 1-2 PM**

**Veterans Coffee - Wed., July 11, Aug. 8, 9:30 AM**

**Senior Notes - On hiatus for the summer.**

**Current Events Group - Thursdays at 10:00 AM**

## ~ From our Volunteer Program Coordinator ~

On June 6<sup>th</sup> we celebrated our valued team of volunteers at the Volunteer Appreciation Luncheon. We are so deeply grateful for all that they do! If you are a volunteer for the Senior Center and were not able to attend, or did attend but had to leave before the Volunteer Recognition part of the program, please be sure to stop by the Front Desk anytime Monday-Friday, 9AM-4PM, to pick up something special for you.

If you are handy around the house, please consider becoming a volunteer for our Fix-It program. This program helps Sudbury seniors with minor home repairs and maintenance.

We continue to be in great need of additional FISH volunteer drivers. This program provides rides to medical, dental, and therapy appointments for any Sudbury resident when their family and friends are unable to take them. There is no minimum or maximum time commitment for the volunteer. Please consider becoming a part of this important program.

To apply to become a volunteer, call or email Janet Lipkin, Volunteer Program Coordinator, 978-639-3223; [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us). We look forward to hearing from you!

**Please note:** We are no longer accepting donations of commodes and elevated toilet seats for the Medical Equipment Loan Closet.

**Foxwoods Trip - August 6 - \$26**

Don't miss out on the fun! Your fee includes: \$10 Buffet or Food Voucher Coupon and \$10 Slot Play.

Note: checks payable to **Friends of Sudbury Seniors**.

**Please arrive before 7:00 AM** to check in, return at approximately **5:00 PM**.

## ~ Intergenerational ~

**There are Many Opportunities for Older Adult Volunteers!**

Programs range from after-school 6 week sessions with 4th and 5th graders, to Book Buddies working with kindergarten/1st grade readers, to special Intergenerational events! Contact Intergenerational Coordinator Judy Battat at [battatj@sudbury.ma.us](mailto:battatj@sudbury.ma.us) or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) to get in on the fun!



## Services offered by the Sudbury Senior Center

*The Senior Center offers a variety of services to provide assistance to older adults in their homes. For information about any of the services described below, contact the Sudbury Senior Center at **978-443-3055** or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) (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**. Riders register and set up a debit account with the MetroWest Regional Transit Authority (MWRTA). Call the MWRTA at 508-820-4650 for an application and reservations. Please 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.

**Note: Pilot programs: *Sudbury Shuttle*** -Tues and Thursdays from 8:35-3:30 on Route 20, and ***Extended van hours*** -Tues. and Thu. From 4:00-7:00 PM. Call MWRTA for extended hours reservation.

**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 Sudbury Board of Health offers weekly **free** drop-in health clinics at the Senior Center. Clinic hours are **Tuesdays 8:30-10:30 AM**. No appointment is

### **Medical Equipment Loan Closet:**

For those in need of medical equipment such as shower chairs, walkers, canes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost**. Note: **New return policy**, please ask when you call.

### 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 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

**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 residents. 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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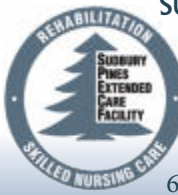
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**Connection Circle Notice**

Summer Connection Circle schedule is variable; please check with the Senior Center at 978-443-3055.

**Sudbury Commission on Disability Seeks Members!**

Help to identify and plan for the needs of residents of all ages with a disability. Contact the Selectmen's office at 978-639-3381 or see the webpage at <https://sudbury.ma.us/disability/> for more information.

**Canasta**

**Tuesdays for the Summer, 1:00-3:30 PM**

Join our Canasta group on Tuesdays. Looking for additional foursome and players to fill in for absences. Call 978-443-3055 and leave your name and contact info.

**Bridge Practice**

**Wednesdays, 1:00-3:30 PM**

Join our Bridge group for practice! Please call to add your name and contact information to our list at 978-443-3055. Attendance will vary based on vacations.

**Legal Clinic**

**Tuesday, July 10, August 14 - 1:00-3:00 PM**

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Arthur Bergeron. Our Volunteer Elder Law Attorneys provide free 20 minute appointments focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. Call 978 443-3055 to make your appointment.

**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

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



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**Senior Center hours:** Monday through Friday, 9 AM to 4 PM

**Van Service Hours:** Monday through Friday, 8:30 AM to 4:00 PM [sudburyseniorcenter.org](http://sudburyseniorcenter.org)



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