



**Join us for our
Men's Breakfast!**

Thursday, June 14, 9:00 AM

Our fantastic Men's Breakfast team will rustle up some pancakes, sausage, juice, fruit, coffee and tea. Please make a reservation! \$3



Get Your Charlie Card!

Thursday, June 14, 1-3 PM

Complete the application in advance to minimize your wait time. Bring a photo ID on the day of the event. Persons with a disability, please have doctor complete Part C of application in advance. Applications available at Senior Center.

Sudbury Police Association Picnic

Saturday, June 16, 12-2 P

Please sign up by contacting the Senior Center at senior@sudbury.ma.us or 978-443-3055. Delicious food, fun, and music! At the Fairbank Gym. *Free*



Caring for our communities with pride.



Kick off your summer at the Senior Center at 40 Fairbank!

From the Sudbury COA Chair, Livable Sudbury and Loan Closet -p. 2.

AARP Smart Driver Course - Monday, June 4, 10:00 AM, p. 3.

Legal Update - Tuesday, June 5, 10:00 AM, p. 4.

Volunteer Appreciation Luncheon (by invitation) - Wednesday, June 6, 12:00 PM, p. 12.

Great Decisions Course - Alternate Wednesdays, 9:30 AM, p. 3.

Riding the Rails - Wednesday, June 13, 10:00 AM, p. 3.

The Glass is Half Full - Wednesday, June 13, 1:00-3:00 PM, p. 4.

Bridge Mini Session - \$25 for 4 Wednesdays, June 6, 13, 20, 27, pg. 3.

Men's Breakfast! Thursday, June 14, 9:00 AM; Fathers, uncles, cousins, brothers, friends, please reserve in advance, so we can make enough pancakes and sausage! \$3. P. 1.

Get Your Charlie Card! Thursday, June 14, 1:00-3:00 PM, p. 3.

Sudbury Police Association Picnic! - Saturday, June 16, 12 Noon—2:00 PM. Delicious food served by our own Sudbury Police officers along with fantastic music! P. 5

Chinese Dragon Boat Festival - Tuesday, June 19, 12:00-2:00 PM, p. 5.

Coping with Grief - Bereavement Group - June 25 - see p. 8.

FITNESS SCHEDULE INFORMATION - see our most recent Fitness Flyer online or at the Front Desk!

NOTE: Please let us know if you'd like to receive this newsletter via email; and/or if you'd like to be removed from our paper mailing list, at senior@sudbury.ma.us.

New Sudbury Shuttle on Route 20!

A new van shuttle runs along Route 20 from Stephen Anthony's restaurant to a stop at the Wayland Stop and Shop and then back again. The shuttle runs Tuesdays and Thursdays 8:35 AM-3:30 PM each week.

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. Voluntary suggested donation per ride is \$1 one way, though donations will not influence your ability to get a ride. Donation envelopes are available on the van. Questions, please contact Ana Cristina Oliveira, Outreach, at oliveiraa@sudbury.ma.us or 978-443-3055.

A Message from the Chair of the Sudbury Council on Aging

Fairbank Community Center Update

On April 24, 2018 the Fairbank Task Force reported to the Board of Selectman that their task was complete. How this process moves forward will be directed by the Board of Selectmen.

The Town Meeting warrant, number 30, concerning a vote to move forward with design funds for a community center will be withdrawn. The plan is to resubmit this request at the October 2018 Town Meeting. The Board of Selectmen will be addressing a reorganization of the Task Force in the near future.

John Beeler, Chairman COA Board of Directors

Livable Sudbury

The Town of Sudbury, as a new member of the WHO/AARP global network of All Age-Friendly or Livable communities, is working with researchers from UMass Boston's Gerontology Institute/Center for Social and Demographic Change, to conduct a Livable Sudbury assessment. The assessment includes information from several focus groups and the recent Livable Sudbury survey. Look for a report on the assessment this summer!

For more information about Livable Communities, see WHO/AARP Livable Communities at <https://www.aarp.org/livable-communities/>. For more information about Dementia Friendly, please see <https://www.mass.gov/dementia-friendly-massachusetts>. You may also contact the Senior Center with questions at senior@sudbury.ma.us or 978-443-3055.

Medical Equipment Loan Closet - Guidelines Change

The Loan Closet is getting a lot of use these days. In order to manage demand, and continue to maintain the quality of the program, please note the following changes:

1. The Medical Equipment Loan Closet is a non-emergency service available to Sudbury residents via request. Please either call or stop by the Senior Center to make a request for equipment. A Senior Center staff person will contact you to let you know whether we have the equipment you need, and when it will be ready for pick up.
2. If you would like to donate or return equipment, please call the Senior Center with your contact information and what equipment you would like to donate or return. A staff person will check the Loan closet to see if your equipment is needed and/or there is space for additional equipment, and let you know whether and when it can be brought to the Senior Center.
3. All equipment is checked for safety and then sanitized before being placed back into the Loan closet. With space constraints, we are sometimes unable to accept donations or returns. We so appreciate your understanding about our guidelines for this vital service. Thank you!

COUNCIL ON AGING

CHAIRPERSON:

John Beeler

BOARD OF DIRECTORS:

Barry David
Carmine Gentile
Melissa Immonen
Robert May
John "Jack" Ryan
Dr. Alice Sapienza
Dr. Patricia Tabloski
Amy Unckless

SENIOR CENTER STAFF

DIRECTOR

Debra Galloway

ADMINISTRATIVE COORDINATOR

Amber Forbes

INTERGENERATIONAL COORDINATOR

Judy Battat

MEALSITE MANAGER

Debbie Peters

OUTREACH INFORMATION SPECIALIST

Ana Cristina Oliveira

PROGRAM COORDINATOR

Sharon Wilkes

RECEPTIONIST

Jean Taylor

S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald

Margaret Leidler

SUDBURY BOARD OF HEALTH NURSE

Phyllis Schilp 978-440-5477

SUPPORT GROUP FACILITATOR

Anne Manning

TAX WORK-OFF COORDINATOR

Josephine King

TOWN SOCIAL WORKER

Bethany Hadvab 978-440-5476

TRIP COORDINATORS

Joe Bausk

Joanne Bennett

VAN DRIVERS

Linda Curran

Amy Snow

Steve Garanin

Ed Royce-Tolland

Ron DeMarco

VOLUNTEER COORDINATOR

Janet Lipkin

FRIENDS OF SUDBURY SENIORS

OFFICERS:

President Robert Diefenbacher
Vice President Jean Semple
Secretary Carolyn Markuson
Treasurer Joseph Bausk
Jacqui Bausk
Judy Honens
Judy Merra
Ellen Morgan
Dottie Sears

~ Special Series ~

Great Decisions**Wednesdays, 9:30 AM****June 6, 20, 27, July 11, 25, Aug. 8, 22, Sep. 5**

This 8-session foreign policy program is designed to encourage thoughtful discussion relating to current global challenges. Created by the Foreign Policy Institute, the program model involves reading the Great Decisions Briefing Book (fee), watching the DVD and meeting in a Discussion Group to discuss the most critical global issues facing America today. Each year, eight topics are chosen by a panel of experts from the Foreign Policy Institute.

Sudbury resident Bill Allard participated in a Great Decisions group in the Phoenix, AZ area and offered to organize this group in Sudbury. Thank you Bill!

This course involves some preparation time on the part of participants. Note that there is only one week between sessions 2 and 3. Watch for a new session in the spring of 2019. Questions? Call 978-443-3055.

Great Decisions 2018 topics:

- The Waning of Pax Americana?
- Russia's Foreign Policy
- China and America: the new geopolitical equation
- Media and Foreign Policy
- Turkey: a partner in crisis
- U.S. Global Engagement and the Military
- South Africa's Fragile Democracy
- Global Health: progress and challenges

More info: https://www.fpa.org/great_decisions/

**Bridge Mini-Session: Reinforcing Standard
American Bridge - Part 2**
Wednesdays, June 6*, 13, 20, 27**1:00-3:30 PM*****Note:** June 6 class is 1:30-4:00 PM**\$25**

Join our Bridge Instructor William "Nick" Nicholson for additional Bridge lessons and practice! Please register and pay at the Senior Center by June 4 to reserve your spot.

Coming this Fall! History of China Series**Wednesdays, 9:30 - 11:15 AM**

Course information and registration dates will be available in the July/August newsletter.

~ Special Programs ~

Riding the Rails**Wednesday, June 13, 10:00 AM**

Ed Sterling will talk about the history of our local Central Mass Railroad, known as "The Central Mass," from its beginnings in the post-Civil War years to its sad end in 1980. The "Central Mass" ran from Boston to Northampton through Berlin. It was built in the 1800's and was later operated in this area by the Boston and Maine Rail Road. Using both physical and digital maps, and many photos, he will show various stations and depots, as they were, and as they appear today where possible. Did you know the railroad supplied the Sudbury Ammo Bunkers? The tour of the line will wrap up with a focus on Clinton with the famous tunnel, and the trestle crossing the Wachusett Dam.

Ed Sterling has been studying the history of the Central Mass Railroad for almost 20 years, and has acquired an extensive book and photo collection on the Boston and Maine railroad, which operated the Central Mass Railroad for most of its history. Please sign up by contacting us at 978-443-3055 or senior@sudbury.ma.us.

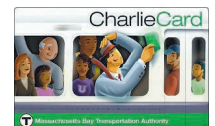
AARP Smart Driver Course**Monday, June 4, 10:00 AM - 3:00 PM**

\$15 for AARP members, payable to AARP

\$20 for non-member, payable to AARP

Driving isn't what it used to be!! Cars have changed, traffic laws have changed, driving conditions, and the roads you drive on have changed. Even the most experienced drivers can benefit from brushing up on their driving skills. A great class offered by AARP. Bring your own lunch for the 1/2 hour break.

Please sign up and pay in advance to reserve your spot, space is limited.

Get Your Charlie Card!**Thursday, June 14, 1:00-3:00 PM**

The MetroWest Regional Transit Authority team will be here to help you get your free Charlie Card. Your Charlie Card gets you senior/disabled discount on MWRTA bus routes, and MBTA T and bus. Save time by completing the application in advance. Disabled riders need a doctor to complete Part C of the application. And bring your photo ID to the event!

First come, first served. Please check in and get your number when you arrive!

~Special Programs~

Your Legal Update

Tuesday, June 5, 10:00 AM



Elder Law Attorney Denise Yurkofsky, who volunteers as part of our Legal Clinic, returns to share the latest information on estate and health care planning and advanced directives. Her talks are always informative and she is very responsive to questions! Please sign up by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Legal Clinic**Tuesday, June 12 - 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.

BYO Lunch and Board Games

Fridays, 12:00-3:00 PM

June 1, 8, 22, 29, (no Games on June 15)

Drop by anytime on Friday afternoons to cool off from the summer heat! Bring a lunch and then stay to play cards, or one of our board games. We have dominoes, Othello, Rack-O, Scrabble, Sudburyopoly, Boggle, Parcheesi and more. Are there games you'd like to play that we don't have? Let us know. Please sign up at 978 -443-3055, we will notify you of schedule changes.

Canasta**Mondays, 1:00-3:30 PM**

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

Fitness

The Senior Center offers great classes to get you moving. All instructors offer options for moderating exercises. Try a yoga, aerobics (Fit for the Future), T'ai chi, or strength and balance (Better Bones) class! Info is available on our website, or ask for a **Fitness flyer** at the Front Desk. Most classes are held in multi-week sessions, except for Fit for the Future, which is a \$3 drop-in class. Look for Summer Flyer for info!

Brains and Balance - Returns in September!

~ Caregivers ~

The Glass is Half Full**Hearthstone Caregiver Program****Wednesday, June 13****1:00-3:00 PM**

In this two hour workshop participants will learn practical, field-tested methods for creating a day full of rich experiences for their loved one utilizing Hearthstone's internationally acclaimed "I'm Still Here™" approach. This research-based methodology incorporates innovative techniques drawn from Montessori learning philosophies and research in procedural and emotional memory systems to create opportunities for true engagement regardless of the severity of memory loss. The approach was featured in a national program aired on PBS in 2013 and has been adopted by leading organizations throughout the world.

In addition to the valuable information gained by attending the workshop, each participant will receive several of Hearthstone's research-based activity tools to use at home with their loved one. **Please sign up** by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Comfort Food Caring Café**Monday, June 25****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 Pleasantries Adult Day Care and Anne Manning, Senior Center Group Facilitator.

Thank you to our Sponsors: **Pleasantries 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.

Drawing Workshop returns in September!

~ Special Event ~

**Sudbury Police Association Picnic**

Saturday, June 16

12:00-2:00 PM

FREE

Delicious food served by your local Sudbury Police officers! Along with delightful music and door prizes!

Please sign up by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Hearing Clinic

Friday, June 8, 9:30-11:00 AM

Many thanks to Michael Drennan of Rogers Hearing Solutions who offers complimentary wax and hearing screenings at the Senior Center. Please call 978-443-3055 to schedule your appointment.

~ Programs ~

Chinese Dragon Boat Festival**Tuesday, June 19, 12:00-2:00PM**

The Sudbury Senior Center will have the First ever Celebration of the Chinese Dragon Boat Festival with our Sudbury Chinese Seniors. It is also known as Duanwu, a festival that occurs near the Summer Solstice. It is dedicated to the Ancient Chinese Poet, Qu Yuan. It is observed with boat races, and eating special foods, e. g. Zongzi, and a pyramid shaped glutinous rice dumpling wrapped in reed leaves. Join us for some fun and Chinese food, and try something new!

Please sign up in advance by contacting the Senior Center at 978-443-3055 or at senior@sudbury.ma.us. The suggested donation is \$3.00.

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 or 978-443-3055.

~ Arts and Crafts ~

**Wonderful Watercolors Workshop!**

Fridays, May 25-July 13

11:30 AM - 1:30 PM/1:45 - 3:45 PM

\$64

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. Learn a new technique, or work on your own projects with expert feedback and guidance. 4 week summer session: 11:30 will be at Senior Center; 1:45 will be at an outside location TBD.

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

**Senior Center
Wish List**

- cart or table on wheels to hold heavy low-vision magnifier
- small refrigerator with glass front
- tall sturdy bookshelves
- Lamp(s)
- Newer Laptops for instructors/advisors

•Please call Amber Forbes, Administrative Coordinator, to see if your donation fits our needs! Thanks!

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 oliveira@sudbury.ma.us or 978-443-3055.

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
*Note: Fit for the Future Time Change -as of June 18 starts at 10:00 AM. As of June 27, moves to Lincoln Sudbury High School - through August 10.	VH—Van Houten room; SP—Sudbury Pines rm; L-Lounge R1-Room 1 (near stage) R2-Room 2 (billiards) R3-Room 3 (Game rm.) G-Gym SHINE—Medicare Counseling CB - Congregation Beth El - 105 Hudson Road	As of June 18, Fitness classes move out of the gym due to Summer Camp programming. Fit for the Future, Yoga and Better Bones will move to Lincoln Sudbury High School gym on Tuesday, June 26.	T'ai Chi will move to Congregation Beth El community room on Monday, June 18 until the last class in August. Tap Dance is on hiatus for the summer.	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:00-3:00 BYO Lunch and Games 11:30 Watercolors (2) 1:45 Watercolors (2)
4	5	6	7	8
10-3 AARP Smart Driver (SP) 11:00 Fit for the Future 1:00 Canasta (VH) 1:00 Better Bones (6) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:30 English Learner Class 9:30 Happy Seniors Club 9:40/11 Yoga (2) 10:00 Legal Update with Denise Yurkofsky (SP) 12:30 Drawing Workshop (5, last) 1-2:30 Well and Wise Group (8, last) (SP) 1:30 Tai Chi 4 Healthy Living (5)	9:30-11 Great Decisions (1) 11:00 Fit for the Future (VH) 12:00 Volunteer Appreciation Luncheon -by invitation only- 1:30-4:00 Bridge Mini-Session (1) (VH) No Quilting today	9-12 SHINE 9/9:30 Tap Dance (7) 10:00 Current Events (SP) 12 Pizza and a 12:30 Movie: <i>Faces Places</i> No Senior Notes Singing Group 2:30 Connection Circle 3:30 LINC at Noyes School (5)	9:30-11:00 Hearing Clinic 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (3) 12:00-3:00 BYO Lunch and Games
11	12	13	14	15
Gym Setup for Election today 10:00 Stamp Club (SP) 11:00 Fit for the Future (VH) 1:00 Canasta (SP) 1:00 Better Bones (7) (VH) 2:15 Tai Chi (8, last) VH	8:30-10:30 BP Clinic 9:30 English Learner Class R1 9:30 Happy Seniors Club (VH) 9:40/11 Yoga (3) (SP or G) 1-3 Legal Clinic 1:30 Tai Chi 4 Healthy Living (6) (VH) 3:00 COA Meeting (SP) 5:00 COA Dinner (SP)	9:30 Veterans Coffee and Talk 10:00 Riding the Rails! 11:00 Fit for the Future 1-3 The Glass is Half Full -Hearthstone Dementia Workshop (SP) 1-3:30 Bridge Mini-Session (2) (VH) No Quilting today	9:00 Men's Breakfast! 9-12 SHINE 9:00/9:30 Tap Dance (8) 10:00 Current Events (VH) 1:00-3:00 Get Your Charlie Card! 1:00 Short Story Group (VH) 2:30 Connection Circle 3:30 LINC at Senior Center	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (4) 12:30 Movie: <i>I, Tonya</i> ----- Sudbury Police Assn. Picnic on <u>Saturday, June 16</u> - 12-2 PM
Fitness moves out of gym 18	19	20	21	22
Fitness Classes move to Sr Ctr this wk *10:00 Fit for the Future (VH) 1:00 Canasta (SP) 1:00 Better Bones (8, last in session) 2:15 Tai Chi (1) (CB)	8:30-10:30 BP Clinic 9:30 Happy Seniors Club 9:30 English Learner Class 9:40/11 Yoga (4) (SP) 12:00-2:00 Dragon Boat Festival (VH) 1:30 Tai Chi for Healthy Living (7) (CB)	9:30-11 Great Decisions (2) 10:00 Fit for the Future 12:00 LUNCH! 1:00-2:00 Turn the Page -Book Group! (VH) 1-3:30 Bridge Mini-Session (3) (SP) No Quilting today	9-12 SHINE No Tap Dance 10:00 Current Events (SP) 2:30 Connection Circle 2:30 Friends meeting	9:30-11:30 Bingo (SP) 10:00 Fit for the Future (VH or R3) 11:30/1:45 - Watercolors (5) (VH) 12:00-3:00 BYO Lunch and Games
25	26	27	28	29
10:00 Fit for the Future (VH) 11:00-1:00 Coping with Grief (SP) 12-2 Caring Café (VH) 1:00 Canasta (L) No Better Bones 2:15 Tai Chi (2) (CB)	8:30-10:30 BP Clinic 9:30 English Learner Class 9:30 Happy Seniors Club 9:40/11 Yoga (5) (LS) 1:30 Tai Chi for Healthy Living (8, last) (CB)	9:30-11 Great Decisions (3) 10:00 Fit for the Future (LS) 1-3:30 Bridge Mini-Session (4, last) (SP) No Quilting	9-12 SHINE No Tap Dance 10:00 Current Events (SP) 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 (6) 12:00-3:00 BYO Lunch and Games

SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY



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. Sit down to a traditional Maine Lobster bake at Foster's Clambake Restaurant in York, ME, while enjoying "Legends & Laughter" with the renowned Jimmy Mazz. His performance includes classics to contemporary artists such as Frank Sinatra, Tom Jones, Neil Diamond, and many more! Payable to Best of Times.

Newport Playhouse & Cabaret Restaurant

Wednesday, August 22, 2018 - \$90. Enjoy an outstanding lunch, a show and the after show cabaret. "No Tell Motel" is a 5 Star Comedy from Comedy Central. A couple plan a sexy rendezvous and get more than they bargained for. Payment to Fox Tours due by July 16, 2018.

Granite State Chocolate & Wine Tour

Wednesday, September 26, 2018 - \$79. Travel to the Sanborn Fine Candies in Hampton Beach, the seacoast's best candy shop. Stop for lunch and then visit the Jewell Towne Vineyard, a winner of 2016 Best Wine in NH Gold Medal. Payment to Fox Tours due Aug. 22, 2018.

Norman Rockwell Museum & Red Lion Inn

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

Rod Stewart, The Ultimate Tribute

Thursday, November 15, 2018 - \$93. Rob Caudill looks and sounds like Rod Stewart. World's number one tribute. Includes lunch at Venus de Milo. Payment to Best of Times, due October 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.

Pizza and a Movie

Thursday, June 7

Pizza: 12 noon
Movie: 12:30 PM

Faces Places

2017, Rated PG, 1 hr., 29 min.

A key figure in the emergence of French New Wave cinema in the 1950s, Director Agnes Varda's career continues more than 60 years later as she joins photographer and muralist JR for a road trip through France, making art as they go.

Sign up for pizza by June 7, 10:00 AM; \$1.25 per slice.

Friday at the Movies - June 15, 12:30 PM

I, Tonya

2018, Rated R, 2 hours

Based on unbelievable, but true events, I, TONYA is a darkly comedic tale of American figure skater, Tonya Harding, and one of the most sensational scandals in sports history. Though Harding was the first American woman to complete a triple axel in competition, her legacy was forever defined by her association with an infamous, ill-conceived, and even more poorly executed attack on fellow Olympic competitor Nancy Kerrigan. Featuring an iconic turn by Margot Robbie as the fiery Harding, a mustachioed Sebastian Stan as her impetuous ex-husband Jeff Gillooly. Contact us to sign up at 978-443-3055 or senior@sudbury.ma.us.

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.

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**.

LET US PLACE
YOUR AD HERE.

CONTACT

► Reach the Senior Market
ADVERTISE HERE
Lisa Templeton to place an ad today!
ltempleton@lpiseniors.com or (800) 477-4574 x6377

~ From our Outreach Information Specialist ~



Coping with Grief and Loss
Finding Hope & Healing Workshop
Monday 11:00 AM—1:00 PM
June 25

CareGroup Parmenter Home Care & Hospice and the Sudbury Senior Center invite you to our workshop series "Coping with Grief and Loss". Workshops are open to anyone who has experienced a significant loss in their lives. Participants will have an opportunity to:

- *Understand and discuss the experience of grief and loss;
- *Develop ways to support yourself and others who are grieving;
- *Explore ways to cope with grief during important times like birthdays, anniversaries, & holidays;
- *Learn ways to find meaning and hope to move towards healing;
- *Connect with others who are grieving.

Lunch will be provided by **Carriage House at Lee's Farm**.

June 25 Workshop: Finding Meaning & Hope: Understanding how to acknowledge loss while continuing to live your life in a new way.

Please sign up by contacting Ana Cristina Oliveira at 978-443-3055 or oliveiraa@sudbury.ma.us.

Respect for All Participants



The Senior Center is committed to respect and service for all LGBTQ Older Adults and hope to increase opportunities for engagement in activities and programs at our center. Call us when you need guidance, and let us know how we can help. We are here to help if you are looking for a SHINE counselor, an elder attorney, or the name of home services that are committed to honoring and respecting LGBTQ adults. If you have any questions about getting the support you need in order to live independently and engaged in our community, contact Ana Cristina Oliveira at oliveiraa@sudbury.ma.us or 978-443-3055.

~ Clubs and Groups ~

Stamp Club - 2nd Monday, June 11, 10:00 AM

Turn the Page - Book Group, Date Change to June 20 for this month, 1:00-2:00 PM

Short Story Discussion Group - June 14, 28 - 1-2 PM

Veterans Talk and Coffee - Wed., June 13, 9:30 AM

Senior Notes - On hiatus for the summer.

Current Events Group - Thursdays at 10:00 AM

~ From our Volunteer Program
 Coordinator ~

Are you looking for ways to fill some free time, all the while helping someone else? We have a variety of volunteer opportunities that can do just that. Flexible hours, no minimum or maximum time commitment. Please contact Janet Lipkin, Volunteer Program Coordinator, by calling 978-639-3223 or via email at LipkinJ@sudbury.ma.us. As Mahatma Gandhi said, "The best way to find yourself is to lose yourself in service to others."

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

SHINE - Serving the Health Insurance Needs of Elders

Medicare information and assistance from trained volunteers. Are you new to Medicare and need to understand Medicare B from Medicare D? Or are you having financial challenges and need to review your options? Please call to speak with our Outreach Specialist Ana Cristina Oliveira at 978-443-3055 to discuss your needs and she can direct you to the appropriate resource or set you up with an appointment with a volunteer Counselor, if needed.



Monday Van Shopping Trip on Hiatus

Monday shopping trips are on hiatus until further notice.

Please call the MetroWest RTA to register for the trip 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.

~ Intergenerational ~

LINC - Adult Volunteers and Amazing 4th and 5th Graders!



Join the Learning Intergenerational Community (LINC) program! Adults 55+ are invited to partake in a structured series of classes/meetings with students to learn about each other, understand similarities and differences, share art and science activities, and more. Next session beginning in Fall 2018. Contact Intergenerational Coordinator Judy Battat at 978-443-3055 or battatj@sudbury.ma.us to learn more!

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 (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 one Monday every month we travel to a shopping location outside of Sudbury. 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 transportation programs are in the works, call for information.*

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 necessary.

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**.

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 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 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!



*Our Care Provides You with the
Peace of Mind You Deserve*

For over 35 years, providing compassionate nursing care and companionship in homes, hospitals, nursing homes and retirement facilities.

Call Bullock's Nursing Service: **978-369-0463**

747 Main Street, Suite 316, Concord, MA
www.bullocksnursingservice.com

FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED.



SUDBURY PINES EXTENDED CARE FACILITY

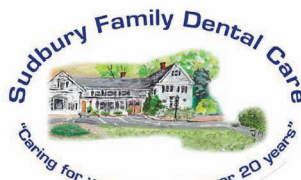
Short Term Rehabilitation • Long Term Care
Secure Behavioral Care Unit • Hospice Care
Short Term Respite Care

Family owned and operated since 1970

Come by and visit today

642 Boston Post Road • Sudbury, MA 01776

Phone# 978-443-9000 • **www.sudburypines.com**
admissions@sudburypines.com



DENTISTRY FOR ALL AGES

Emergencies Seen Promptly

Offering Dentures, Implants
Crowns & More!

www.SudburyFamilyDentalCare.com | 978-443-5194

370 Boston Post Rd., Sudbury

Our Residents *are a lot of things*

- Involved
- Vibrant
- Interested
- Educated



Retired *isn't one of them.*

We are a community of seniors living with vibrancy, dignity, engagement and *fun*.

Tour The Commons in Lincoln and discover our activities, volunteer opportunities and available programs.



**The Commons
IN LINCOLN**

A Benchmark Signature Living Community

781-728-3043

TheCommonsInLincoln.com

**THIS SPACE IS
AVAILABLE**

Personal Care Assistance
in the Comfort of your own Home!

Keystone
HOMECARE &
PRIVATE DUTY NURSES



978-897-9000

www.KeystoneHomeCare.com



**WE'RE HIRING
AD SALES EXECUTIVES**

- Full Time Position with Benefits
- Sales Experience Preferred • Paid Training
- Overnight Travel Required • Expense Reimbursement



CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • **www.4lp.com**

Sudbury Council on Aging, Sudbury, MA 06-5177

MARY ANN MORSE

HEALTHCARE CENTER

Short-Term Rehabilitation, Memory & Long-Term Care

45 Union Street ■ Natick, MA ■ 508-433-4400
www.maryannmorse.org

HERITAGE

AT FRAMINGHAM

Independent Living, Assisted Living, Memory Care & Mental Health

747 Water Street ■ Framingham, MA ■ 508-665-5300
www.heritageassistedliving.org



Bridges® by EPOCH at Sudbury
is a purposefully designed memory care
community offering unique programming
that empowers residents to live their best lives.

OPENING SUMMER 2018

Call 978.451.7779 for details.

Bridges

BY EPOCH

MEMORY CARE ASSISTED LIVING
AT SUDBURY

Remarkable people. Exceptional care.

Welcome Center

389 Boston Post Road

Sudbury, MA

Behind Mill Village Plaza

www.BridgesbyEPOCH.com

EOEA Certification Pending

f h a Mass Relay 711



Introducing the Care Dimensions Hospice House

Combining the comfort of home
with the benefits of round-the-clock medical care

When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours – ask for Care Dimensions by name.

Watch our video tour at CareDimensions.org
or call 781-373-6616 to learn more
about the new Care Dimensions Hospice House.



LIVE HERE, LIVE WELL

Sudbury's Affordable
Assisted Living
Community

www.orchard-hill.com

978-443-0080

America's Choice in Homecare!

Visiting Angels.

LIVING ASSISTANCE SERVICES

- Up to 24 hour Care • Meal Preparation • Errands/Shopping
- Hygiene Assistance • Light Housekeeping • Respite Care for Families
- Rewarding Companionship

978-287-2002

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



SENIOR TRANSITION SPECIALIST

FREE!

- Downsizing Consulting
- Possession Management
- Professional Staging
- Clean Out Services

Louis Stephan, Broker Owner, 48+ yr. Resident

978-857-9147

BERKSHIRE
HATHAWAY
HomeServices

Stephan Real Estate



Save the Date!

**Summer Barbecue with
Honky Tonk Piano from
Gary Landgren!**

Wednesday, July 18, 2018
12 Noon



Chicken barbecue, with fantastic music and delicious cool dessert! **Sudbury residents** may sign up as of June 1; all others as of June 15. Suggested donation \$5.

Sponsored by the Friends of Sudbury Seniors!

Volunteer Appreciation Luncheon

On June 6, we celebrate our many volunteers without whom we could not do what we do! Meal delivery, Fix-it jobs, Sand buckets, Luncheons, Men's/Women's Breakfasts, Class Instruction and Facilitation, Front Desk Reception and so much more! If you are one of our volunteers, and inadvertently did not receive an invitation, please let us know right away!

A Piano Concert with Sudbury's Abba Shocair

Friday, June 8, 2018 at 2:15 PM

Lincoln Council on Aging at Bemis Hall, 15 Bedford Rd., Lincoln, MA

Works by Schubert, Albeniz, Paganini/Liszt transcribed, and Liszt. All ages are invited! Abba, originally from Jordan, started playing piano at age 4. She is a Civil Engineer and has given many piano concerts in a variety of venues. She has lived in Sudbury with her husband, Fawaz, for many years. Refreshments to follow performance. Call Lincoln COA at (781) 259-8811.

Memorial Service for Marguerite Urgotis

There will be a memorial service for Marguerite Urgotis on Friday, June 8 at 2 PM at the First Baptist Church on Landham Road. Marguerite was a longtime resident of Sudbury, a member of the Sudbury Council on Aging, as well as founder of the wonderful "Senior Strutters" theatre group.

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us



Caring for our communities with pride.

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



A monthly publication from the
Sudbury Senior Center and Sudbury Council on Aging
40 Fairbank Road
Sudbury, Massachusetts 01776-1681
<http://sudburyseniorcenter.org>

U.S. POSTAGE

PAID

Sudbury, MA
PERMIT NO. 141
PRESORT STANDARD



Return Service Requested