

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



**The Fabulous  
Flashback Band!**

Wednesday, June 12  
6:00 Refreshments  
6:30-7:30 PM Concert  
\$5 sugg. donation

Please sign up at senior@sudbury.ma.us or 978-443-3055, see page 3.

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Save the Date!



**Summer Barbecue**  
with American the Beautiful  
in Song  
from David Polansky

Wed., July 10  
12:00 PM - \$3  
See pg. 5.

**There are many other activities and groups, come on in and visit!**

Please note: The Senior Center will be closed for Independence Day on Thurs., July 4. Many fitness classes and programs have decided to cancel for the week of July 1-5, please check the July newsletter when available, or call 978-443-3055.

**Van Shopping Trip**

Monday, June 17 - Market Basket/Hudson

Please sign up by contacting the MWRTA Call Center at 508-820-4650 between June 3-June 13. You must be a registered rider. For information, please contact Ana Cristina Oliveira, at oliveiraa@sudbury.ma.us, or 978-443-3055.

**Did you know?**

Many Senior Center programs are videotaped by Sudbury's local cable channel organization and available on TV or online at [www.sudburytv.org](http://www.sudburytv.org).



**Sudbury Race Amity Day Celebration**

Sunday, June 9, 2019

1:30-5:00 PM at Goodnow Library



Race Amity Day is a day to celebrate friendships – our own and those of historical figures – that bridge the racial divide. It is also a time to reflect, with others in our community, on the beauty and richness of our diverse cultures and ethnicities as we reach out with a spirit of amity toward one another. Our own Sudbury resident William H. “Smitty” Smith, Ed.D., former principal of Curtis Middle School, is the founder of the National Center for Race Amity and Race Amity Day. The Massachusetts Legislature, Governor Baker, and our Sudbury Board of Selectmen have proclaimed the second Sunday in June annually as Race Amity Day. For more details, please visit [www.SudburyRaceAmity.org](http://www.SudburyRaceAmity.org).



**Respect for All  
Participants**





## Dementia Friendly Sudbury

Are you interested in Dementia Friendly issues? We are! We know that many people in Sudbury are living with dementia, or are caregivers for someone with dementia. People who are not in this situation may not understand what it's like, or how to interact with someone with dementia. Dementia friendly communities foster the ability of people living with dementia to remain in the community and engage and thrive day to day\*. Wouldn't it be great to help everyone in our community understand a little more about this disease? If you are interested in exploring this topic, please contact Ana Cristina Oliveira, CDP, Outreach Information Specialist, oliveiraa@sudbury.ma.us or 978-443-3055.

\*From Dementia Friendly America at [www.dfaamerica.org](http://www.dfaamerica.org)

### A Note from the Director about Space for the Summer

The Senior Center has two dedicated program rooms; 2 additional rooms (Rooms 1 & 3) and the gym are shared with the Park and Recreation Department during most of the year. However, as we move into June, Sudbury Park and Rec programs need the gym and Rooms 1 & 3 for Summer camp programs. Senior programs will move out of the gym from about June 10 through the end of August. We appreciate your understanding. We are working on other options for fitness classes, especially during the first 3 weeks of June, but may need to cancel a few classes, if we cannot find appropriate space.

As we do each year, we will have access to alternate space for some fitness programs at Lincoln-Sudbury High School and at Congregation Beth El (although dates are not certain as of printing of this newsletter). We are so thankful to both LS and Congregation Beth El for sharing space with us.

We hope to have final location information ready by the end of May and will create flyers with the latest location information - please check with the Front Desk receptionist. You may also contact us via email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or by phone at 978-443-3055 for information. We appreciate your patience and understanding.

If you would like to share comments, questions or requests with us, please call 978-443-3055 or email us at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

Please Note: Fit for the Future and Bridge Group will be cancelled on Wed., June 5.

### Attendees Please Note:

*Please note that we have two dedicated program rooms that are adjacent. At times it is necessary to schedule concurrent programs. We do our best to minimize noise from one program interfering with another. If you do find there is interference, please bring this to the Front Desk staff for attention. We will do our best to assist. However, please recognize that there may be times when we don't have an effective alternative. Thank you!*

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**Lunch and Learn:****All About India!**

Thursday, June 20

12:00-2:00 PM

\$3 sugg. donation



Aruna and Kala Pundit, Sudbury residents, will prepare a traditional homemade Indian lunch followed by a presentation on Indian culture, including a brief history of some Hindu Gods. The menu is as follows: spring mix lettuce salad with oranges & apples, mint yogurt on lemon rice, fried bread (poori) with a curry sauce and for dessert homemade vanilla ice cream. Also, enjoy beautiful violin music while dancers demonstrate traditional Indian dance.

This event is limited to the first 25 people that sign up. There is a suggested \$3.00 donation.

Sudbury residents may sign up as of May 25, all others as of June 12. With support from the *Friends of Sudbury Seniors*.

**Fabulous Flashback Band  
Concert**

Wednesday, June 12

**Refreshments at 6:00 PM;****Concert: 6:30-7:30 PM**

\$5 sugg. donation



Come to the Sudbury Senior Center to listen (and dance?!) to some upbeat music!

The Flashback band has been playing together for 12 years. They are a four-piece band from Marlboro, MA playing rock'n roll music from the 50's to the 70's, along with Motown and Country. For the last four years, they have been playing at Fenway Park on Yawkey Way before the Red Sox games. There is a \$5.00 suggested donation. Call us at 978-443-3055 or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

Thank you to *The Friends of Sudbury Seniors* who generously provided support for this event.

**Instructors and Entertainers Needed**

We are always looking for credentialed and/or volunteer instructors to teach academic, arts, and fitness classes, as well as experienced entertainers. Please contact Sharon Wilkes at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us).

**Classic Consignment Appraisals****Focusing on Jewelry and Silver**

Tuesday, June 11

10:00 AM-12:00 PM



Want a free appraisal of a piece of your jewelry or a sterling silver item? Sign up for a spot at the Sudbury Senior Center. Helene and David from Classic Consignments will gladly appraise your item. Since 1997, Classic Consignments has been in Sudbury assisting clients in marketing items they no longer want or need. They help consignors sell their quality pre-owned furnishings and accessories- antique or contemporary.

You must sign up in advance, please 1 item per person. Sign up by contacting Sharon K. Wilkes at 978-443-3055 or email [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us).

**Collette Tours Presents:****Spotlight on the French Riviera and Carnival**

Monday, June 10, 1:00-2:00 PM



*Nice* is a coastal pearl of the Mediterranean known for its legendary opulence and balmy beaches. With an average of 300 sunny days per year, *Nice* is a seaside paradise. There will be choices on the tour to visit different art museums, and there will be food featuring delightful French cuisine.

Travel to St. Tropez, Monaco, Monte Carlo, Cannes and other famous destinations. Celebrate the end of your trip in the most unforgettable way by attending one of the world's oldest and most famous Carnivals.

Please contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) to sign up for this program.

**Trouble Hearing a Speaker, or a Movie?**

The Senior Center has **assistive listening headphones** available for those who would like to have amplification for any programs in the Sudbury Pines room. Please feel free to use them, or ask for assistance! We also turn on the **closed captioning** for any movies or DVDs that we show. Please ask!

**Use our Suggestion Box or send an email!**

We are always interested in your Suggestions and Feedback! Email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).



**The Great Masters:  
Gustav Mahler**  
The Great Courses DVD Series  
Tuesdays, 1:00 PM

June 25, July 9, 16, 23, 30, Aug. 6, 13, 20

"I am thrice homeless, as a Bohemian in Austria, as an Austrian among Germans, as a Jew throughout the world—everywhere an intruder, never welcomed." Thus spoke Gustav Mahler (1860–1911), composer, conductor, symphonist. More than many other composers, Gustav Mahler's works are highly personal expressions of his inner world, a world characterized by an overwhelming alienation and loneliness. \* From the Great Courses description. Each class is 45 minutes.

Join us for this *Great Courses* DVD series, generously loaned to us by Sudbury residents Barbara and Brian Clifton. Please sign up at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

**Friday at the Movies**

June 28 at 12:30 PM



***The Good Lie***

2014, PG-13, 1h 50min

In this fact-based drama, a young Sudanese War refugee wins a lottery that allows him to start life anew in the United States. But adapting to his new home presents challenges - both for the "lost boy" and for the American woman who's helping him. *Please sign up in advance by contacting the Senior Center at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or 978-443-3055.*

**Calming Coloring Finalé until Fall**

Our Coloring finale will be Wed., June 12 at 12:00 PM until September. We will bring Coloring back to the schedule but will evaluate the best day/time for it. If you are interested in joining or are a current participant, make sure we have your name/contact information so that we can contact you with information! In the meantime, you are welcome to ask for our adult coloring pages and colored pencils to use in the lounge when space is available.

**SHINE - Medicare Help**

Trained volunteers are available by appointment to assist with Medicare questions and planning. *Please contact Ana Cristina Oliveira, Outreach Specialist, so she can assess your needs and schedule your appointment, at 978-443-3055 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).*

**The Mayo Clinic Guide to Pain Relief**

The Great Courses DVD Series

6 Fridays, July 12 - Aug. 16

9:30-10:30 AM

If your life or the life of someone you love has been hijacked by pain, you're not alone. Pain affects more Americans than diabetes, heart disease, and cancer combined. In fact, one out of every three U.S. adults lives with chronic pain triggered by arthritis, chronic fatigue syndrome, disc problems, fibromyalgia, headaches, sciatica, or other causes. Experts at Mayo Clinic worked with The Great Courses to craft this research-based guide to coping with chronic pain, giving access to the same knowledge available at Mayo Clinic's highly successful pain management programs. \*

Please sign up so that we know how many to expect! Contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). \*Adapted from the Great Courses course description. (Two 30 minute lectures.)

**Coming this Fall...**

**Understanding Russia**

The Great Courses DVD Series

Sep. 11-Dec. 11

12 Wednesdays

9:30-11:00 AM

\$5 sugg. donation to defer materials costs

\*Register as of July 11.

Russia's global importance is undeniable. After a brief period of decline after the Soviet Union dissolved, the Russian state has reemerged in the 21st century with a geopolitical influence that rivals some of its most significant eras. Yet for as much as Russia demands the attention of Western policy makers, there remains uncertainty about Russian objectives on the world stage and confusion about what motivates the leaders who direct this immense land. Even as Russian art and music captivated the larger outside world, for many in the West, Russia and its people seemed enigmatic, shrouded in mystery. To a surprising extent, it still seems to be. \*\*

**\*Registration for this course begins on Thurs., July 11.**

This course is facilitated by Bill Allard, who is seeking moderators for each week of the class. Bill, Ruth Griesel, and Don Sherman helped to plan this course. Please thank Don Sherman for researching the course topic and purchasing the DVD for use by the Senior Center! \*\* From the Great Courses Russia course description. -No class Oct. 9, Nov. 27.

**Comfort Food Caring Café**

Monday, June 24

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!

**\*Thank you to: Pleasantries Adult Day Care in Marlborough, Right at Home Senior Care of Westborough, Orchard Hill Assisted Living of Sudbury, who sponsor and coordinate the Café, and procure supplies and food. Reservations are requested, but drop-ins also okay. Questions, contact Ana Cristina at 978-443-3055 or oliveiraa@sudbury.ma.us for more information.**

**Making Memories Café**

Thursday, June 13, 12:00-1:30 PM



Join us for the monthly Memory Café from **Bridges by Epoch** of Sudbury at the Senior Center. Bring your loved one with memory loss to enjoy lunch, uplifting entertainment and companionship with others. These events are perfect opportunities for you to take a break, socialize with other family caregivers and simply enjoy spending time with your loved one.

Space is limited. Kindly RSVP to Ana Cristina Oliveira, Outreach Specialist at 978-443-3055 or by email at oliveiraa@sudbury.ma.us.

**\*See Page 8 for information on our Caregiver Support Group.**

**\*Chinese Happy Seniors Club on Hiatus for June - Will not meet on Tuesdays in June, returns on July 9**

**\*English Learner Classes on Hiatus in June Returning on July 9**

English Learner Classes are available Tuesday mornings again in July. 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.

**Bridge Group**

Wednesdays, 1:00-3:30 PM

No meeting on June 5



We have an ongoing Bridge Group of intermediate players that meet on most Wednesday afternoons. To add your name to the contact list, please contact **Marilyn Tromer**, Bridge Player and our volunteer Bridge Coordinator (thank you Marilyn!) at mattie\_66@yahoo.com.

New members with knowledge of Bridge are always welcome. Free!

**Summer Barbecue**

Wed., July 10

12:00 PM - \$3



Delight in barbecue chicken and all the fixin's, followed by America the Beautiful in Song by David Polansky! Registration for Sudbury residents as of May 24, all others as of June 17.

**Informal Russian-Speaking Conversation Circle**

Tuesday, June 18, 11:45 AM

Russian speakers, native or non-native speakers, join us to speak Russian, and get to know your neighbors.

**State Rep. Carmine Gentile Office Hours**

Monday, June 3

10:00-11:00 AM

Coffee and discussion with Sudbury's State Representative. Drop in!

**Chinese Happy Seniors/English Class**

**Translation:**

老年中心快乐时光俱乐部 - 每周二, 9:00-11:30 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, 9:00-11:30 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 or 978-443-3055.

LS-Lincoln-Sudbury High

JUNE 2019

LTH = Lower Town Hall CBE-Congregation Beth El

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Election Setup Today</b> 3	<b>Special Town Election</b> 4	5	6	7
10:00 Rep. Carmine Gentile Office Hours (L) 11:00 Fit for the Future (VH) 1:00 Better Bones (8) (VH) 1:00 Low Vision Grp (SP) 1-3 Canasta (L) 2:15 Tai Chi (5) (VH)	8:45-10:45 BP Clinic Chinese Happy Seniors/ English Learners CANCELLED ALL MONTH  9:40/11 Yoga (7) (SP) 1:30 Tai Chi Healthy Living (2) (VH)	9:00-10:30 Great Decisions Group (1) (at Police Station) <b>NOTE LOCATION CHANGE!</b> No Fit for the Future today No Calming Coloring today No Bridge Group today No Quilting today 11:30 AM Volunteer Appreciation at Wingate	No Tap Dance today 9:30-11:15 Current Events 12:00 Pizza and a 12:30 Movie: <i>Breathe</i> 12:45 Senior Notes: Singing Group (R1 or VH) Intro to T'ai Chi returns in September 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (5) 1:15 Chair Yoga (4, last) ----- Sun., June 9 Sudbury Race Amity Day
<b>Summer Camp</b> 10	<b>Programs Start</b> 11	<b>This Week</b> 12	13	14
10:00 Stamp Club (VH) 11:00 Fit for the Future (LTH) 1:00 Collette Tours Trips Show (SP) 1-3:30 Canasta (L) 1:00 Better Bones (1) VH 2:15 Tai Chi (6) VH	8:45-10:45 BP Clinic English Learners CANCELLED 9:40/11:00 Yoga (8, last) VH or??? Police sta? LTH? 10:00-12:00 Classic Consignments! (SP) 1-3 Legal Clinic (SP) 1:30 Tai Chi Healthy Living (3) (VH) 3:00 Council on Aging SP	No Great Decisions 11:00 Fit for the Future (VH) 12:00 Calming Coloring Finale! SP 1:00-2:00 Turn the Page-Book Group! (VH) 1-3:30 Bridge Group (SP) No Quilting today 6:00 Refreshments 6:30 Flashback Band!	Tap Dance will return in September! 9:30-11:15 Current Events (SP) 12:00 Making Memories Café 1:15-2:15 Short Story Group (VH) 2:30 Connection Circle (VH)	9:30-11:30 Bingo (SP) 9:30-11:00 Hearing Clinic 11:00 Fit for the Future (LTH) 11:30 or 1:45 - Watercolors (6)
<b>Market Basket Trip</b> 17	18	19	20	21
11:00 Fit for the Future (VH) 1:00-3:30 Canasta (L) 1:00 Better Bones (2) VH 1:00 Sudbury Caregiver Support Group (SP) 2:15 Tai Chi (7) VH *Fitness to Sr Ctr rooms	8:45-10:45 BP Clinic No Chinese Happy Seniors/ English Learners today 9:40-11 Yoga (1) (SP) 11:45 Russian Conversation Circle (VH) 1:30 Tai Chi Healthy Living (4) (VH)	9:30 Great Decisions Group (2) (SP) 11:00 Fit for the Future (VH) 1-3:30 Bridge Group (VH or SP) No Quilting today	No Tap Dance this week 9:30-11:15 Current Events (VH) 12:00 Lunch and Learn: All about India (SP) 12:45 Senior Notes: Singing Group (R1 or VH) 2:30 Connection Circle 2:30 Friends Meeting	9:30-11:30 Bingo (SP) 11:00 Fit for the Future (LTH) 11:30/1:45 Watercolors (7)
Fit for the Future Moves 24	To LS High School Gym 25	26	27	28
11:00 Fit for the Future (LS) 12:00-2:00 Comfort Food Caring Café (VH) 1:00-3:30 Canasta (SP) No Better Bones today 2:15 Tai Chi (8, last) CBE	No BP Clinic No Chinese Happy Seniors/ English Learners today 9:40/11 Yoga (2) (LS) 1:00 The Great Masters: Gustav Mahler (1) 1:30 Tai Chi Healthy (5) CBE	9:30 Great Decisions Group (3) (SP) 11:00 Fit for the Future (LS) 1-3:30 Bridge Group (SP or VH) No Quilting today	No Tap Dance this week 9:30-11:15 Current Events (VH) 1:15-2:15 Short Story Group (VH) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future (LS) 11:30/1:45 Watercolors (8) 12:30 Movie: <i>The Good Lie</i>



Laura Semple Walsh  
978-831-3766

Laura.Semple@nemoves.com



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\* According to MLS PIN



Beth Hettrich  
978-831-2083

Beth.Hettrich@nemoves.com

## IS IT TIME FOR YOUR NEXT MOVE?

We are here to help you through the process of selling your home and finding a new one!



**Fitness Classes are Where It's At!**

Please register and pay at the Senior Center - except for Fit for the Future, which is \$3 drop-in. Questions, call 978-443-3055 or email senior@sudbury.ma.us.



**Traditional T'ai Chi**

8 Mondays, 2:15-3:15 PM, \$48\*  
 \*Please note new fee - Location moves to Cong. Beth El - June 10  
 Apr. 22-Jun. 24, no 5/6, 5/27  
 July 8-Aug. 26, no 7/1

A system of movements designed to maintain strength, balance and focus as well as improve relaxation.

**T'ai Chi for Healthy Living**

8 Tuesdays, 1:30-2:30, \$48\*  
 \*Please note new fee; moves to Congregation Beth El - June 11  
 May 28-July 23; No class July 2  
 July 30-Aug. 27, 5 weeks-\$30  
 For those who want a slower pace; work on improved balance and mobility, while practicing T'ai Chi forms.

**Intro to Traditional T'ai Chi**

*On Hiatus for the Summer- Returns in September*  
**Fit for the Future with Lois**  
 Monday, Wednesday, Friday  
 11:00 AM; \$3 Drop-in-Exact change  
 Aerobics & Strength with Lois Leav. Lois brings her dance and extensive teaching experience as well as an uplifting attitude! **Summer room locations flyer available late May.**

**Yoga for Living Well**

8 Tuesdays, Classes at 9:40-10:40 and 11:00 AM-12:00 PM, \$58\*  
 Apr. 9-Jun. 11; no class 4/30, 5/7  
 Jun. 18-Aug. 13; No class July 2  
 Add strength, balance and calm to your life! **To Congregation Beth El**

as of June 11.

**Better Bones, Senior Strength**

8 Mondays, 1:00-2:00 PM, \$58\*  
 Mar. 18-June 3; No class 4/29, 5/6  
 Jun. 10-Aug. 19; No class 6/24, 7/1  
 Build strength and balance with instructor Leslie Worris! **To Congregation Beth El as of June 10.**

**Beginner/Intermediate Tap Dance**

8 Thursdays, 9:30-10:30 AM, \$55  
**Tap Dance returns in September!**

**Chair Yoga**

4 Fridays, 1:15-2:00 PM  
 May 10, 24, 31, Jun. 7 - \$30  
**Chair Yoga returns in September!**

\*Please note new fees! Checks payable to "Town of Sudbury".

***Sudbury Trips 2019***

**NEWPORT PLAYHOUSE - "Funny Money"- 7/10 - \$95**  
 Lobsterfest and Cabaret Show in Newport RI!  
 Checks to Royal Tours LLC, due as soon as possible.

**DIAMOND'S & PEARLS ULTIMATE TRIBUTE - 8/27 - \$93**  
 Experience some of the greatest hits from some of the greatest performers of all time. Jose and Patti will wow you with their tribute to Neil Diamond, Janis Joplin, Carole King and Johnny Cash. Includes transportation and lunch. Checks to Best of Times. Due: 7/1/19

**LAKE GEORGE BALLOON FESTIVAL 2019 - Sep. 20-22**  
 This 3-Day trip to enjoy the spectacular Balloon Festival

with a stop at the Norman Rockwell Museum, dinner cruise on Lake George. Checks to Best of Times. \$449 pp double. Payment due: 8/20/19

**CANYON COUNTRY WITH COLLETTE TOURS**-Oct. 18-25  
 Travel to Sedona, the Grand Canyon, Lake Powell, Zion National Park, and more. See the wonders of the Southwest on one of Collette's most popular trips. Make checks out to Collette Tours. Cost is \$2999 pp double  
**SPOTLIGHT ON THE FRENCH RIVIERA/Nice's Carnival\***-  
 Feb. 15-23, 2020 - Book Now and Save -Double Occ. \$2,999- Learn more at

\*Trip Meeting on Mon., June 10, 1:00 PM

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~ From our Outreach/Information Specialist ~

### Respect for All Participants



The Senior Center is committed to respect and service for all LGBTQ Older Adults and hopes 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](mailto:oliveiraa@sudbury.ma.us) or 978-443-3055.



### Sudbury Senior Center Caregiver Support Group

Monday, June 17, 1:00-2:30PM

#### Why do people join a Support Group?

Caregivers often feel like they are alone. A Support group can act like a family, where members feel supported, cared for, and accepted for who they are. Over time, members feel protected and safe to express their feelings, whether positive or negative. A sense of community and connection develops which can assist members in addressing their personal concerns and their need to ask questions. Members can have a good laugh and rejuvenate through inspiring, and often comical stories that are shared.

Come join us if you're caring for a loved one with memory loss. We hope to see you there! To sign-up please call the Senior Center at 978-443-3055 or email Ana Cristina Oliveira at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

### Low Vision Support Group

Monday, June 3 from 1:00-2:30pm



Loss of vision can be challenging, physically & emotionally. Let's support each other. Come with any questions you have that are related to vision loss. Join us for an informative and supportive meeting. Please sign up by calling Ana Cristina Oliveira, at 978-443-3055 or email at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

~ From our Volunteer Program Coordinator,  
Janet Lipkin ~

*All volunteers:* Please be sure to attend our **Volunteer Appreciation Brunch** on Wednesday, June 5<sup>th</sup> at 11:30 at the **Wingate at Sudbury!** PLEASE NOTE VENUE CHANGE. We are so very grateful for all you do, and we want to celebrate you!

Thanks for

...being so caring  
...being so helpful  
...being so thoughtful  
...being so giving.

**Brunch now at  
Wingate of Sud-  
bury!**

You are truly making a difference in the lives of others!

**Not a volunteer?** Don't miss out on opportunities to stay active in the community! Volunteering is a win-win, both for the volunteer and the client whom he or she is helping. The Senior Center has a wide range of volunteer opportunities to fit all kinds of schedules and interests. If you are interested in becoming a valued member of our volunteer team, positively impacting people's lives while giving you a great sense of satisfaction, please call Janet Lipkin, Volunteer Program Coordinator, at 978-639-3223, or email her at [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us).

Our Medical Loan Closet continues to be a highly utilized service, providing gently used items, for as long as is needed by the client, *at no cost!* To make a request, please call the Senior Center. Pick-up and drop-off days for loaned equipment as well as for donations of items are **Tuesdays and Thursdays, from noon until 4pm**. If you would like to donate any items to our Loan Closet, please be sure they are in very good condition, and call Janet Lipkin at 978-639-3223 to be sure we have a need for them. **Greatest needs now are rollators, transport chairs, and wheelchairs.**



#### **Program Highlight: Friendly Visitor**

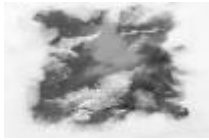
Friendly Visitors are volunteers who reach out to fellow Sudbury residents to offer friendship, company, conversation, and a listening ear. The Friendly Visitor volunteer comes to the home of his or her matched client each week at a mutually convenient time for an hour or two. The friendship formed can be extremely meaningful.

#### **2020 Looms Large, Get Involved This Month!**

There's an old saying 'Democracy is not a spectator sport'.  
**Saturday, June 15 - 9:30 AM - Sudbury Grange Hall**

Registered voters can vote and run for 15 Democratic delegate slots. For more information contact John Riordan at [johnriordan51@hotmail.com](mailto:johnriordan51@hotmail.com).





**Wonderful Watercolors!**

Next Session: 8 Fridays  
 July 12 - September 6  
**12:30 - 2:30 PM only\***

Class fee payable at registration: \$72

Join our delightfully relaxing Watercolors workshop with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. Class minimum is 10 students; maximum is 18 students.

\*For the summer months, only one Friday class will be offered. Two classes will be offered with start times of 11:30 AM and 1:45 PM as of September 13.

There will be no classes on July 5 and August 16.

Class fee is \$72 and payable at the time of registration, please. If you have a financial challenge, please speak to Ana Cristina Oliveira, Outreach Specialist, about a possible scholarship (978-443-3055).



**Senior Notes Singing Group**

12:45-2:30

The Singing Group will be taking a break for the summer (June-August).

**Bringing the Generations Together!**

Older and younger generations getting to know each other, working together on projects, and teaching each other... join in! New intergenerational activities with elementary students coming this fall. For information, contact Judy Battat at [battatj@sudbury.ma.us](mailto:battatj@sudbury.ma.us).

**Hearing Clinic**

Friday, June 14, 9:30-11:00 AM



Michael Drennan of Rogers Hearing Solutions in Marlborough offers complimentary wax and hearing screenings at the Senior Center. Appointments necessary! Call 978-443-3055 to schedule your appt. Many thanks to **Rogers Hearing Solutions** for this free program!

**Please note:**

Although we make every effort to ensure that the information in our newsletter is accurate, sometimes we make an error, or information has changed since the publishing date. Please feel free to contact us at (978) 443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) to verify information.

**Services offered by the Sudbury Senior Center**

The Senior Center offers a variety of services to provide assistance to older adults and their family members. 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).

**Nutrition**

**Meals on Site-** Monthly lunch at the Senior Center. \$3 suggested donation.

**Home Delivered Meals-** Hot lunch delivered to older residents who are unable to leave home. \$3.00 suggested donation. Registration through Bay-Path Elder Services: 508-573-7200.

**Consultation**

**Outreach and Information-** Our Outreach information Specialist provides information about resources and services for older adults and their families in Sudbury. Free consultation by appointment.

**Legal Clinic-** Free 20-minute consultation by appointment.

**S.H.I.N.E./Medicare Help (Serving the Health Information Needs of Elders)-** Free consultation on health insurance by appointment.

**Transportation**

**Van Transportation-** Mon.-Fri. 8:30-4:00. Handicapped accessible. Must be registered through MWRTA 508-820-4650. Call 48 business hours in advance to schedule ride.

**Sudbury Shuttle -** Tues. & Thurs. 8:35-3:30. Fixed route along Route. 20.

**F.I.S.H. (Friends in Service Helping)-** Volunteer transportation for medical appointments. Call 978-443-2145, at least 1-week in advance to schedule.

**Health Services**

**Blood Pressure Clinic-** Tues. 8:45-10:45. Free screening. No appointment necessary.

**Hearing Clinic-** Free 20-minute consultation with audiologist for hearing & wax by appointment.

**Medical Equipment Loan Closet-** Tues. & Thu. 12:00-4:00. Free medi-

cal equipment loan by appointment.

**In-Home Services**

**In-Home Fix-It Program-** Volunteers help with minor home maintenance.

**Friendly Visitor Program-** Volunteers make weekly visits to Seniors unable to leave their homes to socialize.

**Grocery Shopping-** Volunteers make weekly visits to supermarket and assist with putting away groceries.

**Sand Buckets-** Volunteers deliver bucket of sand to residents homes for use on walkways and driveways.

**Lock Boxes-** The Fire Dept. installs small safes containing a house key for use in emergency by Fire Dept. \$60 sugg. donation to cover cost.

**Goodnow-to-Go-** Volunteers bring library materials to residents unable to travel. Application on library website.



**Pizza and a Movie!**

Thursday, June 6



**Breathe**

2017, PG-13, 1h 57 min.

This spirit-lifting biodrama tells the story of Robin Cavendish, whose charmed and colorful life suddenly darkens when he's paralyzed by polio. Rather than become imprisoned by his disability, however, Robin and his wife decide to tour the world. Starring Andrew Garfield and Claire Foy.

**Pizza is \$1.50/slice**—please order by 10:00 AM on June 6; contact us at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or 978-443-3055.

**12:00 Pizza**  
**12:30 Movie**

**Exact change is needed!** Please reserve your slice by Thurs., May 23 at 10:00 AM. Sign up at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

**Stamp Club** - Monday, June 10, 10:00 AM  
**Legal Clinic** - Tuesday, June 11, Appts. Available  
**Turn the Page Book Club** - Wed., June 12, 1:00 PM

**Lunch and Listen at St. John's Lutheran Church**  
Tuesday, June 11—12-2 PM

Come for a hot lunch, with live music provided by **Gary Landgren, the Honky-tonk Piano Man** at St. John Lutheran Church in Sudbury. Menu features barbecued chicken breasts, baked potato, baked beans, cole slaw, tossed salad. A suggested donation of **\$8** is asked. Sign up at 978-443-8350 by 12 PM on Monday, June 3rd. St. John Lutheran church is located at 16 Great Road.

**Classical Piano Concert in Lincoln**  
Friday, June 7, 3:00 PM

Sudbury's **Abla Shocair** will give a piano concert at Bemis Hall, 15 Bedford Rd, Lincoln. She's playing works by Beethoven, Bartok and Chopin. Her two grandchildren will play Mozart. All ages are welcome.

**Connection Circle** - every Thurs., 2:30 PM  
**Canasta** - Mondays, 1:00 PM; **Bingo** - Fridays, 9:30 AM



**Introducing the Care Dimensions Hospice House**

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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](http://CareDimensions.org) or call 781-373-6616 to learn more about the new Care Dimensions Hospice House.**



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GIVING BACK TO THE SENIOR COMMUNITY

*Thank you, MP*

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**The package includes:**

- Organizing personal possessions
- House repair and clean-up
- Packing and moving
- Real Estate representation
- Legal Services

*The Maria Project was inspired by Leon Gelfand in honor of his grandmother, Maria.*

**We will be there at every step of the process.**

To apply or nominate someone, visit [mariaproject.org](http://mariaproject.org)

or call **617-331-7848.**

We will meet with candidates at their homes at their convenience.

Maria Project organizers include Home Ready Solutions; Stinson Real Estate Professionals; Agronovich & Gerin Legal, LLC and Gentle Giant.



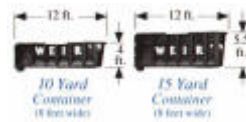
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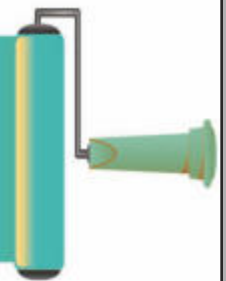
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Fax: 978-443-6009

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

Respect for All!

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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