

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



**Light Lunch and  
Fall Preview**

**Tuesday, Aug. 27  
12:00 PM**

Please join us for finger sandwiches, roasted veg wraps and chips. Top it off with an ice cream pop for dessert!

While you enjoy your lunch, Learn about fall programs and classes.

\$5

**You must sign up** in advance at 978-443-3055 or senior@sudbury.ma.us.

- ⇒ **Dementia Friendly Sudbury**, p. 2
- ⇒ **The Great Masters: Gustav Mahler** - Tues., June 25-Aug. 20, p. 3.
- ⇒ **Mayo Clinic Pain Relief - DVD Series** - 6 Thursdays at 2:00 PM, p. 3.
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- ⇒ **Sudbury Caregiver Support Group** - Mon., July 15, Aug. 19, p. 8.
- ⇒ **Pizza and a Movie** - Thu., July 18, August 22, p. 3, 10.

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

**Did you know?**

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



**Van Shopping Trip**

Monday, July 15, August 5 - Market Basket/Hudson

Please sign up by contacting the MWRTA Call Center at 508-820-4650 at least 2 business days in advance. You must be a registered rider. For information, please contact Ana Cristina Oliveira, at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us), or 978-443-3055.

**Summer Barbecue**

**with American the Beautiful in Song**

from David Polansky

Wed., July 10

12:00 PM - \$3



Chicken barbecue with something cool and icy for dessert!

\$3 sugg. Donation

You must reserve your spot in advance, at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

See pg. 5.

**Reservations required  
by July 2!**



**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 their friends or family members are effected. Dementia friendly communities foster the ability of people living with dementia to remain in the community and engage and thrive day to day\*. They also seek to support caregivers. 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 and the idea of a Dementia Friendly Sudbury, please contact Ana Cristina Oliveira, CDP, Outreach Information Specialist, at 978-443-3055 or at oliveiraa@sudbury.ma.us.

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

### A Note from Director Debra Galloway

**Be heat smart!** Keep hydrated by sipping water, iced tea or other beverages throughout the day, keep cool with air conditioning or cool showers, wear light layers, and come to the Senior Center or go to the library to give your body a break from extreme temperatures.

Remember to sign up to receive **Emergency Alerts** on both your home and cell phones and keep your cell phone charged, in case of power outage. You or a family member can sign up for Emergency Alerts on the Town of Sudbury website at [www.sudbury.ma.us](http://www.sudbury.ma.us). Click on the red Emergency button.

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 July, Sudbury Park and Rec programs need the gym and Rooms 1 & 3 for Summer camp programs. Senior programs will move out of the gym through the end of August. We will have access to alternate space for some fitness programs at Congregation Beth El. We are so thankful to Congregation Beth El for sharing space with us.

Please check with the Front Desk receptionist for the latest class locations or 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., July 10 and Great Decisions postponed to July 17 for our Summer BBQ!

### Movie Night!

Tuesday, July 23

**5:30 PM Refreshments**

**6:00 PM A Star is Born**

Join us for hors d'oeuvres: cheese and crackers, fresh fruit and goodies, and stay for the movie. Please sign up by Friday, July 19!

Seasoned musician Jackson Maine discovers and falls in love with struggling artist Ally. Starring Bradley Cooper and Lady Gaga!

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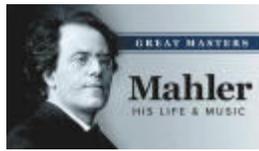
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**The Great Masters:  
Gustav Mahler**

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.

**Please Note Day/Time Change!**

**The Mayo Clinic Guide to Pain Relief**

The Great Courses DVD Series  
6 Thursdays, July 11, 25, Aug. 1, 15, 29, Sep. 5  
**2:00-3:00 PM**

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. \*Adapted from the *Great Courses*



**Family and Friends Celebration!**

Thursday, August 22  
12:00 **Pizza**  
12:30 Movie: **Coco**  
2:30 **Ice Cream Social!**

Join us for extra fun today and invite your friends, family, grandkids! We will have pizza for lunch, delight in the animated movie *Coco*, (appropriate for all ages), and then to top it all off with an Ice Cream Social (sponsored by Whitney Place Assisted Living of Natick).

**Science and Nature Documentaries**

- Monday, July 1 - 9:30 AM  
*Earth: One Amazing Day* (2017) 1 hr. 35 m.
- Friday, July 5 - **12:30 PM (note time)**  
*Blackfish* (2013) 1 hr, 20 m.
- Wed., July 31 - 9:30 AM  
*Salt Fat Acid Heat* (2018-) Cooking/travel documentary, episode 1 - 48 m.
- Wed, Aug. 14 - 9:30 AM  
*American Experience: Building the Alaska Highway* (2005) 1 hr.
- Wed., Aug. 28 - 9:30 AM  
*Brain Games* (2011-) National Geographic TV Series - three 30 minute episodes

**Hearing Clinic**

2 Fridays, July 12, Aug. 9 - 9:30-11:00 AM

Thank you to Michael Drennan of Rogers Hearing Solutions in Marlborough who offers complimentary wax and hearing screenings. Appointments necessary! Call 978-443-3055 to schedule your appt.

**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.

**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.

**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).

**Mini-Field Trip to Whitney Place**

Tuesday, Aug, 20  
 11:00AM

Ellen Koswick from Whitney Place in Natick, will take you on a tour of their wonderful welcoming building, and will also treat you with a delicious lunch. Meet at the Senior Center to take a van ride. Please register as there are only 12 spots available (if you need a ride). Contact us at 978-443-3055 or senior@sudbury.ma.us.

**Open Drop-in Creative and Game Time**

Mondays, 9:30-10:45  
 July 8, 15, 22, 29, August 5, 19, 26  
 No meeting on August 12

Join us for drop-in coloring, Mexican Train, Scrabble, and many other games or cards! Come in just to hang out, play a game, have a snack or read the newspaper. And cool off in our air conditioning! Contact the Senior Center for more information, or to add your name to the contact list.

**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.

**Understanding Russia**

\*Register  
 as of  
 July 11.

The Great Courses DVD Series  
 Sep. 11-Dec. 11  
 12 Wednesdays  
 9:30-11:00 AM

\$5 sugg. donation to defer materials costs

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.

**Ice Cream Social**

Friday, July 19  
 12:30 PM



Cooooool off.. With delicious ice cream with all the toppings! Please contact us to let us know you will join us and so that we have enough ice cream! 978-443-3055 or senior@sudbury.ma.us.

**Senior Notes Singing Group**

The Singing Group will be taking a break for the summer (June-August) returning in September!

**Great Decisions - Discussion Group**  
**Wed., 9:30 AM - 7/17\*, 7/24, 8/7, 8/21, 9/4**

Great Decisions Discussion Group continues for registered class participants.

**\* Class on 7/10 was moved to 7/17**

**Comfort Food Caring Café**

Monday, July 22, Aug. 26  
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, July 11, Aug. 8, 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  
English Learner Classes**

Tuesdays, 9:00-11:30

**Returns on July 9 - August 27**

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 July 10



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 at mattie\_66@yahoo.com.

New members with intermediate 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 from Buffetway of Marlborough, followed by America the Beautiful in Song by David Polansky!

David is an accomplished trumpet player whohe has worked with Arthur Fiedler, Sandler and Young, Phyllis Diller, Henny Youngman, Ray Bolger and others. He plays jazz, swing, and dance music.

America The Beautiful in Song - David will lead a musical tribute to the Land of the Free, and share stories about the inspiration of some of America's most beloved patriotic pieces.

*Register by Tuesday, July 2!*

**Informal Russian-Speaking Conversation Circle**

Tuesday, July 30, 11:30 AM

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

**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](mailto:oliveiraa@sudbury.ma.us) or 978-443-3055.

## TBD-To Be Determined

## JULY 2019

## CBE-Congregation Beth El

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Fitness classes cancelled 9:30 Nature Doc: <i>Earth: One Amazing Day</i> Low Vision Group - cancelled today	9:00-1:00 Staff Training BP Clinic cancelled today No English Learner today No Yoga today No Tai Chi for Healthy Living	No Fit for the Future today No Bridge Practice today 1:00 Staff Meeting/Senior Center Cleaning	Independence Day Holiday  Senior Center Closed	9:30-11:30 Bingo (SP) 12:30 Nature Doc: <i>Blackfish</i> No Fit for the Future No Watercolors today
8	9	10	11	12
9:30-10:45 Drop-in Creativity and Games 10:00 Stamp Club 11:00 Fit for the Future (TBD) 1:00 Better Bones (3) (CBE) 2:15 Tai Chi (1) (CBE)	8:45-10:45 BP Clinic 9:40/11 Yoga (3) (CBE) 9:00 English Learner SP 10:45 Arthritis Ex (1) 1-3 Legal Clinic (VH) 1:00 The Great Masters: Gustav Mahler (2) (SP) 1:30 Tai Chi Hlthy(6) (CBE)	No Great Decisions— postponed until July 17 Fit for the Future cancelled today 12:00 Summer BBQ No Bridge Practice or Quilting today; due to Summer BBQ	Tap Dance Returns in Sept. 9:30 Current Events (TBD) 12:00 Making Memories Café (SP) 1:15 Short Story Group (VH) 2:00 Mayo Clinic Pain Relief (1) (SP) 2:30 Connection Circle (VH)	9:30-11:30 Bingo (VH/SP) 9:30-11:00 Hearing Clinic 11:00 Fit for the Future (TBD) 12:30-2:30 Watercolors (1)*(VH) *Note time! 1:00-1:45 Chair Yoga (1) (TBD)
Market Basket Trip 15	16	17	18	19
9:30-10:45 Drop-in Creativity and Games 11:00 Fit for Future (TBD) 1:00 Better Bones (4) (CBE) 1-2:30 Sudbury Caregiver Support Group (SP) 2:15 Tai Chi (2) (CBE)	8:45-10:45 BP Clinic 9:00 English Learner(SP/VH) 9:00/11 Yoga (4) (CBE) 10:45 Arthritis Ex (2) 1:00 The Great Masters: Gustav Mahler (3) (SP) 1:30 Tai Chi Healthy(7) (CBE)	9:30 Great Decisions (4) 11:00 Fit for the Future TBD 1-3:30 Bridge Group (SP) 1:00-2:00 Turn the Page -Book Group! (TBD) 1:00 Quilting (1) (VH)	No Tap Dance today 9:30-11:15 Current Events (TBD) 12:00 Pizza and a 12:30 Movie: <i>The Debt</i> Senior Notes returns in Sept. 2:30 Connection Circle	9:30-11:30 Bingo (SP/VH) 11 Fit for the Future TBD 12:30-2:30 Watercolors (2) 11-4 Special Program (SP) 12:30 Ice Cream Social! No Yoga today
22	23	24	25	26
9:30-10:45 Drop-in Create 11 Fit for Future (TBD)* 12:00 Comfort Food Caring Café (VH) 1:00 Better Bones (5) (CBE) 2:15 Tai Chi (3) (CBE) 9-4 Special Programs	8:45-10:45 BP Clinic 9:00 English Learner (SP) 9:40/11 Yoga (5) (CBE) 1:00 Gustav Mahler (4) (SP) 1:30 Tai Chi Healthy (8) (CBE) 5:30 Refreshments 6:00 Movie: <i>A Star is Born</i>	9:30 Great Decisions (5) (SP) 11:00 Fit for the Future (TBD)* 1-3:30 Bridge Group (TBD) 1:00 Quilting (2) (VH) 9-1 Special Programs (VH)	No Tap Dance 9:30 Current Events (SP) 1:15 Short Story Group (VH) 2:30 Connection Circle (VH) 2:00 Mayo Clinic Pain Relief (2) (SP) 9-4 Special Programs	9:30-11:30 Bingo (VH) 11:00 Fit for the Future (TBD)* 12:30-2:30 Watercolors (3) (VH) 1:00-1:45 Chair Yoga (2) (TBD)
29	30	31		
9:30-10:45 Drop-in Creativity and Games 11:00 Fit for the Future* 1:00 Better Bones (6) (CBE) 2:15 Tai Chi (4) (CBE)	8:45-10:45 BP Clinic 9:00 English Learner SP 9:40/11 Yoga (6) (CBE) 11:30 Russian Speaking 1:00 Gustav Mahler (5) (SP) 1:30 Tai Chi Healthy 1) (CBE)	9:30 Salt Fat Acid Heat (Netflix cooking doc- 48 mins.) 11:00 Fit for the Future (VH)* 1-3:30 Bridge Group (SP) No Quilting today	CBE—Congregation Beth El LS—Lincoln Sudbury High School VH—Van Houten Room at Senior Center SP—Sudbury Pines room	*Fit 4 Future room to be determined, look for flyer in late June/early July. NOTE: GREAT DECISIONS has been changed from July 10 to July 17!



Laura Semple Walsh  
978-831-3766  
Laura.Semple@nemoves.com

## IS IT TIME FOR YOUR NEXT MOVE?

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AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	CBE—Congregation Beth El, 105 Hudson Rd. VH-Van Houten Room at Senior Center SP-Sudbury Pines room at Senior Center		Tap Dance returns in Sept, 9:30 Current Events Senior Notes returns Sept. <b>2 Mayo Clinic Pain Relief (3)</b> 2:30 Conn. Circle VH	9:30-11:30 Bingo (VH) 11:00 Fit for the Future 12:30-2:30 Watercolors (4) (VH) <b>1:00-1:45 Chair Yoga (3) (TBD)</b>
Market Basket van trip 5	6	7	8	9
<b>Foxwoods Trip!</b> 9:30-10:45 Drop-in Create 11:00 Fit for the Future No Better Bones today <b>1-2:30 Low Vision Group</b> 1:00 Canasta 2:15 Tai Chi (5) (CBE)	8:45-10:45 BP Clinic 9:40/11 Yoga (7) (CBE) 9:00 English Learner Class SP <b>10:45 Arthritis Ex (3)</b> <b>1:00 The Great Masters: Gustav Mahler (6)</b> 1:30 Tai Chi Healthy Living (2)	<b>9:30 Great Decisions (6)</b> 11:00 Fit for the Future 1-3:30 Bridge Practice (SP) or VH No Quilting today	9:30-11:15 Current Events <b>12:00 Making Memories Café</b> 1:00 Short Story Group (VH) No Mayo Clinic dvd today 2:30 Connection Circle	9:30-11:30 Bingo (SP) <b>9:30-11:00 Hearing Clinic</b> 11:00 Fit for the Future 12:30-2:30 Watercolors (5) (VH) <b>1:00-1:45 Chair Yoga (4) (TBD)</b>
12	13	14	15	16
10:00 Stamp Club 11:00 Fit for the Future TBD 1:00 Better Bones (7) (CBE) 1:00 Canasta 2:15 Tai Chi (6) (VH?)	8:45-10:45 BP Clinic 9:00 English Learner (SP) 9:00/11 Yoga (8) (CBE) 1-3 Legal Clinic (VH) <b>1:00 Gustav Mahler (7)</b> 1:30 Tai Chi Healthy (3) (CBE)	<b>9:30 Building the Alaska Highway (PBS doc.)</b> 11:00 Fit for the Future 1-3:30 Bridge Group 1:00 Turn the Page-Book Grp! No Quilting today	No Tap Dance today 9:30 Current Events (SP) Senior Notes returns Sept. <b>2:00 Mayo Clinic Pain Relf (4) (SP)</b> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for Future TBD No Watercolors today <b>9-4 Special P/R Program</b> <b>1:00-1:45 Chair Yoga (5, last) (TBD)</b>
19	20	21	22	23
<b>9:30 Drop-in Create/Games</b> 11:00 Fit for the Future 1:00 Better Bones (8) CBE 2:15 Tai Chi (7) CBE 1:00 Canasta <b>1:00 Caregiver Support Grp</b>	8:45-10:45 BP Clinic 9:00 Happy Seniors/English 9:40/11 Yoga (9) (CBE) <b>10:45 Arthritis Ex (4)</b> <b>11:00 Whitney Place Field Trip</b> <b>1:00 Great Masters: Mahler (8)</b> 1:30 Tai Chi Healthy (4) (G)	<b>9:30 Great Decisions (7) (SP)</b> 11:00 Fit for the Future (TBD) 1-3:30 Bridge Group (SP) 1:00 Quilting (3) (VH)	9:30 Current Events (SP) <b>Family and Friends Celebration! 12:00 Pizza &amp; a 12:30 Movie: Coco, p. 3</b> 1:00 Short Story Grp (VH) 2:30 Conn. Circle VH	9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH) 12:30-2:30 Watercolors (6) (VH)
26	27	28	29	30
<b>9:30 Drop-in Create/Games</b> 11:00 Fit for the Future <b>12:00 Comfort Caring Café</b> 1:00 Canasta No Better Bones today 2:15 Tai Chi (8, last)	<b>No BP Clinic; No Yoga today</b> 9:00 English Learner Class <b>10:45 Arthritis Ex (5, last)</b> <b>12:00 Lunch &amp; Fall Preview!</b> <b>1 Mahler (makeup date, if needed)</b> 1:30 Tai Chi Healthy (5,last) (CBE)	<b>9:30-11:00 Nat Geo Brain Games (90 mins.) (SP)</b> 11:00 Fit for the Future (TBD) 1-3:30 Bridge Group (SP) 1:00 Quilting (4) (VH)	9:30-11:15 Current Events (SP) 1:00 Short Story Grp (VH) <b>2:00 Mayo Clinic Pain Relief (5)</b> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future (VH or R3) 12:30-2:30 - Watercolors (7) (VH)

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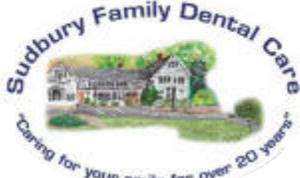
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~ From our Outreach/Information Specialist ~

## 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, July 15, Aug. 19, 1:00-2:30PM

### Why do people join a Support Group?

Caregivers often feel like they are alone. A Support group can provide support, caring, and understanding. 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, August 5 from 1:00-2:30pm; no meeting in July



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 Senior Center volunteers:** We will be having a **Volunteer Celebration** sometime in July or August—exact date to be determined. We will notify you soon.

### Which words capture the spirit of volunteering?

Here's what some have said:

"Neighbors helping neighbors"

"Getting back so much more than I give."

"Noble, generous...."

"Someone who gives from the heart"

"The spirit of courage, caring and community"

I welcome your poems, experiences and/or stories that describe how volunteering has impacted your life, either as a recipient or as the person doing the giving. Please email me at [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us)

Are you looking for ways to become involved in your community? Volunteer opportunities abound at the Senior Center. If interested in learning more, please contact Janet Lipkin, Volunteer Program Coordinator, at 978-639-3223.

### Can you help? We are seeking....

- ◇ A person to help package the food for our home delivered meals (Meals on Wheels) program. Wednesdays from 9:00-11:00 AM at the Senior Center.
- ◇ A driver for our Meals on Wheels program. Fridays from 11:00 AM-12:30PM.
- ◇ Individuals interested in helping us one morning each month, for approximately 2 hours, to help with our newsletter mailing. It involves sitting and affixing mailing labels to the newsletters. It is a wonderful opportunity to meet other volunteers in a relaxed and social setting.



If interested, please call Janet Lipkin at the Senior Center at 978-639-3223.

### Program Highlight: Lock Box

A lock box is a small safe which contains a house key for use in emergency by the Fire Department. If you are interested in having a lock box installed to the outside of your home, please call the Senior Center to put in a request. There is a \$79 suggested donation to cover the cost of the lock box.

**New! Arthritis Exercise Program with GERALYN STRELLA**  
Exercises designed specifically for people with arthritis or related rheumatic diseases or conditions, ranging from sedentary with limited joint mobility to only mild joint issues. Improve joint flexibility; reduce their pain and stiffness. Page 9!

**FITNESS CLASS INFORMATION**

Please register and pay at the Senior Center - except Fit for the Future, \$3 drop-in. .  
**\*Checks payable "Town of Sudbury".**

**NEW! Arthritis Ex Sign up by July 8!**

5 Tues., 10:45 AM; Jul. 9, 16, Aug. 6, 20, 27; **\$30**; Arthritis exercise class for those with limited motion. 45 minute class ; See p. 8. Location TBD

**Traditional T'ai Chi**

8 Mondays, 2:15-3:15 PM, **\$48\***

**\*Please note new fee - Location**

**Cong. Beth El through August**

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\***

**\*At Congregation Beth El thru Aug.**

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 mo-

bility, while practicing T'ai Chi forms.

**Fit for the Future with Lois**

Monday, Wednesday, Friday

11:00 AM; **\$3** Drop-in-Exact change

Aerobics & Strength with Lois Leav.

**Room locations vary, see flyer.**

**Yoga for Living Well**

8 Tuesdays, Classes at 9:40-10:40

and 11:00 AM-12:00 PM, **\$58\***

Jun. 18-Aug. 20 (9 wk class—1 bo-

nus class); No class July 2; Add

strength, balance and calm! **To Con-**

**gregation Beth El thru August 20.**

**Better Bones, Senior Strength**

8 Mondays, 1:00-2:00 PM, **\$58\***

Jun. 10-Aug. 19; No class 6/24, 7/1,

8/5; Build strength and balance with

instructor Leslie Worris! **At Congre-**

**gation Beth El through Aug. 19.**

**Chair Yoga**

5 Fridays, 1:00-1:45 PM; Jul. 12, 26,

Aug. 2, 9, 16 - **\$39**; No class Jul. 19

With instructor Rebecca Reber;

Location TBD

**SUDBURY TRIPS 2019**

**DIAMOND'S & PEARLS ULTIMATE TRIBUTE - 8/27 - \$93**

Experience the greatest hits from some of the greatest performers of all time. Checks: Best of Times.

**LAKE GEORGE BALLOON FESTIVAL 2019 - Sep. 20-22**

3-Day trip to enjoy the spectacular Balloon Festival; stop at Norman Rockwell Museum, dinner cruise.

Checks to Best of Times. \$449 pp double. 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. Make checks out to Collette Tours. Cost is \$2999 pp double

**SPOTLIGHT ON THE FRENCH RIVER/Nice's Carnival-Feb. 15-23,**

2020 - Book Now/Save -Double Occ. \$2,999

**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 (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. \$79 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, July 18

#### The Debt



Rachel Singer is a former Mossad Intelligence Agent who is forced to relive her 1965 pursuit of a notorious Nazi war criminal after the bold and dangerous fugitive is suspected to have reemerged 30 years later.

**Pizza is \$1.50/slice**—please order by 10:00 AM on July 18; contact us at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or 978-443-3055. **Exact change is needed!**

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

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

### Foxwoods Trip - Monday, Aug. 5 - \$30

Join Deanna and Ron on a fabulously fun trip to Foxwoods Casino and Resort in Connecticut! Your fee includes luxury bus transportation and a \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Note: checks payable to **Sudbury Senior Trips**. Please arrive before **7:00 AM** to check in, bus boards at **7:15 AM**, and return at approximately **5:00 PM**.

### New Community Info Fair - *Sudbury Doing Good* Sat., September 21, 11:00 AM-2:00 PM Goodnow Library

Sudbury Doing Good, a group of over 25 non-profit organizations in town, will present a free opportunity to learn about the activities of local organizations at an **Info Fair** at the Goodnow Library. The Fair will enable potential volunteers and interested residents to learn how their abilities might best fit with a particular non-profit, in a low-key, relaxed environment. The Friends of Sudbury Seniors will be at the event, sharing information about Senior Center programs as well as volunteer opportunities. Stop by and learn more!

#### Monthly Activities

**Stamp Club** - Monday, July 8, Aug. 12, 10:00 AM

**Legal Clinic** - Tuesday, July 9, Aug. 13, Appts. Available

**Turn the Page Book Club** - Wed., July 17, Aug. 14, 1 PM

#### Weekly Activities

**Connection Circle** - every Thurs., 2:30 PM

**Canasta** - Mondays, 1:00-3:30 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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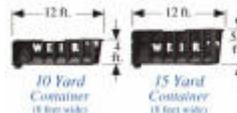
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Respect for All!

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