

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



- ◇ The Symphony - p. 3
- ◇ From Monet to Van Gogh-p. 3
- ◇ Great American Best Sellers - p.3
- ◇ Stamp Club - p.3
- ◇ Great Decisions 2021 - p.4
- ◇ Summer Grab N' Go - p. 5
- ◇ Museum Masterpieces - p. 5
- ◇ Riding Hailing 101 - p.5
- ◇ Wonderful Watercolor class - p. 5
- ◇ Fitness classes - p. 6
- ◇ Volunteer Profile - p. 7
- ◇ Calendar - p. 8
- ◇ Volunteer Program Coordinator - p. 9
- ◇ Outreach Information Specialist - p. 10
- ◇ Transportation-p.10
- ◇ Sudbury Senior Trips - p. 11
- ◇ Goodnow to Go - p. 11
- ◇ July Movie—p.11
- ◇ Low Vision Support Group —p.11
- ◇ Caregiver Support Group Information - p. 12
- ◇ Dementia Friends Info Session -p.12
- ◇ Staff Listing—p. 13
- ◇ Uber Clinic Technology Support- p. 13
- ◇ Connection Circle - p. 14
- ◇ Get Help Learning Zoom - p. 14



**Sunrise at Hyannis Port Yacht Club  
Hyannis Port, Massachusetts**



## A message from Acting Director, Ana Cristina Oliveira

Hello Everyone

We are delighted to share that the Senior Center will re-open to the public on July 6th.

In June, we started bringing a couple of programs back to the center. Fit for the Future exercise classes came back two days a week and our monthly Low Vision support group was also facilitated in-person. Going forward our goal is to continue bringing more in-person programs and classes throughout the summer and fall. We understand that some folks have gotten very comfortable attending our classes via Zoom platform, but would highly recommend that you attend the in-person classes, if possible. I hope you will all consider coming back to visit us and take part in some of our great programs. We are looking forward to seeing all of you.

“The Senior Center will respectfully request that all seniors, visitors, staff and participants In-person classes, events, consultations and meetings inside the Senior Center building continue to wear a mask/facial covering.” We appreciate your understanding.

Due to extremely warm weather please be smart and stay hydrated. Stay hydrated by drinking water or beverages of your choice throughout the day. Keep cool with cold showers and air conditioning, as well lightweight clothing. Come to the Senior Center or go to the library to give your body a break from extreme temperatures.

Thanks to Henry Hayes and Maryanne Bilodeau, Senior Center staff members; Sharon Wilkes, Janet Lipkin, Chery Finley, Tia Kelly, Linda Curran and Amy Snow for being supportive. It has been a great learning experience to be Acting Director for the last three and half months.

Lastly, I would like to welcome Debra Galloway back from her three and half month's Appalachian trail hiking trip. I am sure she will have a lot of great stories to share with all of you.

Have a great summer and take care!

Ana Cristina Oliveira, Acting Director/Outreach Information Specialist

*The Great Courses DVD Series*  
***The Symphony via Zoom***

Tuesdays, 9:30 -10:30 AM

Continues every week

**July 6 - July 27**



**July 6**

**Berlioz and the *Symphonie fantastique*  
 (Lecture 11)**

In his *Symphonie fantastique*, Hector Berlioz adopts the extreme emotions and drama of the opera house, and explicit, intimately autobiographical narrative, all bound together by a recurring, representative musical theme—the famous "fixed idea." The personally and creatively controversial Berlioz goes on to inspire a rising generation of Romantic radicals.

**July 13**

**Mendelssohn and Schumann  
 (Lecture 12)**

The symphonies of Felix Mendelssohn and Robert Schumann merged Classical tradition with elements of Romanticism within very personal and innovative expressive frameworks.

**July 20**

**Franck, Saint-Saens, and the *Symphony in France*  
 (Lecture 13)**

In the 1860s and 1870s, French composers re-established a tradition of symphonic music in Paris, led by Cesar Franck and Camille Saint-Saens.

**July 27**

**Nationalism and the *Symphony*  
 (Lecture 14)**

Few composers used the symphony to explore national identity more than Peter Tchaikovsky and Antonin Dvorak—two extremely different men, yet both conservative Romantics drawing on the music of their homelands for substance and inspiration.

**TO REGISTER FOR ANY OF THE GREAT COURSES  
 DVD SERIES**

Please contact Venetia Kelly at 978-443-3055 or email Kellyv@sudbury.ma.us.

*The Great Courses DVD Series*  
***Great American Best Sellers:  
 The Books that Shaped America via Zoom***

Wednesdays, 9:30 -10:45 AM

Continues every other week

**July 7 - August 4**

Throughout America's storied history, thousands of books have claimed the term "bestseller" in one form or another. In this course, you will learn how the works have performed many functions in American culture.

**July 7, Lecture 19 *The Catcher in the Rye***

**Lecture 20 *To Kill a Mockingbird***

**July 21, Lecture 21 *Catch 22***

**Lecture 22 *The Woman Warrior***

**August 4, Lecture 23 *John Adams***

**Lecture 24 *Recent Best Sellers***

*The Great Courses DVD Series*  
***From Monet to Van Gogh:  
 A History of Impressionism via Zoom***

Mondays, 10:00 -11:00 AM

Continues every week

**July 26 - August 30**

**July 26, Lecture 13 *The Third Exhibition***

**Lecture 14 *Edgar Degas***

**August 2, Lecture 15 *Gustave Caillebottle***

**Lecture 16 *Mary Cassatt***

**August 9 Lecture 17 *Manet's later works***

**STAMP CLUB**

**Monday, July 12 at the Senior  
 Center**



The Stamp club meets on the 2nd Monday of the month at 10:00 AM. Please contact Venetia Kelly at 978-443-3055 or email Kellyv@sudbury.ma.us.

*The Great Courses DVD Series***Great Decisions 2021-Foreign Policy Prog.**

Via ZOOM

Wednesdays, 9:30 - 10:45 AM

Continues every other week

July 14—Sept 8

July 14, **The Coldest War**July 28, **China and Africa**August 11, **The Two Koreas**August 25, **World Health Organization's  
Covid 19**September 8, **The End of Globalization**To register, please contact Chery Finley at  
finleyc@sudbury.ma.us or call 978-639-3269.**Struggles Over the Melting Arctic by Stephanie Pezard**

U.S. President Donald Trump left many scratching their heads when it was rumored that he was looking to purchase the large island nation of Greenland from Denmark. While any potential deal seems highly unlikely, the event shows the changing opinion within the U.S. government toward engagement with the Arctic region. Because of climate change, large sheets of arctic ice are melting, exposing vast stores of natural gas and oil. With Russia and China already miles ahead with their Arctic strategies, can the U.S. catch up?

**China's Role in Africa by Cobus van Staden**

The Covid-19 crisis has put a massive strain on what was growing a positive economic and political relationship between China and the continent of Africa. As Chinese President Xi Jinping's centerpiece "Belt and Road initiative" continues to expand Chinese power, the response to the spread of Covid-19, as well as the African government's growing debt to China, there has been pushback. What are some of the growing economic and political issues between China and Africa?

## Summer Grab N' Go Tuesday, July 20

Come on over to the Senior Center's Summer Grab N' Go! Enjoy a catered lunch by Buffet Way of Marlboro.

Lunch includes: an Italian sub, chips, pickle and a cookie.

Registration for lunch will start on July 1 and end on July 15 . Sign up is limited to the first 50 people who register.

Please contact Chery Finley for your pick up time at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) or call 978-639-3269.

Thank you to The Friends of Sudbury Senior Citizens, Inc. who are sponsoring this event.

## Ride Hailing 101: How to Use Uber via ZOOM

Tuesday, July 27 at 12:30 PM

Are you looking for ways to save on transportation costs? Try Go Sudbury! Uber Rides, a grant-funded temporary transportation program for Sudbury residents.

Marie Foster from the TRIPPS program, and Jane Gould, PhD., a transportation planner and author of "Aging in Suburbia", will introduce participants to ride-sharing using Uber, answer questions, and help you download the app (for those with a smartphone). If you plan on downloading the Uber app, please have your smartphone and your Apple ID or Google password.

To register for this program contact Venetia Kelly at [Kellyv@sudbury.ma.us](mailto:Kellyv@sudbury.ma.us) or call 978-443-3055.

### The Great Courses DVD Series

## Museum Masterpieces: The Metropolitan Museum of Art Via ZOOM

Monday, 10:00 -11:00 AM

Last class - July 12



### July 12

#### Lecture 23—The Robert Lehman Collection—1800–1960

The Lehman Collection has important works from the 19th and 20th centuries. We examine paintings by Ingres, Corot, Monet, Renoir, Matisse, Derain, Bonnard, and Balthus, as well as works on paper.

#### Lecture 24—The People of the Museum

The Metropolitan has been built by farsighted directors and generous donors. We look at some of the most remarkable of these .

To register please email Venetia Kelly at [kellyv@sudbury.ma.us](mailto:kellyv@sudbury.ma.us) or call 978-443-3055.

## Wonderful Watercolors

8 Fridays, 11:30-1:30 or 1:45-3:45 PM Class fee: **\$65**  
June 4, 11,25 July 2,9,16,23,30—Zoom

Next session: August 6 at the Senior Center

Build your skills in a relaxing and inspiring workshop. If there is enough demand, we will continue to offer both classes, if not, we will only offer the 1:45 PM class.

Please register early! Contact Chery Finley at 978-639-3269 or email [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us).

## Turn the Page Book Group via ZOOM



Wednesday, July 21 at 1:00 PM

Book: *This Tender Land*  
By: William Kent Krueger

To join the group, please email Sharon Wilkes at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us).

## S.A.I.L.

### Staying Active & Independent for Life

8 Thursdays from 9:15 – 10:00 AM  
June 17, 24, July 1, 8, 15, 22, 29, August 5 -Zoom



**New Session starts at the Senior Center on August 12**

Instructor Derry Tanner is a retired nurse and certified personal trainer. SAIL is 45-minute safe and effective fitness class. Learn research-tested strength, balance and flexibility exercises that can help to make you stronger, make you feel better, and improve your balance.

This class is marked safe for beginners.



### T'ai Chi with Jon Woodward

8 Mondays from 2:15 - 3:00 PM  
May 24, June 7, 14, 21, 28, July 12, 19, 26 –Zoom  
No class Monday, July 5

**New Session starts at the Senior Center on August 2**

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being.

### Fit for the Future

Mondays, Wednesdays & Fridays  
from 11:00-11:45 AM  
No class Monday, July 5

**All sessions are currently running at the Senior Center**

**\$3 per class - Exact Change Only**

- Call on Friday to reserve your spot for next weeks classes.
- Class size is limited and on a first-come, first-serve basis.
- Please wear a mask and social distance yourself as you wait to be checked in.
- New students need to complete a fitness waiver.
- Instructor Lois Leav has been teaching the *Fit for the Future* class for over 25 years.



To register, call Chery Finley at 978-639-3269 or email [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us).

### Chair Yoga with Rebecca Reber

8 Fridays from 9:30 - 10:15 AM  
June 4, 11, 25, July 2, 9, 16, 23, 30 –Zoom

**New Session starts at the Senior Center on August 6**

Join Rebecca for a gentle and relaxing class, with stretching. Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Most of the class takes place while sitting.

### REGISTRATION for S.A.I.L, T'ai Chi and Chair Yoga

Please register by emailing Chery Finley at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us).



- Mail your check to Chery Finley, Sudbury Senior Center, 40 Fairbank Rd., Sudbury, MA 01776.
- New participants will be asked to complete a fitness waiver form .
- The Zoom link and password will be sent to you the day before the class.
- Please sign up at least 2 days before class starts.



### Volunteer Profile: Gail Mays

Becoming an English teacher at the Senior Center was accidental. One November evening in 2017, my husband, leafing through the pile of daily mail said, “Hey, I think you can do this!” He pointed to the Senior Center monthly newsletter and said, “They are looking for an English teacher for Chinese seniors. You speak English, and Chinese is your native language. You also know how difficult it is to assimilate to American culture.” That sounded like something out of our daily norm. Why not, it could be a new adventure. I sent in an email and assumed that I would not get a response. Why would they consider someone who is not a teacher?

A response arrived a week later and I had my first and second interviews. Three weeks later I walked into my first English class and was astounded to see a classroom full of Chinese seniors. During my 25 years living in Sudbury, I rarely ran into Chinese people. I did not know this group has been growing significantly over time. Here I met grandmas and grandpas who traveled from the other side of the earth to visit their children. Some chose to stay and call Sudbury their second home in their late years.

During the first three months, I sorted them into two separate levels based upon their English skills. For historical reasons, most of my students learned Russian as their second language during their student years. Living in the US, they learn English to help them to fit into the new environment and to better help their children and grandchildren. For the Level One class, I start with the alphabet, phonics, and simple sentence structure. In the Level Two class, I work with them on grammar, pronunciation, and practical daily routines related to dialogue and reading. We met every Tuesday at the Senior Center before the COVID pandemic.

Many of my students came from big cities in China and are used to busy city life. They found each other in this small quiet town. The highlight of my classes, other than learning the American way of living, is between classes. During the break between the two classes, they gather and talk constantly. The topics include their kids, their gardens, their chickens, and everything else. Watching them chat, I often think of my father who spent 10 years living in Boston with my brother and mother. He came to live with me frequently

in Sudbury during that time, helping with the children. He loved the woods and the fresh air. “The air here is so amazing. Sudbury is so peaceful,” he often said. But over time, the lack of social life caught up with him. Over 15 years ago, he decided to move back to Beijing, where his relatives and friends live and where city life roars. If there had been one English class like this during his stay here, he would have had the opportunity to meet the group. That would have changed his plans. He passed away in 2013 in Beijing.

Through four years of teaching, the number of students remained steady. Although some moved back to China or followed their children to different states, new people joined in. These newcomers are newly arrived visiting grandparents or new residents. By word of mouth, I even have Russian students and sometimes Hispanic students. My core principle of teaching is centered on the American way of living to help them assimilate to their new living environment. I tailor my teaching material based on their levels. There are plenty of hands-on activities to enhance memorization. At a Level One class, I brought in mint plants. We repeated “mint” while giving them out. Now, everyone has mint in their gardens and can identify mint. For a Level Two class, we learn about food, listen to music, and read. Authors, artists, and their works include Dr. Suess, Silverstein, Bob Dylan, Despreaux, Poppleton, Amelia Bedelia and Suzanne Vega. Sometimes I mix in some other cultural flavor for my non-Asian students. We read Spirited Away and watched the movie. During the Covid shutdown, classes continue using WhatsApp and WeChat, the software app used by most Chinese.

The classes celebrated Chinese New Year and the Moon Festival with other Sudbury seniors. I closely follow my students’ progress. This is a group of diligent grandparents who brought up outstanding children. Now they are enriching their lives in order to be better contributors to their families. They inspire me. I often imagine my father sitting among them in my classroom. He would have found life in Sudbury much more colorful. I am doing this for him as well.

***Gail Mays was born in China. She is a wife, mother, molecular biologist, business woman, and a published author of 6 books and various scientific papers.***

## July 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<b>Green-Great Learning</b> <b>RED- Special Events</b> <b>BLUE- Fitness</b> <b>Purple—Book Group</b> <b>Orange—Watercolor</b>			9:15 Staying Active and Independent for Life (3) 10:00-Current Events 1:00—Low Vision Support Group in Sudbury Pines room 2:30 Connection Circle	9:30 Chair Yoga (4) 10:00—12:15 Uber Tech Clinic 11:00 Fit for the Future in VH rm 11:30 Watercolors (4) 1:45 Watercolors (4)
5	6	7	8	9
<b>THE SENIOR CENTER IS CLOSED TODAY IN HONOR OF</b> 	9:00 English Learner Class 9:30-10:30 The Symphony (Lec. 11) 1-3 Legal Clinic (on phone) 2:00 Sudbury Virtual Caregiver Group 3:00—4:00 Uber Tech Clinic	9:30 Great American Bestsellers (Lec. 19 & 20) 11:00 Fit for the Future in VH rm	9:15 Staying Active and Independent for Life (4) 10:00- Current Events 1:00 Short Story Group 2:30 Connection Circle	9:30 Chair Yoga (5) 10:00—12:15 Uber Tech Clinic 11:00 Fit for the Future in VH rm 11:30 Watercolors (5) 1:45 Watercolors (5)
12	13	14	15	16
10:00 Museum Masterpieces (Lec. 23,24) last class 10:00 Stamp Club 11:00 Fit for the Future in VH room 2:15 Tai Chi (6)	9:00 English Learner Class 9:30-10:30 The Symphony (Lec. 12) 3:00—4:00 Uber Tech Clinic	9:30 Great Decisions (4) 11:00 Fit for the Future in VH rm	9:15 Staying Active and Independent for Life (5) 10:00-Current Events 2:30 Connection Circle	9:30 Chair Yoga (6) 10:00—12:15 Uber Tech Clinic 11:00 Fit for the Future in VH rm 11:30 Watercolors (6) 12:30 –Movie –Quartet 1:45 Watercolors (6)
19	20	21	22	23
11:00 Fit for the Future in VH room 2:15 Tai Chi (7)	9:00 English Learner Class 9:30 -10:30 The Symphony (Lec. 13) 11:30 —Summer Grab N' Go 3:00—4:00 Uber Tech Clinic	9:30 Great American Bestsellers (Lec. 21 & 22) 11:00 Fit for the Future in VH room 1:00 Turn the Page Book Group	9:15 Staying Active and Independent for Life (6) 10:00-Current Events 2:00 Friends of Sudbury Senior Citizens meeting 2:30 Connection Circle	9:30 Chair Yoga (7) 10:00—12:15 Uber Tech Clinic 11:00 Fit for the Future in VH rm 11:30 Watercolors (7) 1:45 Watercolors (7)
26	27	28	29	30
10:00 Monet to Van Gogh (Lec. 13 & 14) 11:00 Fit for the Future in VH room 2:15 Tai Chi (8)	9:00 English Learner Class 9:30 -10:30 The Symphony (Lec. 14) 12:30 =Ride Hailing 101 3:00—4:00 Uber Tech Clinic	9:30 Great Decisions (5) 11:00 Fit for the Future in VH room	9:15 Staying Active and Independent for Life (7) 10:00-Current Events 2:30 Connection Circle	9:30 Chair Yoga (8) 10:00—12:15 Uber Tech Clinic 11:00 Fit for the Future in VH rm 11:30 Watercolors (8) 1:45 Watercolors (8)



## From Volunteer Program Coordinator, Janet Lipkin



July's heat is upon us, and while many days we might swelter, we also relish the warm weather and all that it brings: the outdoor BBQs, the fragrant flowers, the sounds of joggers and walkers out in the early morning, and the ability to gather outdoors.

Our volunteers are keeping busy with all kinds of service work they are doing for our seniors. One volunteer program that is busy at this time of year is our Fix-It program which helps with small home repairs. At this time, we are limiting requests to be only ones that involve OUTDOOR work. For example, assisting with connecting a hose to an outdoor spigot, changing a light bulb on an exterior lamp post, or stabilizing a mailbox on its post. If you have a request for an outdoor repair, please let me know by calling 978-639-3223 or by emailing me at [ipkinJ@sudbury.ma.us](mailto:ipkinJ@sudbury.ma.us).

Our Grocery Shopping Volunteers continue to be very busy. Their weekly food shopping for their matched client is a vital support for those they serve. Becoming a Meals on Wheels volunteer driver is another way to become involved. There is always a need for drivers on a regular basis or as back-up. If you are interested in either of these volunteer roles, either on a weekly basis or as a substitute, please be sure to let me know.

We have an ongoing need for good writers to help us with composing articles based on interviews conducted of seniors in the town for our monthly newsletter. This is a wonderful opportunity to get to know people in Sudbury and to put your skills to use. If you are a good writer and would like to get your creative juices flowing in this role, contact me at 978-639-3223. This month, our featured article is on Gail Mays who volunteers at the Senior Center, teaching English.

Thanks for all you do, Gail!



Our volunteers have created some amazing resources for our seniors. Volunteers Jason Robbins and Dan Travis created an extremely helpful manual showing step-by-step instructions on how to download and use the Uber app on a smartphone. To augment this, our Uber Clinic Tech Support volunteers are offering great assistance to *Go Sudbury!* Uber users with questions. Kudos to all involved!

For more information of how to apply to become a volunteer, please contact me at 978-639-3223; [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us). Thank you, thank you to all of our valued volunteers! You are very much appreciated! - Janet Lipkin

### Staying Active

by Judy Hoberman, senior, volunteer

*Calling all seniors*

*It's your time to shine.*

*Show all those youngsters*

*That aging is fine.*

*Though handwriting's shaky*

*And hearing's diminished,*

*Here in the gym*

*We can show we're not finished.*

*We do yoga and balance*

*And build up our strength,*

*We move every muscle*

*And walk at length.*

*Active as youngsters,*

*We stay "on the go"*

*And we proudly can prove*

*That our pace is not slow!*

**\*Remember to check our website for updates about resumption of volunteer programs and services.\***

## From Outreach/Information Specialist Ana Cristina Oliveira

### Go Sudbury! Taxi Rides

We are delighted to share that the Metropolitan Area Planning Commission of Massachusetts is extending its emergency taxi grant funding. The town of Sudbury has received sufficient funding to provide several rides per week (including wheelchair accessible vehicles).

Both Tommy's Taxi (Framingham) and JFK Transportation (Natick) will be used. Rides will be focusing on non-COVID related healthcare appointments and vaccination appointments.

Residents must meet one of the following qualifications:

- 50 years of age or older ;18 years of age or older with a disability that limits driving
- Active duty military or veteran of the armed forces
- Resident with financial need
- Essential worker requiring transportation for work.

The ride service area is within Sudbury and up to 25 miles outside of Sudbury. All rides must begin or end in Sudbury.

### Go Sudbury! Uber Rides

The *Go Sudbury! Uber Rides* program is also a grant-funded, temporary program for Sudbury residents who meet the same qualifications as the **Go Sudbury! Taxi** program mentioned above.

Transportation via Uber services are partially subsidized by the Town of Sudbury and is available for non-urgent healthcare, vaccination appointments, work, shopping, and accessing community resources. There are three geographic areas in which transportation can be provided, each with a nominal copay per one-way ride:

1. Within Sudbury (\$1 per ride)
2. To/from towns contiguous to Sudbury (\$2 per ride)
3. To/from destinations up to 25 miles outside of Sudbury (\$10 per ride).

You must have a private account with Uber on your smartphone for this service.

Approved rides will be ordered via your *Go Sudbury!* supplemental account, and the applicable copayments will be deducted from your personal credit card account.

### Sudbury Connection Van Service

The Sudbury Connection Wheelchair Accessible Van Service, offered in conjunction with the Metro West Regional Transit Authority (MWRTA), will be running five days a week (excluding holidays).

If you are a registered rider, please call the MWRTA Reservation Center at 508-820-4650, Monday - Friday, 8:00 AM - 4:00 PM. Reservations must be made at least 2 business days in advance, and up to 2 weeks in advance. (Holidays are not business days.) Please have the first appointment start at 9:15 AM or later if possible, and the last appointment start at 2:30 PM or earlier (so that drivers have time for cleaning protocols before and after van service).

If you would like to register, please contact the Senior Center (or MWRTA) for an application. When your application is approved, you will set up a debit account for van fees. Van fees are \$1.00 in town; \$2.00 for out of town for a one-way ride.

Please note: appointments will be made on a first-come, first-serve basis and **medical appointments take priority** over shopping and errands, which may be changed at the discretion of the Senior Center Director and/or the Outreach/ Information Specialist. Screening people who have been fully vaccinated is still necessary.

### Dial a-Ride

The Dial-a-Ride Van Service will re-start on June 15<sup>th</sup> from 4:00 -7:00 PM, Tuesdays and Thursdays. Also, rides are available to Framingham to catch the Boston Hospital Shuttle on Tuesdays (early morning, return midday or early evening.)

If you're a registered van rider, please call the MWRTA Call Center at 508-820-4650, Monday-Friday, 8:00AM-4:00PM to schedule a ride. Reservations must be made at least 2 business days in advance.

If you have any questions regarding transportation or need additional information, please contact Ana Cristina Oliveira, Outreach/Information Specialists at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-639-3268.



## Sudbury Senior Trips 2021



The following trips are being offered by **Best of Times** :

**Booking now!**

**September 21-23, 2021**

**Tour the Pennsylvania Dutch Country, attend two shows, Queen Ester and Mamma Mia. Sign up by using this link**

<https://tri.ps/2EX2H>

**October 7, 2021**

**Simon Pearce**

**Glassblowing and King Arthur Fall Foliage. Sign up by using this link**

<https://tri.ps/UrpDo>

**Yesterday Once More**

**November 18, 2021**

**With ABBA, The Carpenters, The 5th Dimension, The Mamas and the Pappas all in one show. Sign up by using this link,**

<https://tri.ps/ozoJY>

If you have any questions or need further information, please email Joe Bausk at [Joebausk@verizon.net](mailto:Joebausk@verizon.net) or call him at 978-443-8963.

## FREE BOOK DELIVERY SERVICE



**What:** Goodnow to Go is a collaboration with the Sudbury Senior Center to supply library materials to Sudbury residents unable to travel to the Library.

**Who:** This service is provided free of charge to Sudbury residents of private homes, apartment buildings, or assisted living facilities who are unable to travel to the library due to a temporary or permanent disabling condition. You will need a library card in good standing to participate. If you do not have one, we will help you with the process of obtaining one.

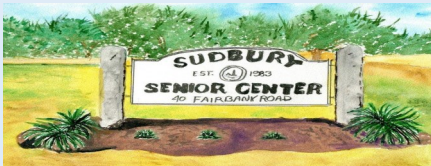
**How:** A Senior Center volunteer will deliver materials to locations and return them to the library when circulation period expires. Materials will be selected by patron or by patron in discussion with Goodnow Library staff or Senior Center volunteer. Patrons wishing to use this service will fill out the Goodnow to Go form, indicating their relevant information and material preferences. You may return this form to the Goodnow Library in person, by email ([mbriody@minlib.net](mailto:mbriody@minlib.net)) or snail mail.

**When:** Deliveries and pick-ups will occur approximately every two weeks. **Contact:** Michael Briody, [mbriody@minlib.net](mailto:mbriody@minlib.net), 978-440-5535.

## THANK YOU

**Our monthly Grab N' Go's take a lot of planning and we could not have them without the help and cooperation from our staff, the DPW, The Sudbury Police and The Friends of Sudbury Seniors Citizens, Inc.**

Did you know, the Friends of Sudbury Senior Citizens, Inc. provide fundraising support and advocacy to the Sudbury Senior Center and Sudbury Council on Aging. For more information on joining or supporting the Friends, please contact President Bob Diefenbacher at [denbrook@verizon.net](mailto:denbrook@verizon.net).



## JULY MOVIE—QUARTET

**Friday, July 16 at 12:30 PM, PG, 1hr 40 mins**

A trio of retired opera singer's annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Tensions rise and diva drama erupts.

Open to the first 15 people that sign up by calling Tia Kelly at 978-443-3055.

## Low Vision Support Group

**Thursday, July 1 @ 1:00 PM at the Senior Center**

You must sign up in advance by calling the Sudbury Senior Center at 978-443-3055. If you have any questions, please contact Ana Cristina Oliveira Outreach/Information Specialist, at 978-639-3268.

## Caregiver Support Group on Zoom

Tuesday, July 6 at 2:00 PM

Who Is A Caregiver?

Former First Lady Rosalyn Carter once said, "There are only four kinds of people in this world:

- Those who have been caregivers
- Those who currently are caregivers
- Those who will be caregivers
- Those who will need caregivers"

With that in mind, the Caregiver Support Group is expanding its definition of what it means to be a caregiver. According to the National Institute on Aging, if you live an hour or more away from a person who needs care, you are a long-distance caregiver. This kind of care can take many forms, from helping with money management, and arranging for in-home care, to providing respite care for a primary caregiver and planning for emergencies.

After a loved one enters an assisted living facility or nursing home, you are still a caregiver who is involved in making sure that your loved one's needs are being met, whether these needs include visiting, meeting with staff, advocacy, or dealing with financial issues.

Come join us if you are caring for a loved one with memory loss on the first Tuesday of every month.

To register, please call Ana Cristina Oliveira at 978-639-3268 or email [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

## Virtual Memory Café

Friday, July 9 from 10:00—12:00 PM

JF&CS is offering a Virtual Memory Café . Their guest artist will be Siobhan McDonald of Granger St. Studios, who will take us on a tour of notable artwork from around the world, on the theme of "Summer Breeze." Please RSVP by July 8 by emailing Beth at [bsoltzberg@ifcsboston.org](mailto:bsoltzberg@ifcsboston.org) or leave a voice mail message at 781-693-5628. A zoom link will be emailed to you the day before the event.

## More Memory Cafés to enjoy

Many Massachusetts memory cafés now offer virtual programs, some are meeting outdoors, and some are gearing up to resume indoor meetings. We continuously update the directory, which you can find here: [www.ifcsboston.org/MemoryCafeDirectory](http://www.ifcsboston.org/MemoryCafeDirectory). (Look for the blue sidebar listing virtual cafés, on the right side of the page.) There is also a national virtual café directory here:

<https://www.memorycafedirectory.com/cafe-connect/>



Dementia  
Friendly  
Sudbury

## Dementia Friends Info Session on Zoom

Thursday, July 8 at 12:00 PM

The *Dementia Friendly Sudbury Action Team* is hosting a Dementia Friends Info Session. During this one-hour discussion, you will learn the following:

- What dementia is and what it's like to live with it
- Five key messages about living with dementia
- Simple things you can do to make a difference in your community.

The link to register is: <https://goodnowlibrary.assabetinteractive.com/calendar/>

## Bridges by Epoch - Virtual Caregiver Programs on Zoom



July 14<sup>th</sup> at 11:00 AM

Caregiver Support Group

July 21<sup>st</sup> at 4:30 PM

Early Stage Support Group

July 29<sup>th</sup> EDU at 11:00 AM

Sundowning Challenges

RSVP by calling Cindy Gerante at 978.261.7007 or email [cgerante@bridgesbyepoch.com](mailto:cgerante@bridgesbyepoch.com).

**The Sudbury Council on Aging** is a nine member Town Committee, appointed by the Sudbury Select Board, to identify the needs of Sudbury's older residents, educate the community and enlist the support of all residents concerning these needs, promote services to fill these needs, and promote and support any other programs which are designed to assist older adults in the community.

**SUDBURY COUNCIL ON AGING**

- Chairperson:  
Jeffrey Levine
- Board of Directors:  
Margaret "Peg" Espinola  
State Rep. Carmine Gentile  
Sandy Lasky  
Patricia Lewis  
Robert Lieberman  
Anna Newburg  
Donald Sherman  
Dr. Patricia Tabloski

**SUDBURY SENIOR CENTER STAFF**

- Director  
Debra Galloway
- Administrative Coordinator  
Chery Finley
- BayPath Meal site Manager  
Debbie Peters
- Intergenerational Coordinator  
Judy Battat
- Outreach/Information Specialist  
Ana Cristina Oliveira
- Program Coordinator  
Sharon K. Wilkes
- Receptionist  
Venetia "Tia" Kelly
- S.H.I.N.E. Counselors  
Wayne Antion
- Sudbury Board of Health Nurse  
Patty Moran 978-440-5477
- Tax Work-off Coordinator  
Josephine King
- Town Social Worker (DPW Building)  
Bethany Hadvab 978-440-5476
- Trip Coordinators  
Joe Bausk  
Joanne Bennett
- Van Drivers  
Linda Curran  
Amy Snow  
Ron DeMarco  
John Wood
- Volunteer Program Coordinator  
Janet Lipkin



**Uber Clinic Technology Support - New Program**

We are excited to offer 30-minute time slots in our "Uber Clinics," staffed by the Senior Center's Technology Support volunteers who will assist clients with issues relating to how to download and use the Uber application on his/her smartphone for use in the subsidized Go Sudbury! Uber Program.

This support can be given by phone or remotely, and is by appointment only.

**Uber Clinic hours**

- Tuesdays from 3:00-4:00 PM, and
- Fridays from 10:00 AM - 12:15 PM.

To register for a one-on-one consultation with a volunteer, please email Venetia "Tia" Kelly at [kellyv@sudbury.ma.us](mailto:kellyv@sudbury.ma.us) or call 978-443-3055.

**Note:**

**Production and distribution of this monthly newsletter are partially funded by the State Formula Grant from the Executive Office of Elder Affairs.**

**Senior Center Services call 978-443-3055**

**Consultation**

**Outreach and Information**

Information about resources and services for older adults, caregivers, and their families in Sudbury. Free consultation by appointment.

**Legal Clinic**

Free 20-minute phone consultation by appointment.

**S.H.I.N.E. (Serving the Health Information Needs of Everyone on Medicare)**

Free consultation on Medicare health insurance by appointment.

**Community Services**

**Phone Buddies**

Volunteers make weekly calls to older adults who would like to socialize.

**Friendly Visitor Program**

Volunteers make weekly phone calls to seniors unable to leave their homes to socialize.

**Grocery Shopping**

Volunteers make weekly visits to supermarket and bring food to the door.

**Lockbox**

**Lockbox** - A small key safe with the owner's housekey is affixed to the home for Emergency access by the Fire Department.

**Nutrition**

**Home Delivered Meals**

Hot lunch delivered to older residents who are unable to leave home. \$3 suggested donation. Registration through BayPath Elder Services: 508-573-7200.

**Safety**

**Home Safety Checks**

Collaboration with the Sudbury Fire Dept. to ensure working smoke and CO alarms, for older Sudbury homeowners, who have a non-urgent need.

## Connection Circle

**Meets every Thursday, 2:30-4:00 PM**

**Next session: August 5 at the Senior Center**

The Connection Circle is facilitated by host Kim Schwartz. Now is the time to reach out and make some friends in this friendly and supportive group. All are welcome to join!

If you are interested in joining, please contact Sharon K. Wilkes at [Wilkes@sudbury.ma.us](mailto:Wilkes@sudbury.ma.us) or call 978-443-3055.



## Get Personalized Help Learning Zoom

If you would benefit from help with learning how to use Zoom, Sudbury Senior Center Volunteers are ready to help! Contact Janet Lipkin, Volunteer Program Coordinator at [lipkinj@sudbury.ma.us](mailto:lipkinj@sudbury.ma.us) or 978-639-3223 for more information.

## Zoom Tutorial Videos?

Listed below are videos taught by an older instructor that are very user-friendly and accessible for all ages. The videos are produced by the Creative Life Center.



**Click on the links to check them out:**

- 1) **Joining a Zoom Call for the First Time:** <https://www.youtube.com/watch?v=9isp3qPeQ0E&t=9s>
- 2) **Joining a Zoom Call via Phone for the First Time:** <https://www.youtube.com/watch?v=d6QjODgTuQE>



U.S. POSTAGE

**PAID**

Sudbury, MA

PERMIT NO. 4

PRESORT STANDARD

A monthly publication from the

**Sudbury Senior Center and Sudbury Council on Aging**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

<http://sudburyseniorcenter.org>



**The Senior Scene**



**Or Current Occupant**



**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

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

**Senior Center hours: Monday through Friday 9:00 AM to 4:00 PM**

**Van Service Hours: Monday through Friday 9:00 AM to 4:00 PM**