

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



Photo of Peonies submitted by: Sherry Fendell

SHOUT OUT

Many thanks to Bill and Jean Semple for donating and planting several geraniums in the two large buckets that grace the entrance to the Senior Center. And our gratitude to our former Receptionist Tia Kelly for planting a beautiful collection of annuals in the 3 buckets in front of our patio!

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July 20 at 1:00 PM Seniors Helping Seniors

Learn about this unique model for home help assistance in which older adults are trained and provide home care companionship to older adults. The agency, Seniors Helping Seniors, offers older adults looking for rewarding and socially and emotionally beneficial work and opportunity to provide assistance to others. For the last four years, Seniors Helping Seniors has been named a "Top Workplace" by the Boston Globe.

Learn more about this meaningful work opportunity from Douglas Peck, Seniors Helping Seniors Community Liaison and enjoy an ice cream social while you learn! Sign up by July 19.

August 23 at 1:00 PM

**Sailing Towards My
Father: A one-man play
about the life of
Herman Melville**

**Performance by:
Actor Stephen Collins**



From Director Debra Galloway

Hello Friends!

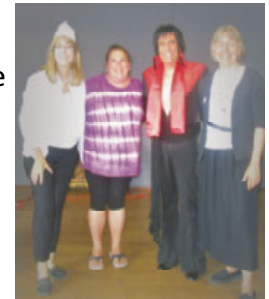
We welcome summer and slower, warmer, and more relaxed days! Still we have planned many special programs along with our ongoing programs and services. To celebrate summer and Boston, we will host a Red Sox day on Wednesday, August 3. Sign up for hotdogs or veggie dogs and fixins, and stay to watch the Red Sox on our big screen, or listen on the front patio. Don't forget your Red Sox gear, if you'd like. See page 14 for more information.

Construction on our new Community Center is set to begin after the July 4 holiday! We are very excited and looking forward to our new space. Jeff Levine, COA Chair and the Friends of Sudbury Seniors applied for and were awarded a \$100,000 Cummings Foundation Grant to provide funding for the kitchen equipment in the new Center. Kudos and Thank you to Jeff for his hard work on the application.

As we move into the construction phase of this huge project, please be aware that parking will be affected. Look for information and signage to find a spot and don't be afraid to ask questions. We are happy to help guide you and want everyone to be safe. We hope that most of the time you will continue to have access to our parking lot right in front of the Senior Center.

Please note, on Monday, July 18 the Senior Center will be closed from 8:45 AM - 12:30 PM for a special employee appreciation event.

Debra Galloway, Sudbury Senior Center Director



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ACADEMICS AND PRESENTATIONS

The Great Courses DVD Series

**How to Listen to and Understand Opera -
on Zoom Tuesdays, 9:30 - 10:30 AM
April 5 - Aug 2, 2022**

July 5

Lec. 28 - Richard Strauss and Salome

July 12

Lec. 29 - Russian Opera, I

July 19

Lec. 30 - Russian Opera, II

July 26

Lec. 31 - Verismo, Puccini, Tosca, I

August 2

Lec. 32 - Verismo, Puccini, Tosca, II

The Great Courses DVD Series

**Dutch Masters: The Age of Rembrandt -
on Zoom Mondays, 10:00—11:00 AM
April 4—August 22, 2022**

July 4—no class senior center closed

July 11

Lec. 23 – Foreign Landscapes

Lec. 24 – Landscape Painting in the 1640s
& 1650s

July 18

Lec. 25 – Jacob van Ruisdael

Lec. 26 – Dutch Landscape Painting until 1689

July 25

Lec. 27 – Marine Painting

Lec. 28 - The Moral of the Story

Aug. 1

Lec. 29 – The Decoration of the Amsterdam Hall

Lec. 30 – Rembrandt to 1630

Aug. 8

Lec. 31 – Rembrandt in Amsterdam 1631 – 1634

Lec. 32 – Rembrandt & the Baroque Style

Aug. 15

Lec. 33 – Rembrandt's Personal Baroque Style

Lec. 34 - Rembrandt's Etchings

Aug. 22 Last session Lec. 35 & Lec 36 on Rembrandt

*Great Decisions Discussion Group 2022*

**on Zoom Wednesdays, 9:30 AM—10:30 AM
June 1, 8, 22,
July 6, 20, August 3, 17, 31 & September 14
(see below for intervening Wednesdays)**



This 9-session foreign policy program is designed to encourage thoughtful discussion relating to current global challenges. The program model involves reading the Great Decisions Briefing book, watching the DVD and then discussing the issues facing America today. The program will be offered on Zoom.

(Briefing book is available for order at the Foreign Policy Assn. website, at www.fpa.org).

For information, please contact Chery Finley at FinleyC@sudbury.ma.us or 978-443-3055.

Thanks to Sudbury resident Bill Allard for coordinating this program, and to all of the volunteer moderators!

Great Decisions is a program developed by the Foreign Policy Association, www.fpa.org.

*The Great Courses DVD Series**Understanding the Inventions
that Changed the World*

on Zoom Wednesdays, 9:30 AM 10:30 AM

June 15, 29,

July 13, 27

August 10, 24,

September 7, 21 & 28

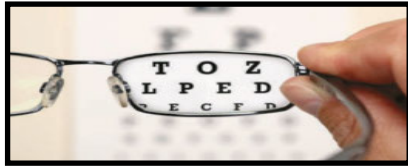
To sign up and receive the Zoom link, please contact Chery Finley at FinleyC@sudbury.ma.us or 978-443-3055.

GROUPS, CARDS AND GAMES

Low Vision Support Group

Thursday, July 7 & August 4
at 1:00 PM

Meets on the first Thursday of the month.

**Cribbage**

Meets every Monday

10:00—12:00 PM

No class July 4 & 18

For experienced players.

Please sign up by calling 978-443-3055

MAH JONG

We are playing Mahjong
every Monday
1:00 - 3:00 PM

No class July 4



We have a few spots open,
please call 978-443-3055 to join.

Intermediate Bridge

Playing every Wednesday

1:00—3:30 PM

Please sign up by calling 978-443-3055.

Turn the Page Book Group

Date: July 20

Time: 1:00 PM

Book: Whistling Past the Graveyard

Author: Susan Crandall

Weather permitting, the group will meet outside at the Senior Center. If you have questions or need further information, please contact Sharon K. Wilkes at 978-443-3055.

Note: No Meeting in August

Stamp Club

July 11 & August 8



*Meets on the on the 2nd Monday
of the month at 10:00 AM*

CANASTA

Meets every Thursday at the Senior Center
from 1:00 - 3:45 PM.

We are looking for new and experienced players.
Please call the Senior Center at 978-443-3055 to register.

Short Story Book Group

Next Meetings

July 14

August 11

Meets on the 2nd Thursday of the month
at 1:00 PM

Sign up by emailing Sharon K. Wilkes at
wilkess@sudbury.ma.us.

**BayPath and Springwell
have merged to serve you better**

BayPath and Springwell, two of Massachusetts' non-profit Aging Service Access Points (ASAPs) and Area Agencies on Aging (AAAs) merged on July 1, 2022. ASAPs and AAAs coordinate and offer services that help older adults live and age in the community. These services make it possible for older adults to get the help they might need to continue living in the home setting that suits them best--things like home-delivered meals, personal care assistance, and homemaking. Since 1977, BayPath has served the communities of Marlborough, Ashland, Holliston, Hopkinton, Dover, Sherborn, Natick, Framingham, Wayland, Sudbury, Hudson, Northborough, Southborough, and Westborough. Springwell has served Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley, and Weston. **The combined organization will be known as Springwell and will serve all twenty-two communities.**

The new Springwell will operate out of the Marlboro and Waltham offices as a bigger organization and will have more resources to provide the services individuals have come to count on. If you have been receiving services from BayPath or Springwell, your care manager is available for questions. Please contact **Springwell** to learn more: 617- 926-4100 or email info@springwell.com.



Connections Physical Therapy of Sudbury is offering a Falls Prevention Workshop on September 28 at 1:00 PM. Reservations begin on August 1.

Aditi Chandra of Longfellow Holistic Health Center will be at the Senior Center in October to assess your balance. Reservations begin on September 1.



FALL 2022
ADVENTURES in LIFELONG LEARNING

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Enjoy courses for seniors 60+!

Tuesdays October 11, 18, 25 and November 1

Visit our website to join the mailing list and learn more. www.bit.ly/Adventures-FSU

Registration will open on Tuesday, September 6, at 11am.

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Framingham Cultural Council and Marlborough Cultural Council.

 Mass Cultural Council



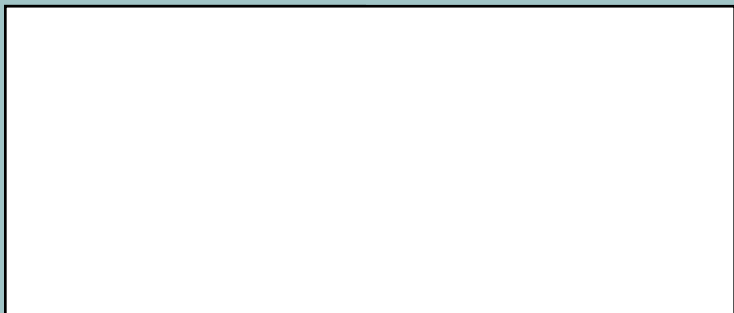
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FITNESS AND WELLNESS

**S.A.I.L. Staying Active & Independent
for Life**

8 Thursdays from 9:15 – 10:00 AM

June 23, 30, July 7, 14, 21, 28
Aug. 4 & 11

On ZOOM - cost \$40.00

Instructor Derry Tanner is a retired nurse and certified personal trainer. SAIL is a 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

8 Mondays from 2:15 - 3:15 PM

June 6, 13, 27, July 11, 18, 25 & Aug 1

No class July 4 & Aug 29

Cost \$40.00



Summer location:
Congregational Beth El

Jon Woodward is a certified T'ai Chi instructor with many years of experience, and teaches at several local fitness clubs and senior centers in the MetroWest area. T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow, graceful movements and meditation to help promote relaxation and well-being.

Next session: Aug 8, 15, 22, Sept 12, 19, 26,
Oct 3 & 17

**Tap Dance will return
in September!**

**FIT FOR THE FUTURE**

No Class July 1, 4 & 18

Mondays and Wednesdays 10:00 - 10:45 AM

Meet in the Van Houten room at the Senior Center.

June 22 - August 15 - \$4 per class

Fridays 10:00 - 10:30 AM

Meet in the Lobby of the Senior Center and then we will walk around Haskell Field with a Staff member.

July 8 - August 26

- Instructor Lois Leav has been teaching *Fit for the Future* for the past 30 + years
- Van Houten Room Class maximum: 10 people
- Cost of Monday and Wednesday class is \$4.00 per person at check in.
- Exact Change Only

**CHAIR YOGA Hybrid Class**

8 Fridays from 9:30 - 10:15 AM

July 15, 22, 29, Aug 5, 12, 19, 26 & Sept 9

No class Sept 2

On ZOOM and in-person - cost \$40.00

Join Rebecca Reber 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

- To register, email Chery Finley at finleyc@sudbury.ma.us.
- Make check payable to "Town of Sudbury"
- Mail your check to Chery Finley, Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.
- The Zoom link and password will be emailed to you the day before the class.
- If you need financial assistance, please call us at 978-443-3055.

From Volunteer Program Coordinator Janet Lipkin

Hello Friends -

The heat of the summer simmers, and we relish all that it brings. Being outdoors is so freeing and can make us feel refreshed and grounded.

Submission of kindness: *“My mom had a Friendly Visitor for a long time. Often, she would read a few pages of a book they had chosen together, and that would spur lively conversation. They laughed and shared stories. It was really quite beautiful. I miss my mom now that she has passed, but I know that the time that she and her Friendly Visitor shared was a highlight of each week for her, and helped so much with the isolation she often felt.” - anonymous*

Highlight: The lock box program

A Supra lock box, containing a house key, is affixed to the residence.

The lock box is a small key safe which contains the homeowner's house key. The safe is affixed to the outside of the home for emergency access by the Fire Department. The Senior Center and Sudbury Fire Department coordinate the request for, and installation of, the lock box. There is no fee for the lock box; however, a suggested donation of \$60 will defray the cost of the safe. For more information about the lock box, or to request one, please contact Janet Lipkin at 978-639-3223; LipkinJ@sudbury.ma.us.



Tech Support volunteer Sofya R. works with senior, Marilyn.

Technology Support volunteers offer assistance to our seniors. To schedule a tech support session, please contact Janet Lipkin at 978-639-3223.

Our volunteers are busy

- Making outdoor home visits
- Providing tech support
- Making weekly phone calls to seniors
- Making outdoor repairs
- Conducting interviews and writing articles about local seniors and volunteers
- Doing weekly grocery shopping
- Delivering donated baked goods to the Senior Center
- Delivering library materials to residents
- Delivering mid-day meals
- Welcoming people as they come into the Senior Center
- Helping with special projects
- Assisting with decorations, set-up, serving, and clean-up at Special Events at the Senior Center
- Moderating classes/programs



.....and much more!

For more information about volunteer services, and to apply to become a volunteer, please visit our website (<https://sudburyseniorcenter.org/about-us/get-involved/>) or call Janet Lipkin at 978-639-3223 (LipkinJ@sudbury.ma.us) .



Pictured is Pat Howard with some of the donated baked goods from Shaw's of Sudbury and Hudson's Stop & Shop.

We welcome you to come into the Senior Center to pick up some delicious, free baked goods, Mondays through Fridays, 9AM-4PM, while supplies last.

MONDAY	TUESDAY	Wednesday	Thursday	FRIDAY
		FONT COLORS:		1
Rooms: VH - Van Houten Room SP - Sudbury Pines room G - Gym R1 - Room 1 (next to gym) CBE - Congregation Beth El	Special events in RED 	Zoom Events in BLUE On-site events in BLACK	<i>Fit for the Future WALKS on Fridays - will be cancelled with rain/thunder and/or extreme heat.</i>	9:30 Chair Yoga 10:00 No Fit for the Future No Watercolors Drop-in No Uber Tech Clinic
4	5	6	7	8
The Senior Center is Closed in honor of 4th of JULY 	9:00 English Learner 9:30 Opera 1:00 Bingo (VH) 2:00 Caregiver Support Grp. (SP)	9:30 Great Decisions 10:00 Fit for Future (VH) 1:00 Intermediate Bridge	9:30 Walk-in BP Clinic 9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 1:00 Low Vision Support Grp 2:30 Connection Circle	No Chair Yoga 9:30 Hearing Clinic 10:00 Fit for the Future WALK 11:30 Watercolors Drop-in 1:00 Movie: Jungle Cruise 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
Van Trip to Target 11	12	13	14	15
10:00 Rembrandt 10:00 Cribbage 10:00 Stamp Club 10:00 Fit for Future (VH) 1:00 Mahjong 2:15 Tai Chi (CBE) No COA Mtg.	9:00 English Learner 9:30 Opera 1:00 Bingo 1:00 Legal Clinic (phone) 1:00 The Concord Players Traveling Troupe	9:30 Inventions 10:00 Fit for Future (VH) 1:00 Intermediate Bridge	9:30 Walk-in BP Clinic 9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 1:00 Short Story Grp. 2:30 Connection Circle	9:30 Chair Yoga 10:00 Fit for the Future WALK 11:30 Watercolors Drop-in 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
18 <i>Center opens at 12:30 PM</i>	19	20	TOWN FORUM 21	22
8:45 –12:30 PM Center is Closed for a employee appreciation event 10:00 Rembrandt 10:00 NO Cribbage 10:00 NO Fit for Future 1:00 Mahjong 2:15 Tai Chi (CBE)	9:00 English Learner 9:30 Opera 1:00 Bingo	9:30 Great Decisions 10:00 Fit for Future (VH) 1:00 Turn the Page mtg 1:00 Intermediate Bridge 1:00 Seniors Helping Seniors	9:30 Walk-in BP Clinic 9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 2:30 Connection Circle 7:00 Town Forum - Climate Change Discussion	9:30 Chair Yoga 10:00 Fit for the Future WALK 11:30 Watercolors Drop-in 1:00 Movie: In the Eyes of Tammy Faye 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
25	26	27	28	29
10:00 Cribbage 10:00 Rembrandt 10:00 Fit for Future (VH) 1:00 Mahjong 2:15 Tai Chi (CBE)	9:00 English Learner 9:30 Opera 1:00 Bingo 1:00 The Road Less Traveled	9:30 Inventions 10:00 Fit for Future (VH) 1:00 Intermediate Bridge	9:30 Walk-in BP Clinic 9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 2:00 Friends Meeting 2:30 Connection Circle	9:30 Chair Yoga 10:00 Fit for the Future WALK 11:30 Watercolors Drop-in 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic

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MONDAY	TUESDAY	Wednesday	Thursday	FRIDAY
1	2	3	4	5
10:00 Cribbage 10:00 Rembrandt 10:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (G)	9:00 English Learner 9:30 Opera (last session) 1:00 Bingo 2:00 Caregiver Support Grp. (SP)	9:30 Great Decisions 10:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Red Sox Day!	9:30 Walk-in BP Clinic Tap Dance returns in September! 9:15 Staying Active for Life 10:00 Current Events 1:00 Low Vision Support Grp. 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 10:00 Fit for the Future WALK 11:30 Watercolors Drop-in 1:00 Movie: Cry Macho 1:45 Watercolors 2:00 Uber Tech Clinic
Van Trip to Target 8	9	10	11	12
10:00 Cribbage 10:00 Rembrandt 10:00 Fit for the Future 10:00 Stamp Club 1:00 Mahjong 2:15 Tai Chi (CBE) 3:30 COA Mtg	9:00 English Learner 1:00 Bingo (VH) 1:00 Legal Clinic (phone) 2:00 Caregiver Support Grp. (SP)	9:30 Inventions 10:00 Fit for the Future 1:00 Intermediate Bridge	9:30 Walk-in BP Clinic 9:15 Staying Active for Life 10:00 Current Events 1:00 Short Story Grp. 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 10:00 Fit for the Future WALK 11:30 Watercolors Drop-in 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
15	16	17	18	19
10:00 Rembrandt 10:00 Cribbage 10:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (CBE)	9:00 English Learner 1:00 Bingo	9:30 Great Decisions 10:00 Fit for the Future 1:00 Intermediate Bridge 1:00 NO Turn the Page Book Grp. 1:30 How The Cape was Formed Talk	9:30 Walk-in BP Clinic 9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 10:00 Fit for the Future WALK 11:30 Watercolors Drop-in 1:00 Movie: Dare to Dream 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
22	23	24	25	26
10:00 Cribbage 10:00 Rembrandt (last session) 10:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (CBE)	9:00 English Learner 1:00 Bingo 1:00 Sailing Towards My Father performance by Stephen Collins	9:30 Inventions 10:00 Fit for the Future 1:00 Intermediate Bridge	9:30 Walk-in BP Clinic 9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 2:00 Friends Meeting 2:30 Connection Circle	9:30 Chair Yoga 10:00 Fit for the Future WALK 11:30 Watercolors Drop-in 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
29	30	31	FONT COLORS	
10:00 Cribbage 10:00 Fit for the Future 1:00 Mahjong 2:15 NO Tai Chi	9:00 English Learner 1:00 Bingo	9:30 Great Decisions 10:00 Fit for the Future 1:00 Intermediate Bridge	Zoom Events in BLUE On-site events in BLACK Special events in RED	Rooms: VH - Van Houten Room SP - Sudbury Pines room G - Gym R1 - Room 1 (next to gym) CBE - Congregation Beth El

From Outreach/Information and Referral Specialist Ana Cristina Oliveira

From the Sudbury Assessor's Office:
**FY 2023 Sudbury
 Means-Tested Senior Tax Exemption**

The FY 2023 Sudbury Means Tested Senior Exemption Application filing season is currently underway. As this exemption is means based, it is not universally available to all seniors. The Sudbury Means Tested Senior Exemption (SMTE) Program reduces real property taxes for some low to moderate-income senior citizens through a redistribution of the property tax burden within the residential class.

For details - look online at www.sudbury.ma.us/assessors or contact the Senior Center/Assessor's Office for a paper copy of eligibility guidelines and/or an application. Due date is Sep. 23, 2022.

PATHWAYS Events

LGBTQ+ folx and SOFFAs (Significant Others, Family, Friends, and Allies)

of all ages are welcome to join our conversations!

Please note that some topics discussed, for instance the Stonewall Uprising, may be better suited to mature audiences.

To RSVP or for assistance finding support groups and resources related to the rainbow community, please contact :

Julie Nowak, LGBTQ+ Initiative Coordinator at BayPath Elder Services: jnowak@baypath.org or (508) 573-7288 .

Caregiver Support Group - in Person

July 5 at 2:00 PM

August 2 at 2:00 PM

Come join us if you're caring for a loved one with memory loss or cognitive impairment. Support groups develop a sense of community through shared feelings and experiences. We are meeting at the Senior Center on the first Tuesday of the month.

To register, please call the Ana Cristina Oliveira, Outreach Specialist at 978-639-3268 or email her at oliveiraa@sudbury.ma.us.



A SHINE Success Story:

One phone call saved a Brookline senior \$581 in drug costs.

"Rose" called SHINE in April to see if she could enroll in a cheaper Medicare Part D drug plan. She was paying a premium of \$64.70 a month and was taking nine medications. It turned out that Rose was qualified for Extra Help, a federal program. With a few clicks of the keyboard, a SHINE counselor enrolled Rose in the new plan, effective May 1. Had she stayed in her previous plan, her total cost for prescriptions – premiums plus copays – would have been \$802. Under the new plan, her total cost will just be the copays. For the remainder of the year, they will total \$221.

Our trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule an appointment, contact Ana Cristina Oliveira, Outreach/Information and Referral Specialist at the Senior Center at 978-639-3268 or oliveiraa@sudbury.ma.us.

Need Information and or Assistance?

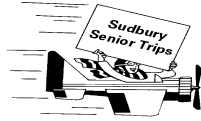
Ana Cristina Oliveira, Outreach/Information and Referral Specialist, provides information and assistance to individuals age 60 and over and their families, in the areas of food, utilities assistance, Medicare counseling, caregiver support, transportation, and other needs. She can be reached at oliveiraa@sudbury.ma.us or 978-639-3268.

SHINE Counseling (Serving the Health Needs of Everyone on Medicare)

- Assistance in Applying for SNAP (Food Stamps)
- Used Furniture Assistance
- Legal Assistance/Referral
- Low- Income Home Energy Assistance Program
- BayPath Elder Services Referral
- Transportation assistance
- Caregiver Support Group

MOVIES AND TRIPS

SUDBURY SENIOR TRIPS 2022

**Day Trips**

June 23—The Patsy Cline Tribute Show and luncheon. Davenport Yacht Club, Danvers, MA

July 12—Icons & Legends show in Maine—**SOLD OUT**

Overnight Trip

August 9—10 Boothbay Harbor & Cabbage Island tour. Stay Overnight in Boothbay. Includes boat ride to Cabbage island for a lobster bake.

Cruises

Aug 19—26, 2022—Boston to Bermuda to Boston cruise with Norwegian Cruise line.

Sept 18—25, 2022— Boston to Canada to Boston cruise with the Royal Caribbean cruise line.

Repositioning Cruise

Oct 15—27, 2022—Boston to Miami with Celebrity Cruise line

SPECIAL EVENTS

July 12 at 1:00 PM

The Concord Players Traveling Troupe

Check out this live show with dynamic staged readings and amusing sketches about senior citizens as they age gracefully with a little pizzazz, including some musical interludes by several of our performing songsters.

July 20 at 1:00 PM

Seniors Helping Seniors

Looking for work? Seniors Helping Seniors is hiring. The company focuses on connecting clients with caregivers. Come and enjoy a delicious ice cream treat and find out how meaningful this part-time work can be.

July 26 at 1:00 PM

The Road Less Traveled

Meet Judith Bloomberg author of the book *“Always a Traveler, Never a Tourist: In Search of the Road Less Traveled”*. Judy will be sharing some amazing stories and pictures from her travels around the world.

August 3 at 1:30 PM

Red Sox Day

We will provide hot dogs for lunch and then watch the Red Sox vs. Houston Astros game at 2:10 PM on our giant screen. Wear your Red Sox gear!

August 17 at 2:00 PM

How the Cape was Formed

Local historian Andy Mitzavitch shares how the Cape Cod was formed by glaciers.

August 23 at 1:00 PM

Sailing Towards My Father

This one-man play is about Herman Melville, the American author best known for his whaling epic *Moby Dick*. The play chronicles his life and relationships. Performance by actor: Stephen Collins.

FRIDAY MOVIES at 1:00 PM

JUNGLE CRUISE - July 8 rated PG-13; 2.5 hrs.

Dr. Lily Houghton travels from London to the Amazon jungle and enlists wisecracking skipper Frank Wolff's questionable services to guide her downriver on his boat La Quila. Lily is determined to uncover an ancient tree with unparalleled healing abilities, possessing the power to change the future of medicine.

IN THE EYES OF TAMMY FAYE- July 22 rated PG-13; 2.5 hrs.

In the 1970s and '80s, Tammy Faye and Jim Bakker built a burgeoning religious broadcasting network and theme park until rivals, financial wrongdoing, and scandal toppled their empire.

CRY MACHO - August 5 rated PG-13; 2 hr.

In 1978, a one-time rodeo star and washed up horse breeder takes a job from an ex-boss to bring the man's young son home. Crossing rural Mexico on their back way to Texas, the unlikely pair faces an unexpectedly challenging journey. Starring Clint Eastwood.

The Secret: Dare to Dream - August 19 rated PG; 1.5 hrs.

Miranda is a young widow trying to make ends meet while raising her three children and dating her boyfriend. A devastating storm brings an enormous challenge and a mysterious man, Bray, into Miranda's life. Bray reignites the family's spirit but, unbeknownst to Miranda, also holds an important secret one that will change everything. Starring Katie Homes.

HEALTH AND OTHER RESOURCES

COVID-19 Test Kit Distribution

- ◆ Available to Sudbury Seniors/disabled residents.
- ◆ One free kit per person, while supplies last.
- ◆ Pick-up Mondays through Fridays, from 9:00 AM - 3:00 PM.

If you have any questions or need further information, please contact Ana Cristina Oliveira at 978-639-3268 or oliveiraa@sudbury.ma.us.

Also, you can order Free At-Home COVID-19 Tests from the U.S. Gov. at <https://special.usps.com/>

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The Sudbury Council on

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

Uber Technology Support



Fridays at 2:00 PM

Call 978-443-3055 to schedule an appointment.

SENIOR CENTER SERVICES

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 with an Elder Law Attorney 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 visits 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. Sponsored by Sudbury Firefighters IAFF Local 2023.

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.

The Friends of Sudbury Senior Citizens, Inc., and Jeff Levine, Chair of the Sudbury Council on Aging have been awarded a \$100,000 Cummings Grant to purchase Kitchen equipment for the new Community Center.

The award is from the Cummings Foundation of Massachusetts. #CummingsGrant.



PLEASE NOTE: The Sudbury Senior Center hosts many special programs, some with guest speakers or moderators. Each guest may present their own views or opinions. The Senior Center does not approve, recommend or reject any of these views. In addition, while we appreciate the advertisers who support this newsletter, we cannot endorse any products or services.

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



RED SOX DAY

What's better than a hot dog and a Red Sox game?*

Join us Wednesday, August 3

1:30 PM - Lunch

2:10 PM—Watch the Red Sox vs. Houston Astros on our giant screen! **Sign up by July 27.**

Catered by: The Buffet Way of Marlboro

* (veg. option available)

Sudbury Connection Van

Target Trips

Mondays, July 11 and August 8

Take a trip to the Target store in Marlborough! If you are a registered Van Rider, please contact the MWRTA Reservation Center to schedule your trip. If you would like to register to ride the van, contact Ana Cristina Oliveira, Outreach and Information Specialist, at oliveiraa@sudbury.ma.us.

Did you Know?



During the entire month of July, the USA celebrates National Anti-Boredom Month. This monthly observance encourages everyone to identify what makes us bored and find ways to combat it! How about stopping by the Sudbury Senior Center to keep yourself busy!



Senior Service Day

Thank you L-S Regional High School Seniors for giving back to our community.

“Think for Yourself, but Think of Others”



BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. *Now, proudly serving 22 communities.*



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A monthly publication from:

The Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

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Or Current Occupant

Phone: 978-443-3055

E-mail: senior@sudbury.ma.us

Webpage: <http://sudburyseniorcenter.org>

Fax: 978-443-6009

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