

JUNE 2023



Photo by: Cassandra Ann Leavitt taken at Flamingo Beach on Renaissance Island, Aruba

HIGHLIGHTS:

June 2 - Joy of Watercolors class
 June 6 - Memory & Me Concert
 June 7 - Rainbow Jeopardy Game
 June 8 - Current Events Mtg.
 June 12 - Van Trip to Target
 June 13 - Senior Center Luncheon
 June 20 - Making Memories Café
 June 23—Pizza and a Movie

OUR MISSION:

The Sudbury Senior Center mission is to support the dignity, independence and wellbeing of all of Sudbury's older adults and their families with programming and services in a welcoming environment for all.



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2 | A NOTE FROM DEBRA GALLOWAY, DIRECTOR

Welcome to summer! We look forward to the long daylight hours, lovely birdsong, relaxation and travel! Join us for a special luncheon on Tuesday, June 13 with the theme "Greek is the Word!" featuring Greek salad, chicken, potatoes, green beans, and dessert. Celebrate Gay Pride month - test your history knowledge and win prizes at the Rainbow Jeopardy Game on Wednesday, June 7. And sign up for Boston Landmarks Orchestra's Memory and Me concert on June 6. Also, History buffs may wish to check out the "Investigating American Presidents" course from the Great Courses, a 6-week series, beginning on June 7. Contact us to sign up at 978-443-3055 or senior@sudbury.ma.us.

June is Alzheimer's and Brain Health Awareness month - The Sudbury Senior Center is part of the Dementia Friendly Sudbury Team providing education and awareness to the community and support and programs for those living with dementia and their families. If you would like more information, please contact Ana Cristina Oliveira, Outreach Specialist, at 978-639-3268 or oliveiraa@sudbury.ma.us.

Finally, as we prepare for our move to our new space at the new Center, we are looking for additional instructors for fitness and arts classes, as well as facilitators for new groups, such as Crafts. Please contact me via email if you are interested, at gallowayd@sudbury.ma.us.

Hope to see you soon!
Debra

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The Great Courses DVD Series

A History of European Art HYBRID CLASS

Day: Mondays during June
Time: 10:00—11:00 AM

The development of the arts in Europe from the Middle Ages to the modern era is an astonishing record of cultural achievement from the architecture of Gothic cathedrals to the daring visual of experiments of the Cubist painters.



The Life and Operas of Verdi

on ZOOM

Day: Tuesdays during June
Time: 9:30 - 10:30 AM

Verdi is still the most popular composer in the 400-year-old history of opera. His operas are produced more than any other composer, and one (admittedly unverifiable) source claims that his *La traviata* (1853) has been staged live somewhere around the world every evening for the past 100 years.



Investigating American Presidents

on ZOOM

Day: Every other Wednesday
Dates: June 7, 21, July 19,
Aug. 2, 16 & 30

No Class July 5

Time: 9:30 - 11:00 AM

The President of the United States of America can shape not just a nation but the entire world. But what limits are there, if any, on presidential power? How do we keep such awesome authority in check? And who do we trust to shoulder this responsibility?

Host: Law professor Paul Rosenzweig of The George Washington University School of Law .

Please email Chery Finley to sign up for any of the Great Courses DVD series.

Chery can be reached at Finleyc@sudbury.ma.us or 978-443-3055

GREAT DECISIONS on ZOOM

Day: Every other Wednesday
Dates: May 31, June 14, 28, July 12, 26,
Aug. 9, 23 & Sept. 6
Time: 9:30 AM—10:30 AM

This 8-session foreign policy program is designed to encourage thoughtful discussion relating to current global challenges.

Created by the Foreign Policy Institute, the program model involves reading the Great Decisions Briefing book, meeting to watch the DVD, and participating in a moderated discussion of global issues facing America today. Moderators are needed.

Current Events Group on ZOOM

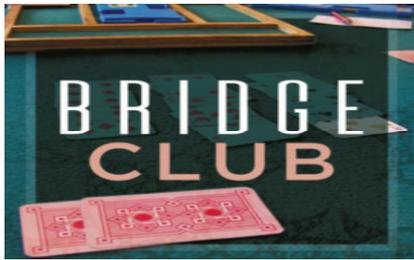
Day: Every Thursday
Time: 10:00—12:00 PM

Please feel free to join the group for a respectful discussion of world events where each person has an opportunity to contribute. Call for information and to sign up at 978-443-3055.

A confidential zoom link will be emailed to you. Call the Senior Center at 978-443-3055 to sign up.

Note: On June 8 the Current Events group will meet onsite at the Senior Center .

| 4 GROUPS, GAMES & CARDS



CRIBBAGE

MONDAYS

10:00—12:00 PM

SHORT STORY BOOK GROUP

4th MONDAY of the month

1:00—2:30 PM

MAHJONG

MONDAYS

12:30—3:30 PM

STAMP CLUB

2nd MONDAY of the month

10:00—11:30 AM

BINGO

TUESDAYS

1:00—3:30 PM

LET'S PLAY CHESS

WEDNESDAYS

1:30—3:30 PM

INTERMEDIATE BRIDGE

WEDNESDAYS

1:00—3:30 PM

TURN THE PAGE BOOK GROUP

GROUP Hybrid Class

3rd WEDNESDAY of the Month

1:00—3:30 PM

CURRENT EVENTS

THURSDAYS

10:00—11:30 AM

CANASTA

THURSDAYS

12:30—3:30 PM

Note: No Class June 1

DROP IN WATERCOLOR

FRIDAYS : 11:30 AM —1:30 PM

1:45 PM — 3:45 PM

Note: No class June 2 & 30





FIT FOR THE FUTURE

Mondays, Wednesdays & Fridays
11:00 - 12:00 PM
 \$4.00 at check in, exact change only.

Instructor: Lois Leav

To pay for a fitness class, stop by the Sudbury Senior Center.
 Please make check payable to "Town of Sudbury".

ZUMBA GOLD

Thursdays | 11:00—12:00 PM | \$36.00 for 6 classes

Instructor: Yachun Lin **Fall 8 week session:** TBD

Zumba Gold is a fun cardio class with low impact movements that are gentle to your joints. Each class is like a dance party with easy to follow steps. We end the class with balance practice and stretch exercises to increase flexibility. Yachun (YC) is an AFAA certified group fitness instructor.

STAYING ACTIVE & INDEPENDENT FOR LIFE

Thursdays | 9:15—10:00 AM | \$48.00

Instructor: Derry Tanner **Fall 8 week session:** TBD

SAIL is a safe and effective fitness class on Zoom. Learn research-tested strength, balance and flexibility exercises that can help to make you stronger. Derry is a retired nurse and certified personal trainer.

INTERMEDIATE TAP DANCE

Thursdays | 9:15—10:15 | \$48.00

Instructor: Susan Craver **Fall 8 week session:** TBD

Tapping is a style of dance that turns you into a musician, using your feet/tap shoes as the percussive instrument. For more than 25 years, Susan has been teaching tap, ballet and jazz at MetroWest area dance studios.

T'AI CHI

Mondays | 2:30—3:30 | \$48.00

Instructor: Jon Woodward **8 session:** starts June 12

No class: June 19 & July 3.

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow movements. Jon is a certified T'ai Chi instructor and teaches at several local fitness clubs and senior centers.

CHAIR YOGA HYBRID CLASS

Fridays | 9:30—10:15 AM | \$48.00

Instructor: Rebecca Reber **8 session:** starts July 28

Join this relaxing class with stretching. Yoga is excellent for loosening muscle tension and maintaining ranges of motion for the joints. Most of the class takes place while sitting. Rebecca teaches at many local Senior Centers and is a 200-hour Yoga fit International Training System, Inc. RYT certified.

NOTE: LOCATION CHANGES DURING SUMMER

MINDFUL LIVING MEDITATION

Wednesdays | 1:00—2:00 PM | \$48.00

Instructor: Lisa Campbell **Fall 8 week session:** TBD

Learn practices of mindful awareness and gentle breathing exercises to help manage stress and cultivate deeper gratitude and wellbeing in your life. Lisa is the founder of Mindfulfilled Meditation, LLC. Scholarship may be available to offset cost.

Thank you to Russell’s Garden Center for sponsoring our Mother’s Day Gift N’ Go by providing beautiful pink begonia plants!



Pizza and a Movie

Join us on Friday, June 23 for Pizza and a Movie.
Registration required by calling 978-443-3055
12:30 PM—Pizza: cost is \$2.00 a slice.
1:00 PM – Movie: 80 for Brady



Many thanks to Toni Hadad, Founder and President of “Lifting Spirits Miniature Therapy Horses” for bringing her miniature horse “Peaches” to visit with 30+ people on Wednesday, April 26. If you’d like to learn more about therapy horses, visit

Did you know?

Safely Dispose of Unused Prescription Medications and Sharps

You can drop off your unused prescription medications in the Medication Disposal kiosk in the Sudbury Police Department lobby. This is a safe way to dispose of your unused medications, especially medications that are opioid-based, or other drugs that can be accidentally misused or abused.

People who use needles for diabetes care can dispose of sharps in the Sharps Disposal kiosk in the lobby. The Police Station lobby is open 24 hours a day and is handicapped accessible.

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PROGRAM HIGHLIGHT

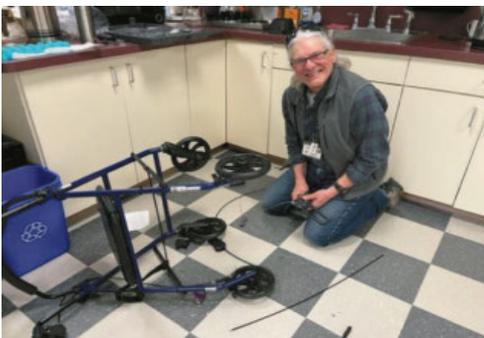
Technology Support

The Senior Center has a wonderful group of tech-savvy volunteers eager to assist you with issues relating to your laptop, tablet, or cell phone.

This can be done in-person at the Senior Center, by phone, or remotely via Zoom. Examples of things you can learn include how to: use Facetime or Zoom, attach a document to an email, set up folders for your in-box, use the Uber app, send and receive texts, and take photos on your smartphone.

*Please note that Tech Support volunteers are not permitted to set up accounts or passwords for a senior.

For more information or to request a Tech Support session, contact Janet Lipkin at 978-639-3223 or email (LipkinJ@sudbury.ma.us).



Danny Vellom, volunteer, fixing equipment from our Medical Equipment Loan Closet



Fred Pryor, Volunteer Greeter, helping with donated baked goods.



Pat Howard and Danielle Agabedis set up food donated by Lovin' Spoonful.

WHAT WE DO

Our volunteers...

- ◆ Make small outdoor home repairs
 - ◆ Provide technology support
 - ◆ Make weekly calls or outdoor visits to seniors
 - ◆ Pick up groceries for clients
 - ◆ Help out at special events
 - ◆ Offer free legal, tax and health insurance advice
 - ◆ Deliver library materials to seniors unable to get to Goodnow library
 - ◆ Pick up donated baked goods from local supermarkets
 - ◆ Deliver meals to clients at home
 - ◆ Assist with monthly newsletter mailings
- and much, much more!

BECOME A VOLUNTEER

If you would like to apply to become a volunteer of the Senior Center, or to learn about our volunteer opportunities, please contact Janet Lipkin, Coordinator of Volunteer Programs, at 978-639-3223; LipkinJ@sudbury.ma.us, or visit the Senior Center webpage at <https://sudburyseniorcenter.org/about-us/get-involved/>.

FONT COLORS: Special events On-site events Off-site events Hybrid Class Zoom events	Massachusetts State Bird Black-capped Chickadee	JUNE IS GAY PRIDE MONTH		
Monday, June 5 10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi	Tuesday, June 6 9:00 English Learner 9:30 Operas of Verdi 10:00 Grief Support Group 12:30 Memory & Me Concert 1:00 Bingo (Rm 1) 1:00 Legal Clinic (phone) 1:15 Walking Group in gym 2:00 Circle of Friends & Caregiver Support Group	Wednesday, June 7 9:15 Tap Dance (last class) 9:30 Investigating American Presidents 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess 2:30 Rainbow Jeopardy	Thursday, June 1 10:00 BP Drop-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 NO Canasta 1:00 Low Vision Group 1:00 Shine appt. (phone) 2:30 Connection Circle	Friday, June 2 9:30 Chair Yoga 11:00 Fit for the Future 11:30 Joy in Watercolors 1:00 Movie: Top Gun Maverick 1:45 Joy in Watercolors 2:00 Uber Tech Clinic
Monday, June 12 10:00 Cribbage 10:00 European Art 10:00 Stamp Club 11:00 Fit for the Future 11:30 Target Van Trip 12:30 Mahjong 2:30 Tai Chi	Tuesday, June 13 9:00 English Learner 9:30 Operas of Verdi 12:30 Greek is the Word luncheon 1:00 Bingo (Rm 1) 1:00 Shine appt (phone) 1:15 Walking Group in gym	Wednesday, June 14 9:30 Great Decisions 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess 3:30 COA Meeting	Thursday, June 15 10:00 BP Drop-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 1:00 Shine appt. (phone) 2:30 Connection Circle	Friday, June 16 9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
Monday, June 19 CLOSED	Tuesday, June 20 9:00 English Learner 9:30 Operas of Verdi 1:00 Bingo (Rm 1) 1:00 Shine appt (phone) 1:15 Walking Group in gym 2:00 Making Memories Café	Wednesday, June 21 9:30 Investigating American Presidents 10:00 Grief Support Mtg. 11:00 Fit for the Future 1:00 Intermediate Bridge 1:00 Turn the Page Book Grp. 1:30 Let's Play Chess	Thursday, June 22 10:00 BP Drop-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 1:00 Shine appt. (phone) 2:00 Friends Meeting 2:30 Connection Circle	Friday, June 23 9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:30 Pizza & A Movie 1:00 Movie: 80 for Brady 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
Monday, June 26 10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 1:00 Short Story Book Grp. 12:30 Mahjong 2:30 Tai Chi	Tuesday, June 27 9:00 English Learner 9:30 Operas of Verdi 1:00 Bingo (Rm1) 1:00 Shine appt (phone) 1:15 Walking Group in gym	Wednesday, June 28 9:30 Great Decisions 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess	Thursday, June 29 10:00 BP Drop-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 1:00 Shine appt. (phone) 2:30 Connection Circle	Friday, June 30 9:30 Chair Yoga 11:00 Fit for the Future 11:30 NO Watercolors Drop in 1:45 NO Watercolors Drop in 2:00 NO Uber Tech Clinic

Ads will be placed here. No content may go here.

Please remove before uploading to LPi Express.

Finding Joy in Watercolors Friday, June 2

11:30 AM Morning Class
1:45 PM Afternoon Class
Cost \$15.00 per class

Learn expressive mark making using watercolor techniques. Students will have the opportunity to experiment with a range of both dry and wet techniques as they create sketchbook entries, and as well as their own landscapes using their own unique expressive marks. All levels welcome!
You must register and pay for this workshop in advance by stopping by the Senior Center. Please make your check payable to "Town of Sudbury"

Rainbow Jeopardy Wednesday, June 7 at 2:30 PM

Did you watch Jeopardy winner Amy Schneider during her epic winning streak?

Join us for an interactive game of Jeopardy – with rainbow stripes!

You'll recognize a lot of these famous folks and fun facts from history... but you might not know about their connections to the rainbow community!
Come test your trivia skills with host Julie Nowak, Initiative Coordinator for Springwell. Have fun learning about LGBTQ+ celebrities and changemakers such as Sally Ride and Bayard Rustin who have shaped our history!

We will have prizes! Sign-up by calling 978-443-3055.

Memory and Me Concert Tuesday, June 6 at 12:30 PM

Using research and initiatives developed by colleagues, Boston Landmarks Orchestra, Inc. created a classical music program that will provide a respite for those living with memory loss and those caring for them. All are welcome to enjoy some live music. Sign-up by calling 978-443-3055.

Greek is the Word Luncheon Tuesday, June 13 at 12:30 PM Cost is \$5.00 at the door

Join us for a traditional Greek lunch including a Greek salad, baked chicken, green beans, lemon potatoes and an assortment of desserts. Sign up begins now by calling 978-443-3055.

SUDBURY SENIOR SERVICES

[Home Safety Checks](#)

A collaboration with the Sudbury Fire Department to ensure working smoke and CO alarms.

[Legal Clinic](#)

Free 20-minute phone consultation with an Elder Law Attorney, by appointment only on the 2nd Tuesday of the month.

[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 .

[Grocery Shopping](#)

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

[Lockbox](#)

A small 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.

[Meals on Wheels](#)

Hot lunch delivered to older residents who are unable to leave home. \$3 suggested donation. Call Springwell, Inc. 508-573-7200.

10 | OUTREACH AND INFORMATION

CIRCLE OF FRIENDS – FOR PERSONS WITH DEMENTIA AND CAREGIVERS SUPPORT GROUP

Tuesday | June 6 | 2:00—3:30 PM

The Senior Center has partnered with Orchard Hill to offer a Community Engagement Program for persons with dementia, providing activities and socialization, while their care partners attend a monthly Support Group.

The program will be held on the first Tuesday of the month from 2:00-3:30 PM at Orchard Hill, located at 761 Boston Post Rd, Sudbury MA.

Space is limited and registration is required by calling Ana Cristina Oliveira at 978-639-3268 or email at oliveiraa@sudbury.ma.us



MAKING MEMORIES CAFÉ

Tuesday | June 20 | 2:00—3:30 PM

Bring your loved ones with memory loss to enjoy refreshments, uplifting entertainment or an activity, 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.

This café is sponsored by: Bridges by Epoch and will meet on the 3rd Tuesday of the month.

Reservations are required by calling the Sudbury Senior Center at 978-443-3055 or email: senior@sudbury.ma.us

HEARING CLINIC

Friday | June 9 | 9:30—11:00 AM

Michael Drennan, BC-HIS, of Rogers Hearing Solutions, offers complimentary wax and hearing screenings on the 2nd Friday of the month. Call the Senior Center at 978-443-3055 for an appointment.

GRIEF SUPPORT GROUP

Tuesday | June 6 | 10:00—11:30 AM

The new Grief Support group will meet monthly on the first Tuesday of the month. This group is for people who have had a recent loss. Group facilitator is Jane Benger, Chaplain at Faith & Family Hospice.

Registration is required by calling Ana Cristina Oliveira, Outreach/Information Specialist, at 978-639-3268 or oliveiraa@sudbury.ma.us.

DROP-IN BLOOD PRESSURE CLINIC

Every Thursday

10:00—11:00 AM

Services provided by:
Sudbury Board of Health

LOW VISION SUPPORT GROUP

Thursday | June 1

1:00 - 2:00 PM

Group meets on the first Thursday of the month.





What Is Pride Month?

Pride Month is an entire month dedicated to the uplifting of LGBTQ voices, celebration of LGBTQ culture and the support of LGBTQ rights. Throughout the month of June, nationwide, there have traditionally been parades, protests, drag performances, live theater and memorials and celebrations of life for members of the community who lost their lives to HIV/AIDS. It is part political activism and part celebration of all the LGBTQ community has achieved over the years.

It is part political activism and part celebration of all the LGBTQ community has achieved over the years.

What Is the Pride Symbol?

You probably knew that the rainbow flag created by artist Gilbert Baker in 1978 — is used as a symbol of LGBTQ pride, but did you know that each color on the flag has its own meaning? In the widely known six-color flag, red is symbolic of life, orange is symbolic of healing, yellow is sunshine, green is nature, blue represents harmony and purple is spirit. In the original eight-color flag, hot pink was included to represent sex and turquoise to represent magic/art.

There have been many variations on the flag. In 2021, the flag has been altered in solidarity with the Black Lives Matter protests, including black to represent diversity, brown to represent inclusivity and light blue and pink, the colors of the trans pride flag.

Note: This article was written by: Andrea Wurzbarger.

Medicare Questions?



Are you turning 65 in the next three months?

Are you over 65 and need to enroll soon?

Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back. If you have any questions about the SHINE program, please contact Ana Cristina Oliveira, Outreach/Info. and Referral Specialist at 978-639-3268.

What are some ways to normalize the mental health conversation?

Educate Yourself and Others - Do your own research about mental illness and share that information with others. Most of us know the differences between physical ailments such as a cold, a sprain, cancer, etc. We don't refer to them under a singular "physical illness" umbrella. Similarly, there are many different mental illnesses, each with their own unique symptoms and behaviors. Sharing information eliminates misconceptions that contribute to stigma.

Be Conscious of Language - Mental health conditions are often used negatively as adjectives, which is problematic. Try to be conscious of the words you use to describe people and behaviors that you think are different.

Additional Resources - [Network of Care](#) - A comprehensive guide to mental health supports in Massachusetts, [NAMI](#) - Nine ways to fight mental health stigma and [Mayo Clinic](#) - Overcoming the stigma of mental illness.



Contact: Massachusetts 2-1-1

12 | SUDBURY SENIOR CENTER TRIPS

DAY TRIPS

- August 2, 2023** **The Edwards Twins” Ultimate Variety Show”, Wrentham, Ma. \$121.00** Fun and Entertaining! All live vocalists sing their number one hits as they impersonate the stars (such as Elton John, Neil Diamond, Cher, Celine Dion, and more). Includes lunch, taxes and gratuities, driver’s gratuity, and live show by The Edwards Twins.
- September 14, 2023** **“Yesterday Once More” A Tribute to The Carpenter’s with Lunch at White’s of Westport. \$111.00** Enjoy a delicious sit-down luncheon at White’s before the performance. Includes transportation, plated lunch, taxes and gratuities.
- September 19, 2023** **Salem Cross Inn and Quabbin Reservoir Tour: \$112.00.** A guide will take you to the Quabbin Reservoir and provide the history on this waterway...A tour to remember! Lunch at the historic Salem Cross Inn. Last stop is Breezlands Orchards.

MULTI-DAY TRIPS

- June 29-July 3, 2023** **Nova Scotia w/Tattoo Fest-Featuring the Royal Nova Scotia International Tattoo, Bay of Fundy, Halifax, Saint John, Annapolis Valley.** Spend 5 days exploring the beautiful shores and countryside of Nova Scotia! \$1649 PP (Double Occupancy) **Passport is REQUIRED for this trip.**
- August 23-25th, 2023** **Pennsylvania Dutch Country and Longwood Gardens.** Enjoy a full commentary back country tour of the farmlands of Lancaster County. See the life of the Amish from a whole different perspective. Visit Longwood Gardens, one of the premier

BEWARE OF SCAMS

Scams are Everywhere . . .

Email, telephone and in-person scam artists persist in preying on our emotions and fears to get our personal information and/or money. Here are six signs that it’s a scam – from the Oregon Attorney General Ellen Rosenblum:

1. Scammers contact you “out of the blue”.
2. Scammers claim there is an “Emergency”.
3. Scammers ask for your personal information.
4. Scammers want you to wire money.
5. Scammers tell you to keep it “secret”.
6. Scammers make it sound “too good to be true”.

If you are contacted by a scammer, do not engage: hang up, close your door, or don’t respond to suspicious emails. Ask for help from a trusted family member or friend.

You can contact Sudbury Police Department on their business line at 978-443-1042 with questions and for help in assessing the legitimacy of a door-to-door salesperson. If you get caught up in a scam, contact the police, and let your family know. It unfortunately does happen. Don’t be embarrassed it’s worth reporting the scam to the local authorities.

SENIOR CENTER

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Chery Finley

COORDINATOR OF VOLUNTEER PROGRAMS

Janet Lipkin

OUTREACH/INFORMATION AND REFERRAL SPECIALIST

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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 promote and support services and programs, which are designed to assist older adults in the community.

FRIENDS OF SUDBURY SENIORS

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Patricia Howard

Cay Kuras

Donald Oasis

Thank You Friends!

Many thanks to the *Friends* for their ongoing support of our special programs, including: a talk by Author Andrew Noone, a visit with "Lifting Spirits" Miniature Therapy Horses, and the Volunteer Appreciation Brunch.

The Friends

The Friends of Sudbury Senior Citizens, Inc., is a 501 (c) 3 non-profit organization, that supports the Sudbury Senior Center through volunteering and fundraising. The Friends are supporting the new Senior Center in the new Community Center by funding a patio and pergola, as well as a fireplace for the new lounge.

DISCLAIMERS

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.

NOTE

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

COA ZOOM MEETING



How to Get the Senior Scene Newsletter and Email Updates

If you are aged 70 and over, The Senior Scene will automatically be mailed to you, if you have completed a Sudbury Town Census form.

If you would like to receive, via email, The Senior Scene newsletter and weekly Email Updates, please sign up at the Town of Sudbury website, look for the "Email Lists" option, or contact the Sudbury Senior Center at 978-443-3055 and we will assist you.

If you live out of town and would like to be mailed the monthly newsletter for \$12.00, mail a check made out to "Town of Sudbury" and send to: Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA, 01776.

Our newsletters are always available for pick up at the Senior Center, Goodnow Library, Town Clerk's office, and the Town Flynn Building, as well as various other locations around town, including the local housing developments.

Sudbury Connection Van Trip to Target Monday | June 12 |



Pick up at 11:30 AM;
Shopping: 12:00 — 1:00 PM .

Pick up times are approximate.

If you are a registered Van Rider, please contact the MWRTA Reservation Center to schedule your Target trip at 508-820-4650.

New participants need to register to ride the van by contacting Ana Cristina Oliveira, Outreach/Information Specialist at 978-639-3268.



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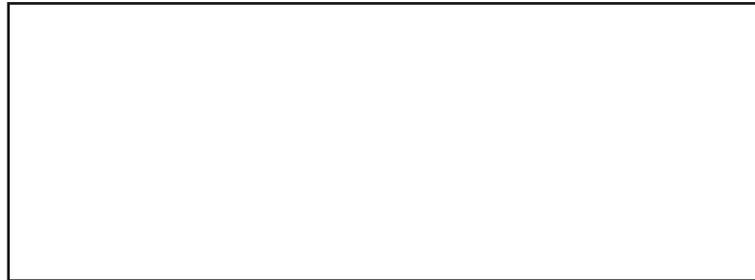


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