

JULY/AUGUST 2023



Photo submitted by: Diane Spottswood taken at the Assabet River National Wildlife Refuge

HIGHLIGHTS:

July 11 - A&W Ukulele concert
 July 25 - Travel to Arabian States
 July 28 - Watercolor Workshop
 Aug. 4 - Collette Tours Trip Mtg.
 Aug. 8 - Boston Red Sox Talk
 Aug. 15 Cong. Clark Info Session
 Aug. 22 - Gamba's Gardening
 Aug. 29 - World of Dolls Talk

OUR MISSION:

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



WHAT'S INSIDE:

PAGE

Director Notes	2
Academics	3
Groups, Cards & Games	4
Fitness Classes	5
News	6
July Calendar	8
August Calendar	9
Special Events	10 & 14
Sudbury Senior Trips	12

2 | A NOTE FROM DEBRA GALLOWAY, DIRECTOR

Happy Summer!

Our participants, volunteers and staff are all getting excited for our move to the new Community Center building! Currently, the plan is for the Senior Center to close down for a couple of weeks for staff to pack and label file boxes and furniture, move out of the building, and then re-enter the building to unpack, ensure all systems are up and running, and then re-open our doors. The closure and move to the new building are tentatively scheduled for the end of October into early November. More firm information should be available in September.




After the move, construction will continue, including demolishing the old building and finishing parts of the Park and Recreation section of the building and their parking lot. We are planning a special Open House sometime after the move, the date is still to be determined. More information will be forthcoming! Stay tuned.

In the meantime, there may be changes to our program schedule at times due to construction needs. If in doubt, please contact us to check on the latest schedule. And for more information about the construction of the new building, please sign up for Facilities Director Sandra Duran's talk on Monday, July 17 at 11:30 AM!

Speaking of the new building... we will have more space, and we are looking for instructors, leaders, and coordinators either volunteer or paid, who would like to facilitate the beginning of new Crafts, Art, and Fitness/Wellness classes! Let us know if you or a friend are interested. Please send your credentials and experience to Debra Galloway at gallo-wayd@sudbury.ma.us.

Please note that the Senior Center will open at 1:00 PM on Tuesday, July 18, to allow time for Staff training.

- Debra

<p>Duckett Funeral Home of J.S. Waterman & Sons William R. Duckett Funeral Director 656 Boston Post Road (Route 20), Sudbury 978-443-5777 Duckett-Waterman.com Dignity® <small>A Service Family Affiliate of ADFS/Service Corporation Int'l, 206 Winter Street, Fall River, MA 02720, 508-676-2454</small></p>	<p>WE BUY & SELL Coins • Coin Collections Precious Metals • Sterling Flatware Gold Jewelry • Pocket Watches TOP PRICES PAID Call 508-753-9695 TABER RARE COINS www.tabercoins.net</p>	<p>Place Your Ad Here and Support our Community! Instantly create and purchase an ad with AD CREATOR STUDIO  lpicommunities.com/adcreator</p> 
<p>WE'RE HIRING! AD SALES EXECUTIVES  BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.  Contact us at careers@4lpi.com or www.4lpi.com/careers</p> <ul style="list-style-type: none">• Paid training• Some travel• Work-life balance• Full-Time with benefits• Serve your community		<p>FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED. SUDBURY PINES EXTENDED CARE FACILITY Short Term Rehabilitation • Long Term Care Secure Behavioral Care Unit • Hospice Care Short Term Respite Care <i>Family owned and operated since 1970</i> <i>Come by and visit today</i> 642 Boston Post Road • Sudbury, MA 01776 Phone# 978-443-9000 • www.sudburypines.com admissions@sudburypines.com</p> 
<p>TRAIN with SHAIN IN HOME PERSONAL TRAINING FOR SENIORS Gait, Balance/Fall Prevention & Strength Training (508) 231-6378 www.trainwithshain.net FULLY INSURED</p>		

The Great Courses DVD Series

A History of European Art HYBRID CLASS

Day: Mondays during July & Aug.
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 experiments of the Cubist painters.



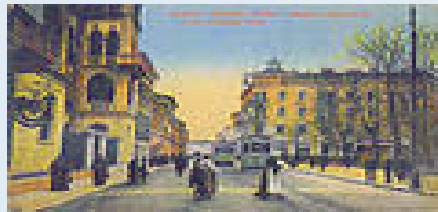
The Life and Operas of Verdi

on ZOOM

Day: Tuesdays during July & Aug.
Time: 9:30 - 10:30 AM

No Class July 18

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 the Great Courses DVD series and Great Decisions
Chery can be reached at Finleyc@sudbury.ma.us

GREAT DECISIONS on ZOOM - Continuing

Day: Every other Wednesday
Dates: July 12, 26, August 9, 23 & September 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.

Current Events on ZOOM

Day: Thursdays
Time: 10:00 AM

A respectful discussion of world events with facilitator Don Sherman. Sign up by calling 978-443-3055.

1883: TV Mini-Series - Season 1

Day: Fridays
Dates: July 14, 21, 28
August 11, 18
Time: 12:30 PM - 2:30 PM

Showing 2 episodes each week onsite at the Senior Center.

The post-Civil war generation of the Dutton family travels to Texas, and joins a wagon train undertaking the arduous journey west to Oregon, before settling in Montana to establish what would eventually become the Yellowstone Ranch. Please sign up by calling 978-443-3055.



| 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

DROP IN WATERCOLOR

FRIDAYS : 11:30 AM —1:30 PM

1:45 PM — 3:45 PM

Note No Drop-in July 28 & Aug 18





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

Instructor: Yachun Lin **6 week session:** Sept. 14

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 |

Instructor: Derry Tanner **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 | \$36.00

Instructor: Susan Craver **6 week session:** Sept. 14

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 | \$36.00

Instructor: Jon Woodward **6 wk. session:** starts 8/21

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.

NOTE: LOCATION CHANGES DURING SUMMER

CHAIR YOGA HYBRID CLASS

Fridays | 9:30—10:15 AM | \$48.00

Instructor: Rebecca Reber **8 wk. session:** starts 7/28

No Class July 7, Aug. 11 and Aug. 18

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.

MINDFUL LIVING & MEDITATION

Wednesdays | 1:00—2:00 PM | \$36.00

Instructor: Lisa Campbell **6 week session:** Sept. 13

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.

And A Good Time Was Had By All!

Our second annual Senior Service Day was held on Wednesday, May 31. Lincoln-Sudbury High School senior students joined participants from the *Better Day Adult Day Program* in Marlborough for activities, learning and lunch.



Seven Lincoln-Sudbury High School senior students participated in a program about dementia and became Dementia Friends. Students were joined by older adults from the *Better Day* program for fun activities and lunch. Everyone had a wonderful time. This program was coordinated by Senior Center staff Ana Cristina Oliveira and Janet Lipkin and is part of our Dementia Friendly Sudbury programs.


Thanks to Associate Director Tony Sosa of **New Horizons at Marlborough** for providing lunch for everyone. We are also grateful for volunteer Carol Anderson of **Generations Law Group**, who co-led the Dementia Friend Info Session for the students. Many thanks to Susan Frommer of LSRHS who coordinates the high school's Senior Service Day and to Regina Wolf Fritz of **Better Day Adult Social Day Program**.

Construction of the New Community Center

Monday, July 17, 11:30 AM

Sudbury's combined Facilities Director Sandra Duran will be here with a presentation on the construction of the new Community Center. Learn more about how the construction is proceeding and what is included in the new building. Please sign up by contacting the Senior Center at 978-443-3055.







Locally Owned & Nationally Known

PROVIDING: Bathing & Dressing Assistance • Grooming • Assistance with Walking • Medication Reminders • Errands • Shopping • Light Housekeeping • Meal Preparation • Friendly Companionship • Flexible Hourly Care • Respite Care for Families • Live-In Care

978.287.2002
VisitingAngels.com/Sudbury

Each Visiting Angels agency is independently owned and operated.
 *2022 Visiting Angels is a registered trademark of Living Assistance Services, Inc.





ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

833-287-3502






*Protecting Today
What Matters Tomorrow*

Comprehensive Legal Services

- Wills, Trusts & Estate Planning
- Long Term Care & Medical Planning
- Guardian & Conservators
- Probate & Trust Administration

111 Boston Post Rd, Ste 101 • Sudbury
 Offices also in Acton
 Coming Soon to Andover, MA
GenerationsLawGroup.com
978-263-0006

HIGHLIGHTED PROGRAMS

Friendly Visitor

A volunteer makes a weekly outdoor home visit to a senior to whom they are matched. Examples of socialization activities include talking, listening, playing cards or board games, looking at photos, discussing books, or partaking in hobbies. Weekly visits are one to two hours in duration.

Fix-It

Small outdoor repairs (and within a garage) are done by our volunteers. Examples include attaching a hose to a spigot, stabilizing a mailbox to its post, and changing a light bulb in a garage door opener/mechanism.

Note: All recipients of volunteer services must sign liability waivers prior to receiving the service.



Volunteers - from the left: Jonathan Baron, Colin Warwick, Bob Ellsworth and Lou Petrovic at May's Volunteer Appreciation Brunch.



Linda Moros, Linda DeMarines, Deanna Sklenak, and Maria Lesser were all smiles at May's Volunteer Appreciation Brunch.



Janet Lipkin with volunteer Dale Casto

WHAT WE DO

Our volunteers...

- ◆ Make small outdoor (and within garage) home repairs
- ◆ Provide technology support
- ◆ Make weekly calls or outdoor home 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/>.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4th of JULY	5	6	7
Please note: The Senior Center is open today, but classes and groups will be meet.	SENIOR CENTER CLOSED	9:30 NO Investigating American Presidents 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess!	10:00 BP Walk-in Clinic 10:00 Current Events 12:30 Canasta 1:00 Low Vision Group 2:30 Connection Circle	9:30 NO Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
10	11	12	13	14
10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 11:30 Van trip to Target 1:00 Mahjong 2:30 Tai Chi (CBE)* 3:30 COA Meeting	9:00 English Learner 9:30 Operas of Verdi 10:00 Grief Support Group 1:00 Bingo 1:00 Legal Clinic 12:30 Lunch 1:00 A&W Ukulele Concert No Circle of Friends No Caregiver Support Group	9:30 Great Decisions 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess!	10:00 BP Walk-in Clinic 10:00 Current Events 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 10:00 No Hearing Clinic 11:00 Fit for the Future 11:30 Watercolor Drop-in 12:30 1883 Series (1,2) 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
17	Senior Center Opens at 1:00 PM	18	19	20
10:00 Cribbage 10:00 European Art 10:00 Stamp Club 11:00 Fit for the Future 11:30 Construction Update Talk 12:30 Mahjong 2:30 Tai Chi (CBE)*	9:00–1:00 Senior Center closed due to Staff Training No English Learner today No Operas of Verdi 1:00 Senior Center Opens 1:00 Bingo 2:00 Making Memories Café	9:30 Investigating American Presidents 10:00 Informal Grief Support Meeting 11:00 Fit for the Future 1:00 Intermediate Bridge 1:00 Turn the Page Mtg. 1:30 Let's Play Chess!	10:00 BP Walk-in Clinic 10:00 Current Events 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:30 1883 Series (3,4) 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
24	25	26	27	28
10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi (CBE)*	9:00 English Learner 9:30 Operas of Verdi 12:30 Travel to the Arabian Gulf States 1:00 Bingo	9:30 Great Decisions 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess!	10:00 BP Walk-in Clinic 10:00 Current Events 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors - Painting Vases 12:30 1883 Series (5,6) 1:45 Watercolors - Painting Vases 2:00 Uber Tech Clinic
31				
10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 12:30 Mahjong 1:00 Short Story Group 2:30 Tai Chi (CBE)*	Fitness Classes on hiatus for the summer include: ◆ Mindful Meditation ◆ Zumba Gold ◆ Staying Active/ Independent for Life ◆ Tap Dance	*T'ai Chi classes will be at Congregation Beth El	FONT COLORS: Zoom Events in BLUE On-site Events in BLACK Special Events in RED Off-site Events in PURPLE Hybrid Events in ORANGE	COFFEE HOUR: Monday—Friday 9:00—10:00 AM

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

Please remove before uploading to LPi Express.

AUGUST 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
FONT COLORS: Zoom Events in BLUE On-site events in BLACK Special Events in RED Off-site Events in PURPLE Hybrid Events in ORANGE	9:00 English Learner 9:30 Operas of Verdi 10:00 Grief Support 1:00 Bingo 2:00 Circle of Friends and Caregiver Support Grp at Orchard Hill	9:30 Investigating American Presidents 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess	9:15 Tap Dance 10:00 BP Walk-in Clinic 10:00 Current Events 1:00 Canasta 1:00 Low Vision Group 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:00 Collette Tours Trip mtg. 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
7	8	9	10	11
10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 1:00 Mahjong 2:30 Tai Chi at CBE	9:00 English Learner 9:30 Operas of Verdi 12:30 Boston Red Sox History Talk 1:00 Bingo 1:00 Legal Clinic	9:30 Great Decisions 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess	9:15 Tap Dance 10:00 BP Walk-in Clinic 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	No Chair Yoga today 10:00 Hearing Clinic 11:00 Fit for the Future 11:30 Watercolor Drop-in 12:30 1883 Series (7,8) 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
14	15	16	17	18
10:00 Cribbage 10:00 European Art 10:00 Stamp Club 11:00 Fit for the Future 11:30 Van trip to Target 1:00 Mahjong 2:30 Tai Chi at CBE*	9:00 English Learner 9:30 Operas of Verdi 11:00 Congresswoman Clark Info Session 1:00 Bingo 2:00 Making Memories Café	9:30 Investigating American Presidents 11:00 Fit for the Future 1:00 Turn the Page Mtg. 1:00 Intermediate Bridge 1:30 Let's Play Chess	9:15 Tap Dance 10:00 BP Walk-in Clinic 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	No Chair Yoga today 11:00 Fit for the Future 11:30 Watercolors – Painting Flowers 12:30 1883 Series (9,10 last) 1:45 Watercolors –Painting Flowers 2:00 Uber Tech Clinic
21	22	23	24	25
10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 1:00 Mahjong 2:30 Tai Chi at CBE*	9:00 English Learner 9:30 Operas of Verdi 12:30 Gamba's Gardening Workshop 1:00 Bingo	9:30 Great Decisions 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess	9:15 Tap Dance 10:00 BP Walk-in Clinic 10:00 Current Events 1:00 Canasta 2:30 Connection Circle 2:00 Friends of Sudbury Seniors meeting	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
28	29	30	31	
10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 1:00 Mahjong 1:00 Short Story Group 2:30 Tai Chi at CBE*	9:00 English Learner 9:30 Operas of Verdi Last class 1:00 Bingo 12:30 The World of Dolls	9:30 Investigating American Presidents 11:00 Fit for the Future 31:00 Intermediate Bridge 1:30 Let's Play Chess	9:15 Tap Dance 10:00 BP Walk-in Clinic 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	**T'ai Chi classes will be at Congregation Beth El

Finding Joy in Watercolors

Artist and teacher Angela Ackerman will offer a Watercolors Workshop in July & August at 11:30 AM and 1:45 PM. Cost of each class is \$15.00

July 28: Learn how to paint clear glass vases using wet in watercolor, wet on wet, and wet on dry techniques. Students will experiment with value and color temperature. Please bring a vase of your choice to paint with a few flowers/grasses (silk flowers ok).

August 18: Learn how to paint watercolor flowers using wet on wet and wet on dry techniques. Students will experiment with scale and negative space. Please bring in a favorite flower or a photo of your flower or garden.

Stop by the Senior Center to pay and sign up for the morning or the afternoon class .

A&W Ukulele Players

Tuesday, July 11

12:30 PM - Lunch

1:00 PM - Concert

Join us at the Senior Center for lunch at 12:30 PM. We will have small finger sandwiches and all the fixings. Followed by a concert by the A&W Ukulele players. Call 978-443-3055 to reserve your spot.

Travel to the Arabian Gulf States

Tuesday, July 25

12:30 PM

Presenter and Sudbury resident Abla Shocair will share her extensive travels to the Arabian Gulf States in a 1 hour Power Point presentation. Followed by a 30 minute question and answer period. Call 978-443-3055 to sign up.

Info Session with Congresswoman Katherine Clark's Office

Tuesday, August 15, 11:00 AM

Presented by: Jay Higgins, Senior Constituent Services Representative

Learn about the ways that Congresswoman Clark's office can help you with issues or concerns involving federal agencies.

From taxes to Medicare, Social Security, veteran's benefits, and more, find out how Congresswoman Clark's office can provide support in resolving problems, getting answers ... or cut through the red tape.

Join Jay Higgins for this informative session. Sign up now by calling the Senior Center at 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 outdoor home 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.

11 | OUTREACH AND INFORMATION

A SHINE STORY

Dave came to the Framingham Senior Center to meet with a SHINE counselor on May 1st. Dave was very confused about his insurance and did not understand his coverage. He also did not sign up for his Medicare Part B and D on time, resulting in lifetime late enrollment penalties! Dave has very expensive medications, which he could not afford along with the enrollment penalties.

Once Dave met with our counselor, they began to get to the bottom of the confusion. The first step our counselor took was to screen him for public benefits that would help him save money. Due to Dave's income and asset level, he appeared eligible for a Medicare Savings Program. This program would help him pay his Medicare part A and B premiums, deductibles, copays and provide "Extra Help" to lower the costs of his medications. Best of all, it would also cover his late enrollment penalties. Safe to say, Dave left the appointment fully understanding his coverage and with more money in his pockets.

Remember, SHINE volunteers are available year-round. If you are on Medicare and think you're overpaying for drug and medical services, make an appointment. You never know, you might save hundreds of dollars.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, contact Ana Cristina Oliveira, at 978-639-3268 or oliveiraa@sudbury.ma.us. For other SHINE related matters, call 1-800-243-4636.

MAKING MEMORIES CAFÉ

Tuesday | July 18 & August 15

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 | No Clinic on July 14

Friday | August 11

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 | July 11 & August 8

10:00 - 11:30 AM

The Grief Support group meets on the first Tuesday of the month. Group facilitator is Jane Benger, Chaplain at Faith & Family Hospice. Registration is required by calling Ana Cristina Oliveira, at 978-639-3268.

DROP-IN BLOOD PRESSURE CLINIC

Every Thursday

10:00 - 11:00 AM

Services provided by:
Sudbury Board of Health

LOW VISION SUPPORT GROUP

Thursday | July 6

Thursday | August 3

1:00-2:00 PM

Group meets on the first Thursday of the month.



12 | SUDBURY SENIOR TRIPS

DAY TRIPS

August 2, 2023

The Edwards Twins' Ultimate Variety Show", Lake Pearl, Wrentham, MA . Fun and entertaining! Includes lunch \$112.00 PP with Royal Tours.

September 14, 2023

"Yesterday Once More" A tribute to The Carpenter's with lunch at White's of Westport. \$111.00 PP with Royal Tours.

September 19, 2023

Quabbin Reservoir Tour and lunch at Salem Cross Inn followed by a visit to Breezlands Orchards \$112.00 PP with Royal Tours.

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 botanical garden in the U.S, and so much more! \$699. PP (Double Occupancy)

TRANSPORTATION



Collette Tours Trip Meeting

Friday | August 4 at 1:00 PM

Collette Tours will be giving an informational presentation on "The American Music Cities" trip

which includes New Orleans, Nashville and Memphis at the Sudbury Senior Center on August 4 at 1:00 PM. Come learn about this wonderful trip and other destinations from Collette Tours that we will be visiting in 2024.

American Music Cities - \$3,399; Double PP.

April 28 — May 5, 2024

Travel to New Orleans, Memphis and Nashville. Visit New Orleans, the Jazz capital of the world, tour Graceland in Memphis where Elvis resided and then onto Nashville for more fun at the Grand Ole Opry. This will be an exciting trip! Sign up by calling the Sudbury Senior Center 978-443-3055.

Sudbury Connection Van Trip to Target



Monday | July 10

Monday | August 14

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 must register to ride the van by contacting Ana Cristina Oliveira, Outreach/Information Specialist at 978-639-3268 or Oliveiraa@sudbury.ma.us.

SENIOR CENTER

DIRECTOR

Debra Galloway

ADMIN COORDINATOR

Chery Finley

COORDINATOR OF VOLUNTEER PROGRAMS

Janet Lipkin

OUTREACH/INFORMATION AND REFERRAL SPECIALIST

Ana Cristina Oliveira

PROGRAM COORDINATOR

Sharon K. Wilkes

RECEPTIONIST

S.H.I.N.E. COUNSELORS

Marc Hertzberg

Wayne Antion

TAX WORK-OFF COORDINATOR

Josephine King

TRIP COORDINATORS

Joe Bausk

Franci Martel

VAN DRIVERS

Linda Curran

Paul Marchand

Ron DeMarco



COUNCIL ON AGING

CHAIRPERSON

Marilyn Tromer

VICE CHAIR

Jeffrey Levine

SECRETARY

Colin Warwick

BOARD OF DIRECTORS

State Rep. Carmine Gentile

Robert Lieberman

Paul Marotta

Anna Newberg

Donald Sherman

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

President

Joe Bausk

Vice President

Ron Riggert

Treasurer

Josephine King

Secretary

Judy Merra

Board

Members:

Joanne Bennett

Judith Honens

Patricia Howard

Cay Kuras

Donald Oasis

For more information about the Friends, and how to make a donation, please visit <https://sudburyseniorcenter.org/about-us/friends-of-sudbury-seniors/> or leave a message at 978-443-3055 and a Friend will call you back.

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.

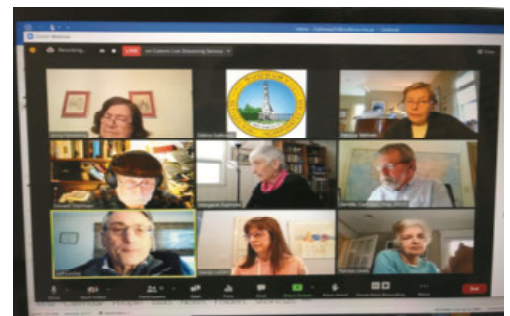
DISCLAIMERS

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



14 | SPECIAL EVENTS IN AUGUST

Boston Red Sox History Talk Tuesday | August 8 at 12:30 PM

Herb Crehan has been interviewing and writing feature articles on former Red Sox stars for the team's official program and alumni magazine for 28 seasons.

Over the years the question he has been asked most frequently is "What was Johnny Pesky really like?" or "What is Yaz really like?"

Herb has put together a presentation featuring eight of your favorite former Red Sox players.

Gamba's Gardening Workshop Repot a House Plant Tuesday | August 22 at 12:30 PM

Have you been trying to get that houseplant of yours repotted? Well now is the time. Come to Gamba's Gardening Workshop, "How to re-pot a houseplant". Bring your small house plant and a pot that is 1 size bigger than your original. You will receive instructions, potting soil and rocks for drainage. Presented by: Sharon K. Wilkes, Program Coordinator/Resident Plant Specialist.

The World of Dolls Tuesday | August 29 at 12:30 PM

The doctor is in. Janice McIntyre is a certified Doll doctor and started a business called Jenny Baby's Doll Hospital located in Hopkinton, MA.

She will present on the history of dolls and will display 60+ collectable and antique dolls from the 1800 to modern day. 12 dolls will be given away at the presentation.

Seniors, Children (age 4+) and dolls are welcome to attend!

Sign up for events by calling the Senior Center at 978-443-3055.



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.



Learn more at
www.springwell.com



Same great services

Same great people

Same great community





CHRISTOPHER HEIGHTS™ of Marlborough

AN ASSISTED LIVING COMMUNITY

Private Apartments • New Friendships
A Call Away - 508-281-8001

99 PLEASANT STREET, MARLBOROUGH, MA 01752



www.ChristopherHeights.com



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@lpicommunities.com
(800) 477-4574 x6377

Bonhams SKINNER



Bring it to Bonhams Skinner.
We'll sell it to the world.

We are seeking consignments for our upcoming auctions. Speak with a specialist today for a complimentary valuation.

Contact us
+1 (508) 970 3299
sell@bonhams Skinner.com
skinner.bonhams.com

Skinner Auctions LLC. MA LIC. 2304. 274 Cedar Hill St, Marlborough MA 01752

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



SUDBURY SENIOR CENTER
40 FAIRBANK ROAD
SUDBURY, MA 01776-1681

U.S. Postage
PAID
Sudbury, MA
PERMIT NO. 4



Phone: (978) 443-3055 | Fax: (978) 443-6009

Office Hours: Monday through Friday 9:00 AM - 4:00 PM

Website: www.sudburyseniorcenter.org | Email: senior@sudbury.ma.us



Or Current Occupant

New Horizons Independent Living, Assisted Living, and Memory Care in Marlborough

Live. Learn. Grow. Move to New Horizons and choose from a full schedule of engaging activities. Stimulate your mind at fascinating lectures. Liven up your days with on-site entertainment. Move your body at fitness and Watercise classes. And enjoy new friendships and the sense of community at our active, friendly campus.

Resident Bob lecturing on his photography

For new residents, we will guarantee no increase for SIX YEARS to the basic monthly fee!

400 Hemenway Street, Marlborough | 508-460-5200 | CountryCommunities.com