

**JUNE 2024**

The Wachusett Dam in Clinton Massachusetts, impounds the Nashua River, creating the Wachusett Reservoir. Construction started in 1897 and was completed in 1905. It is part of the Nashua River Watershed. This dam is part of greater Boston's water system, maintained and controlled by the Massachusetts Water Resources Authority (MWRA). When it was completed in 1905, the Wachusett Reservoir was the largest public water supply reservoir in the world. At that time, the Wachusett Reservoir Dam was the largest gravity dam in the world as well. It is still considered the largest "hand dug" dam in the world today.

**WACHUSETT'S DAM**



**HIGHLIGHTS:**

- June 6 GoSudbury Catch Connect
- June 7 Watercolor Workshop
- June 10 Savvy Senior Presentation
- June 11 Father's Day Lunch & Talk
- June 12 Nutrition Counseling
- June 13 Walk-in BP Clinic
- June 18 Android Basics Workshop
- June 21 Closing at 12:00 PM today
- June 20 Piano Concert by Abla
- June 25 Shine Appointments

**MISSION:**

The Sudbury Senior Center's mission is to support the dignity, independence and well-being of Sudbury's older adults and their families by providing programs and services in a welcoming environment for all.

**NOTICE:**

The Senior Center will be closed for the Juneteenth holiday on Wednesday, June 19 and will close at 12:00 PM on Friday, June 21.

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Greetings Friends!

As always, we are so appreciative of our wonderful volunteers for all they do to assist us in offering a welcoming and friendly space and in extending help and services out into the community. We celebrated our volunteers at the Volunteer Appreciation Event on Tuesday, May 7, with entertainment by the Komorebi Jazz Band. A good time was had by all! See photos on page 14.

A new special program offered through the generosity of volunteers is the Memory Training program. Volunteers Paul Marotta, Kim Canning and Danielle Agabedis offered this new evidence-based program on four Wednesdays in May. By all accounts the training was a success and the 12 participants enjoyed and learned from it. Many thanks to the volunteers for taking the training and then leading this new program for our participants. Look for another Memory Training workshop in the fall.

We are always striving to identify needs and to expand our offerings to meet those needs. In recent months, we have seen an increase in requests for information or assistance for people living with Parkinson’s disease. If you are affected by Parkinson’s disease yourself or you are a family member of someone living with Parkinson’s, and you are able, please reach out to us and let us know what type of information or supports might be helpful to you. Email Debra Galloway, Director, at [gallowayd@sudbury.ma.us](mailto:gallowayd@sudbury.ma.us) or call 978-443-3055.

Join us for three special events this month: the **GoSudbury Catch Connect** launch event; a special lunch and learn to honor the Fathers in our community; and a program on “Modern Pronouns” with Julie Nowak, LGBTQIA+ Coordinator with Springwell Elder Services! See you soon!

*Debra*

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## THE GREAT COURSES DVD SERIES

### World's Greatest Paintings

On Zoom ends on June 17

Day: Mondays  
Time: 10:00 - 11:00 AM

Within the vast history of art, only a few paintings allow us to comprehend more deeply the world –and our place within it. The World Greatest Paintings leads you on a discovery of some of the most significant paintings in Western art.

### Music of Richard Wagner

On Zoom during June

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

Richard Wagner was one of history's greatest composers, a theater artist of extraordinary genius and vision, and one of the most controversial characters in the entire pantheon of Western music.

### History of India

On Zoom during June

Day: Wednesdays  
Time: 9:30 - 11:00 AM

India is home to some of the world's oldest, greatest, and most successful civilizations. Today the South Asian subcontinent contains 20 percent of the world's population.

**Current Events: Hybrid Meeting Day: Thursdays Time: 10:00 AM**



Join in this respectful discussion of world events with facilitator Don Sherman.

Participants vote and then talk about various topics.

The groups meets at the Senior Center in Room 2, or you can sign-up and log into Zoom.

Please call the Sudbury Senior to get the Zoom link at 978-443-3055.

### Sister Wendy's American Classics

June 24, July 1, 8, 15, 22 & 29

Mondays, 10:00 AM

"Museums, like theaters and libraries, are a means to freedom. Here, we can move out of our personal anxieties and disappointments into the vast and stable world of human creativity." Sister Wendy Beckett

In this 2001 PBS video, Sister Wendy Beckett comes to America for a spectacular tour that blends art, history, culture and storytelling into one delightful experience. Described as "a phenomenon" by The Washington Post and "a pop star" by The New York Times. Sister Wendy shares her contagious enthusiasm, eloquent descriptions, self-taught expertise and warm humor as she guides you through six of America's greatest art museums. The program is 6 hours long, and we will watch one hour per week.

Please sign up by contacting the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## 4 | ART CLASSES

### Joy of Watercolors Workshops with Angela Ackerman

**Day:** Friday, June 7

**Times:** 11:30 - 1:30 PM or 1:45 - 3:45 PM

**Cost:** \$15.00



in-

#### Floral Still-life Watercolor Workshop

Learn a variety of techniques on painting still life and abstractions. Please bring in a printed photo of your favorite still-life flower or an object with interesting texture, shape and color. All levels and skill sets are welcome. Looking forward to seeing everyone. Please stop by with a check to secure your spot.

#### Drop In Watercolor

**Day:** Friday

**Dates:** June 14 and June 28 - **No class on June 21**

**Times:** 11:30 - 1:30 PM or 1:45 - 3:45 PM

Join us on Fridays and meet some of our wonderful painters. This is a drop-in watercolor class. Get your project done in a relaxing sunny space with other minded artists. Great conversations happen when being creative! All skill levels are welcome in this friendly group.

Get creative, have fun and enjoy the benefits of painting!



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#### Drop-in Crafts, Sewing, Yarn or Art project . . .

**Day:** Thursday

**Date:** June 27

**Time:** 11:30 - 1:30 PM

We  
long



have a beautiful sunny Arts & Crafts room for all to enjoy. There are plenty of tables to work on and we also have a few supplies. Please stop by to start or finish a project that you are working on.

## T'AI CHI No class July 1.

**Mondays | 2:30-3:30 PM | \$48.00**

**Inst:** Jon Woodward **8 wks. May 13—July 15** Jon is a certified T'ai Chi instructor who teaches at several local fitness clubs and senior centers. Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow movements and controlled breathing. This class is great for beginners.

## WELLNESS LAB: MINDFULNESS + MORE

**Wednesdays | 1:00-2:00 PM | \$42.00**

**Inst:** Lisa Campbell **7 wks. June 5—July 31**

**No class July 3.** This class is focused on elevating your well-being. We'll explore topics such as whole brain living, cultivating positive mindsets, and mastering stress. Each class concludes with a heartwarming meditation.

## ZUMBA GOLD

**Thursdays | 11:00-11:55 AM | \$30.00**

**Inst:** Yachun Lin **5 wks. June 6—July 11**

**No class July 4.**

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. Yachun is a certified Zumba Gold Instructor.

## INTERMEDIATE TAP DANCE

**Thursdays | 9:15-10:15 AM | \$36.00**

**Inst:** Susan Craver **6 wks. May 9—June 13**

Tapping is a style of dance that uses your feet/tap shoes as the percussive **instrument**. Susan has been teaching fitness classes for over 25 years.

## Staying Active & Independent for Life

**Thursdays | 9:15-10:00 AM | \$48.00**

**Inst:** Derry Tanner **8 wks. June 6—August 1**

**No class July 4.**

**SAIL** is a safe and effective fitness class **on Zoom**. Increase your strength, balance and flexibility.. Derry is a retired nurse and certified personal trainer.

## FIT FOR THE FUTURE

No class June 19.

**Mondays, Wednesdays & Fridays | 11:00 - 12:00**

**Inst:** Lois Leav. Session: ongoing \$4.00 at the door Lois has been teaching the Fit for the Future class for over 30 years. This class is a mix of low body aerobics and stretching to upbeat music. Accommodations will be made for lower impact exercise. This class is marked safe for beginners. Call to reserve your classes on Friday after 9:30 AM.

## DRUMS ALIVE

**Thursdays | 1:00-1:55 PM | \$30.00**

**Inst:** Yachun Lin **5 wks. June 6 – July 11**

**No class July 4.**

Drums Alive is a unique sensory-motor drumming program involving drum sticks, an exercise ball, and music. It's specially designed for older adults. This seated class will raise your energy, body and mind through neurological pathways.

## CHAIR

## YOGA—HYBRID CLASS

**Fridays | 9:30-10:15 AM | \$48.00**

**Inst:**Rebecca Reber **8 wks. June 21—Aug 30**

**No class July 5,12 & Aug. 16**

Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Rebecca is a 200-hour Yoga Fit Int'l Training System, Inc. RYT certified instructor.

## MAT YOGA

**Fridays | 12:45-1:30 PM | \$48.00**

**Inst:**Rebecca Reber **6 wks. July 19 —Aug 30**

**No class Aug. 16**

We will connect movement and breath as we move into poses. Bring 2 yoga blocks and a yoga belt to class.



**GoSudbury Catch Connect Shuttle Presentation - Thursday, June 6, 1:00 PM**

The GoSudbury Catch Connect shuttle is a new, grant-funded\*, pilot program sponsored by the Sudbury Transportation Committee and the MetroWest Regional Transit Authority (MWRTA). This new microtransit on-demand service will start in Sudbury on July 1, 2024 and is targeted to serve the same population as the subsidized Uber program, although the shuttle is open to everyone as seating is available.

Service will be offered Mondays through Fridays, from 12:00 – 6:00 PM and will be provided by a wheelchair accessible van from the MWRTA. Riders will be able to request a ride as they need it and potentially get picked up within a few minutes to ½ hour. Rides will be within Sudbury and destinations will include stops along Route 20 and nearby to the Target Store in Marlborough. Riders will download the MWRTA Catch Connect Sudbury app onto their smart phones and request rides through the app. (There will be a phone line available for those unable to use the app.)

Sudbury and the MWRTA will offer Catch Connect services free for the first month, to attract users and showcase the new option. After that period, the cost per ride will be \$2. That is \$1 less than the in-town cost of subsidized Uber rides (\$3), and there is no cap on rides.

The MWRTA Catch Connect Sudbury van will be here! Light refreshments provided.

\*Grant award from MassDOT Transit Division. Call the Sudbury Senior Center for more information at 978-443-3055, or email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).



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## PROGRAM HIGHLIGHT

### Technology Support



*Tech Volunteer Jonathan Baron assisting a patron*

Our Senior Center Tech Support Volunteers offer one-on-one assistance to Sudbury seniors with questions about their laptops, smart phones, and iPads. The session can be done in-person at the Senior Center, by phone call or via Zoom.

For more information or to request a tech support session to be scheduled, please contact Janet Lipkin at 978-639-3223.

Note: This is not an urgent-needs service.

### Legal Clinic

The Senior Center is fortunate to have the volunteer service of three attorneys, offering free 20-minute long appointments on the fourth Wednesday of each month during our Legal Clinic. Appointments must be scheduled in advance by calling the Senior Center at 978-443-3055.



### Medical Equipment Loan Closet

We are now accepting pre-approved Medical Equipment returns for the Medical Equipment Loan Closet program on Tuesdays only, between 9:00-11:45 AM.

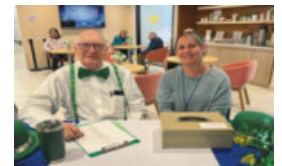
Because of space constraints in the Loan Closet, please contact Janet Lipkin at 978-639-3223 or email [lipkinj@sudbury.ma.us](mailto:lipkinj@sudbury.ma.us), to find out if we are able to accept your return before bringing it to the Senior Center. We plan to begin loaning out equipment and accepting donations of equipment in the future, but for now, we are only restarting Medical Equipment returns.

Please check our website for updates. Thank you!

## WHAT WE DO

### Our volunteers...

- ◆ Make small outdoor or in-garage home repairs
- ◆ Provide technology support
- ◆ Make weekly calls or home visits to seniors
- ◆ Pick up groceries for clients
- ◆ Help out at special events
- ◆ Offer free legal, tax and health insurance advice
- ◆ Deliver books/materials to seniors unable to get to Goodnow Library
- ◆ Pick up donated baked goods from local supermarkets
- ◆ Greet people as they come into the Senior Center
- ◆ Lead classes or programs
- ◆ Assist with monthly newsletter mailings...and much more



*Volunteers help out at the St. Patrick's Day Luncheon*

## 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](mailto:LipkinJ@sudbury.ma.us).

8   JUNE 2024 CALENDAR				
MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
10:00 Cribbage 10:00 Greatest Painting 11:00 Fit for the Future 12:30 Mahjong 2:00 iPhone & iPad Workshop 2:30 Tai Chi	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 10:00 Grief Support Grp. 1:00 SHINE Appts. 2:00 Circle of Friends and Caregiver Support Group (off site)	9:30 History of India 10:00 Mirror & Palette 11:00 Fit for the Future 11:45 Spoonful's Delivery 1:00 Wellness Lab 1:00 Intermediate Bridge 1:30 Let's Play Chess	9:15 Tap Dance 9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 Zumba Gold 12:30 Canasta 1:00 CatchConnect Sudbury 1:00 Low Vision Group 1:00 Drums Alive 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Joy of Water-colors: Still-Life 12:45 Mat Yoga 1:45 Joy of Watercolors: Still-Life
10	11	12	13	14
10:00 Cribbage 10:00 Stamp Club 10:00 Greatest Painting 11:00 Fit for the Future 11:30 Van Trip to Target 12:30 Mahjong 1:00 Savvy Senior Scam Talk 2:30 Tai Chi	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 10:30 Android Phone Workshop 12:00 Father's Day Lunch and Learn 1:00 SHINE Appts.	9:30 History of India 9:30 Great Decisions 10:00 Mirror & Palette 10:00 Nutrition Consults 11:00 Fit for the Future 11:45 Spoonful's Delivery 1:00 Wellness Lab 1:00 Intermediate Bridge 1:30 Let's Play Chess	9:15 Tap Dance 9:15 Staying Active for Life 10:00 Current Events 10:00 Nutrition Counseling 10:30 BP Walk-in Clinic 11:00 Zumba Gold 12:30 Canasta 1:00 Drums Alive 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:45 Mat Yoga 1:45 Watercolors Drop-in
17	18	19	20	21
10:00 Cribbage 10:00 Greatest Painting 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi 3:30 COA Meeting	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 10:30 Android Phone Workshop 1:00 Modern Pronouns: <i>They is Correct</i> 1:00 SHINE Appts. 2:00 Making Memories Café	<b>Juneteenth Holiday</b>  <b>The Sudbury Senior Center Is CLOSED today.</b>	9:15 Tap Dance 9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 Zumba Gold 12:30 Canasta 1:00 Drums Alive 2:00 Piano Concert by Abba 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future ***** <b>The Sudbury Senior Center is closing at 12:00 PM today.</b>
24	25	26	27	28
10:00 Cribbage 10:00 American Classics 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi 2:00 iPhone & iPad Workshop	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 1:00 SHINE Appts.	9:30 History of India 10:00 Informal Grief Sup. 11:00 Fit for the Future 11:45 Spoonful's Delivery 1:00 Wellness Lab 1:00 Intermediate Bridge 1:00 Legal Clinic 1:30 Let's Play Chess 3:30 Turn the Page Book Grp	9:15 Tap Dance 9:15 Staying Active for Life 10:00 Current Events 10:00 Drop in Crafts 10:30 BP Walk-in Clinic 11:00 Zumba Gold 12:30 Canasta 1:00 Drums Alive 2:00 Friends Meeting 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:45 Mat Yoga 1:45 Watercolors Drop-in
FONT COLORS:	On-site events in BLACK	Hybrid events in GREEN	Special Events in RED	Zoom Events in BLUE



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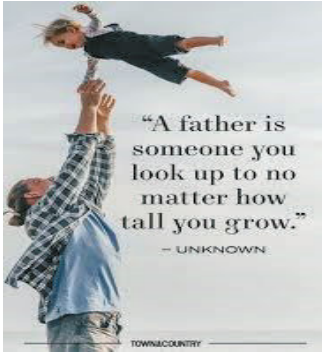


## Father's Day Lunch and Learn

Tuesday, June 11, 2024

Talk at 12:00 PM

Lunch at 12:30 PM



Join us in honor of Father's Day for a delicious lunch along with a presentation from special guest Hunter Chaney, Director of Marketing at the American Heritage Museum (which is located just down the road from the Sudbury Senior Center). Mr. Chaney will discuss the history of the museum, share some slides of the museum's collections and exhibits, and will be available for questions. This is sure to be an interesting presentation!



Please sign up in advance so that we can order enough food. Contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

### SENIOR CENTER STAFF

#### DIRECTOR

Debra Galloway

#### ASSISTANT DIRECTOR/ OUTREACH COORDINATOR

Open position

#### ADMIN COORDINATOR

Chery Finley

#### COORDINATOR OF VOLUNTEER PROGRAMS

Janet Lipkin

#### PROGRAM COORDINATOR

Open position

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Mary Murray/Palig Garabedian

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Wayne Antion

#### TAX WORK-OFF COORDINATOR

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For more information about the **Friends**, 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 of Sudbury Senior Citizens, Inc.**, is a 501C 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.

NOTE: We appreciate the advertisers who support this newsletter, but we cannot endorse any products or services. Production and distribution of this monthly newsletter is partially funded by the State Formula Grant from the MA Executive Office of Elder Affairs.

# 10 | SPECIAL EVENTS



**Savvy Senior Talk**  
**Monday, June 10**  
**at 1:00 PM**

The Massachusetts Office of the Attorney General will share a presentation on the "Savvy Senior," which will provide an overview of the most common current forms of online, mail, or in-person scams and how to avoid them, how to prevent identify theft and steps to take if you experience it, and how to contact the AGO's Elder Hotline.

**Classical Piano Performance**  
**By Abla Shocair and family**  
**Thursday, June 20 at 2:00 PM**

Stop by to hear some beautiful compositions by Beethoven and Brahms. Abla will be joined by her talented grandsons Nooreeddeen Kawaf and Zaineddeen Kawaf.

**Nutrition Counseling**  
**with Traci Robidoux RD,LDN**  
**Wednesday, June 12**  
**10:00 AM—1:00 PM**

Sign up for one-on-one, 30-minute personalized nutrition guidance with Registered Dietitian, Traci Robidoux RD, LDN.

Nutrition counseling can help you understand how diet impacts your overall health, as well as plan healthy meals to fit your nutrition and lifestyle needs.



**To sign-up for any of these special events, please call the Senior Center at 978-443-3055 or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)**

**Modern Pronouns: They is Correct**  
**Tuesday, June 18 at 1:00 PM**

+++++

Using "they and them" in the singular may seem to go against what you learned about grammar in grade school, but you've probably been noticing a lot of people using the pronouns they/ them instead of he/him or she/ her... so many people that Massachusetts now offers M, F, and X gender markers on driver's licenses, and terms such as nonbinary and genderfluid have made it into mainstream media. Wondering what it all means? Would you like to learn more about how using affirming language and pronouns can help you create a more inclusive community? Questions are warmly welcome throughout the presentation. Presented by Julie Nowak (she/ any); LGBTQIA+ Initiative Coordinator at Springwell

**SUDBURY SENIOR SERVICES (for non-urgent needs) call 978-443-3055**

## Home Safety Checks

A collaboration with the Sudbury Fire Department to ensure working smoke and CO alarms in the home of Sudbury residents.

## Tech Support

Volunteers give one-on-one technical help to seniors. By appt. only.

## Legal Clinic

Free 20-minute on-site appointment with a Volunteer Elder Law Attorney, on the 4th Wednesday of the month.

## Phone Buddies

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

## Friendly Visitor Program

Volunteers make weekly outdoor home visits to Sudbury seniors unable to leave their homes .

## Grocery Shopping

Volunteers make weekly visits to supermarkets and deliver food to the homes of Sudbury residents.

## 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. A \$3.00 donation is suggested. Call Springwell, Inc. at 508-573-7200.



Hello, my name is Katie and I am the new public health registered nurse for the Town of Sudbury. I have experience working in both inpatient and outpatient clinical settings in and around the Boston area which have included long term acute care, renal care, endocrinology, oncology, and hematology. In addition to being a registered nurse, I also have a bachelor's degree from the University of Vermont in Nutrition and am an avid runner and fitness enthusiast. I am hoping to utilize my nutritional background and apply my experience in healthcare towards the benefit of the community. As I transfer into this new role of public health, I will continue to educate and engage with the people of the Sudbury by continuing to run the weekly blood pressure clinic, provide flu and vaccine clinics as needed, and act as a resource for any health concerns or questions. As we continue to grow and evolve as a community, I am looking forward to learning and building upon what the needs of the town are, as well as, how to best aid in the betterment and welfare of the public. Please feel free to stop in and say hello, I always have an open door!

## Sudbury Senior Center Circle of Friends and Caregiver Support Group -Tuesday, June 4 at 2:00

The Sudbury Senior Center partners with Orchard Hill Assisted Living to offer a community engagement program for persons with dementia, providing activities and socialization, while their care partners attend a monthly Support Group. The Caregiver Support Group is hosted by Facilitator Susan Maki and runs concurrently.

**This programs is held on the first Tuesday of the month from 2:00 -3:30 PM at "Orchard Hill Assisted Living".**

Space is limited and registration is required by leaving a message for Janet Lipkin, Coordinator of Volunteer Programs, at 978-639-3223.

## MAKING MEMORIES CAFÉ

**Tuesday | June 18**

**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](mailto:senior@sudbury.ma.us)

## HEARING CLINIC

**Friday | June 14**

**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 4**

**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 at 978-443-3055.

## BLOOD PRESSURE WALK-IN CLINIC

**Every Thursday in June from 10:30 - 11:30 AM with BOH Nurse Katie Betts**

## LOW VISION SUPPORT GROUP

**Thursday | June 6**

**1:00 - 2:00 PM**

Join this helpful support group that is led by visually impaired coordinators. Meets on the 1st Thursday of the month. In conjunction with Mass Association for the Blind and Visually Impaired.

**Sudbury Connection Van  
Trip to Target in Marlboro**

**Monday | June 10**



Pick-up time: 11:30 AM  
Drop Off at Target: 12:00 PM  
Return home: 1:00 PM

Registered van riders, please contact the MWRTA Reservation Center at 508-820-4650 two days in advance to schedule your ride to Target.

Note: Van trips to Target take place on the 2nd Monday of the month.

**Summer heat will be here before you know it!**

When temperatures are above 90 degrees Fahrenheit, adults aged 65+ are at a greater risk of side-effects. Protect yourself and those you care for from potential illness by taking these steps:

**Limit sun exposure and stay indoors.**

**Slow down and take it easy.** Limit exercise and activity during extreme heat; rest more.

**Drink more water than normal** and do so before you feel thirsty.

**Turn on your air conditioning** if you have it.

If your home doesn't have air conditioning or if there is a power outage:

Spend the warmest part of the day in air-conditioned public spaces such as libraries, shopping centers, the Senior Center; or at friends/family with a/c.

**Don't rely on fans as your main source for cooling.** Fans by themselves won't prevent heat-related illness when the temperature is over 95 degrees Fahrenheit.

**Seek medical care immediately** if you or someone you know has symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

For more information, please go to this link: <https://www.mass.gov/info-details/preparing-for-extreme-heat> or ask us for the Heat flyer! Contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). Excerpted from the State of Mass. Executive Office of Elder Affairs

**TECH Workshops**

**iPhone & iPad Workshops with Kevin Figueroa**

**Monday, June 3 from 2:00 PM - 4:00 PM**

**Taking and Organizing Photos on iPhone**

In this class, we dive into the Camera App exploring different features of the camera and adjustments that can be made for taking pictures in different settings. We also go into Photos and discuss organizing photos into Favorites and Albums.

**Monday, June 24 from 2:00 - 4:00 PM**

**Exploring Outdoor Photography on iPhone**

Following an introduction where we discuss photography concepts, we will learn about different photography techniques like portrait mode, panoramic photos, and more. .

Sign up now by calling at 978-443-3055.

**Android Basics Workshops**

**with Jonathan Baron**

**Tuesday, June 11 from 10:30 AM – 12:00 PM**

**Android Phone Basics #3**

**Tuesday, June 18 from 10:30 AM – 12:00 PM**

**Android Phone Basics #4**

Instructor Jonathan Baron is a retired engineer with 40 years of computer experience.

Sign up now by calling at 978-443-3055.

## Sudbury Senior Trips

**August 19<sup>th</sup>, 2024** - Foxwoods- Come ride with us to the casino in CT. Try your luck at the slots or tables. This is transportation only . **\$39.00** (Bloom)

**September 10-12<sup>th</sup> 2024** - Multi -Day trip to Bar Harbor and Acadia National Park. We will also be stopping in Portland and Freeport ME. **\$749.00 pp D0** (Best Of Times) Single rooms also available.

**October 23, 2024** - Fall Foliage Train Ride on the Winnepesaukee Railroad with luncheon from Hart's Turkey Farm right onboard. BYOB! **\$127.00** (Royal Tours )

**December 2024**- Reagle Theater and lunch at the Chateau in Waltham. More details coming...

## Collette Tours Trip Meeting

In addition, Collette Tours will be at the Senior Center on Friday, August 9 at 11:00 AM to present 3 over-night trips we will be offering in 2025. The trips will be Savannah Ga /Charleston NC Departing - April 21, 2025, Mackinac Island including the Tulip Festival - May 2025 and lastly Napa Valley (wine country) with Yosemite National Park which departs in the fall of 2025. Call the Senior Center at 978-443-3055 to sign-up.

## American Heritage Museum Pass



Have you visited the American Heritage Museum in Stow? Now  
is your chance.

The Friends of Sudbury Seniors Sudbury Senior Trips purchased a pass for Sudbury seniors to visit the museum This allows 2 adults and 2 children into the museum at no charge; but is not applicable for special events. The Pass is available to be signed out from the Senior Center Front Desk on Wednesdays and Fridays.

If you pick up the pass on Wednesday morning, please return it by Thursday before 4:00 PM; if you pick up the pass on Friday, please return it by Monday at 4:00 PM.

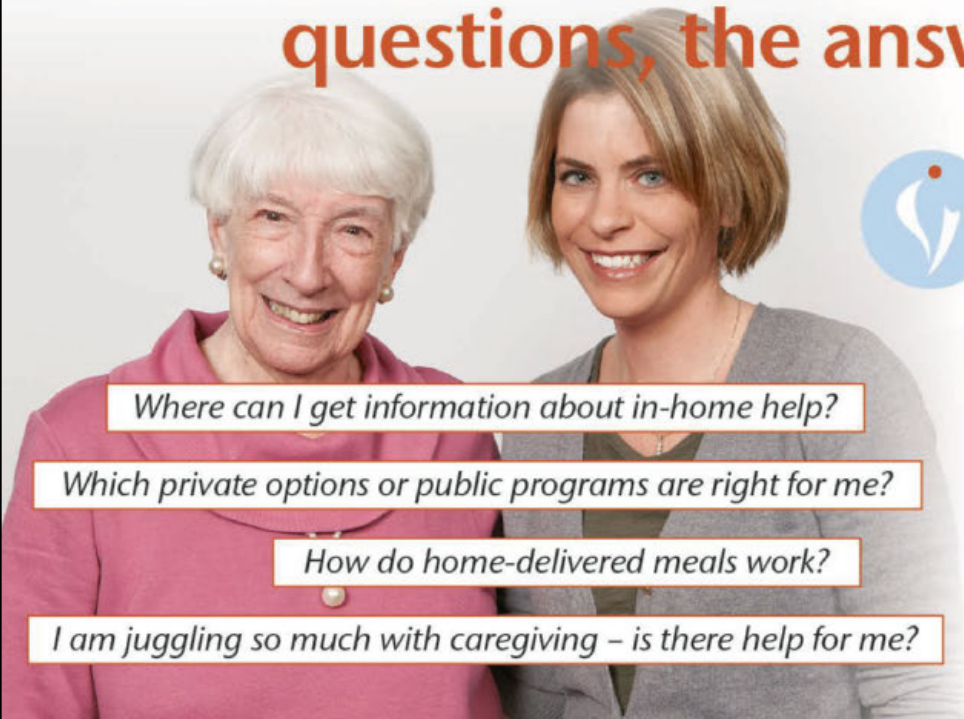
In order to ensure the pass is returned, we are asking that you leave a \$25.00 check with us, which will be returned when you bring back the pass. You may reserve the pass up to one week in advance.

The museum is open 10:00 AM – 5:00 PM, Wednesdays – Sundays For more museum information, please go to their website at: <https://www.americanheritagemuseum.org/> or call the American Heritage Museum at 978-562-9182.

# | 14 VOLUNTEER APPRECIATION OPEN HOUSE 5/7/24



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