



The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

JULY/AUGUST 2025

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**Friday, July 4th is
Independence Day.**

The Senior Center is CLOSED

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JULY & AUGUST REGISTRATIONS:

**** Registration for July****

Registration for both fitness AND non-fitness July activities will begin on Tuesday, July 1st for Sudbury residents and Wednesday, July 2nd for non-residents.

**** Registration for August****

Registration for August's non-fitness activities will begin on Friday, August 1st for Sudbury residents, and Monday, August 4th for non-residents.

For registration: Contact the Sudbury Senior Center at (978) 443-3055 or email: senior@sudbury.ma.us

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.



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.

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

2 | NOTES FROM THE DIRECTOR

Welcome to Summer at the Sudbury Senior Center!

It's hard to believe I've already been in the director role at the Sudbury Senior Center for two months—time truly flies. A heartfelt thank you to everyone who attended our June Meet and Greet, and to those who've stopped by to say hello over the past couple of months. It's been a pleasure getting to know so many of you. If we haven't met yet, please come by—I'd love to hear your ideas for future programs and events.

We've been busy planning some exciting new offerings for this summer. Here's a sneak peek at what's coming up:

National Day Celebrations: We're kicking off fun monthly celebrations like National Blueberry Muffin Day and National Chocolate Chip Day. Cool off, enjoy a treat, and meet new friends.

Matinee Mondays: Join us every Monday afternoon for a movie/docuseries and enjoy some fresh popcorn. Bring a friend!

Red, White, and Blue Celebration (July): Dress in your patriotic best and enjoy a festive lunch with live music.

August Red Sox Luncheon: Have lunch with friends while cheering on the Red Sox during a live game viewing.

Lunch & Learn Series: *In July;* Learn about Medical Orders for Life-Sustaining Treatment (MOLST). *In August;* Stay informed with our "Seniors and Scams" session to learn how to protect yourself against common scams targeting seniors.

Tea, Treats & Trivia: Sip tea, enjoy some goodies, and challenge your trivia skills in a fun social setting.

Themed Wednesdays: Enjoy something new each month. Take a peak inside to see the theme for July and August.

Weekly Van Trips: Weekly shopping trips to Market Basket and a special trip to Trader Joe's. Call ahead to reserve your seat.

Outdoor Games: Try our new lawn games—bocce, horseshoes, and cornhole—thanks to The Friends of The Sudbury Senior Citizens, Inc. for these wonderful outdoor games. Summer is the perfect time to try something new, enjoy the outdoors, and connect with others.

We are looking for a Bingo caller for fall programming. Stop by at the front desk to let us know if you're interested in being one.

Stay cool, take care and hope to see you soon at the Center!

~Nickole

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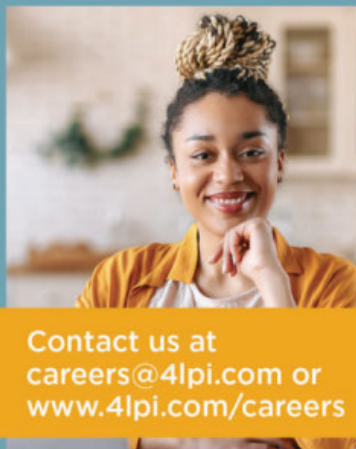
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JULY LUNCHEON & SPECIALS | 3

JULY REGISTRATION: Tuesday, July 1st for Sudbury residents and Wednesday, July 2nd for non-Sudbury residents. To register call (978) 443-3055 or email: senior@sudbury.ma.us



Red, White and Blue Lunch Celebration with Chris Carter entertainment

Tuesday, July 15

12:30 PM - 2:30 PM

Celebrate America's Independence Day with your friends at the Senior Center. Enjoy a festive **Red, White & Blue Lunch** featuring **burgers, mac & cheese**, and sweet treats like **watermelon and ice cream sandwiches**. Enjoy lunch as the smooth acoustic sounds of **Chris Carter**, entertain you in the background. Space is limited and registration is required.

Registration deadline is Tuesday, July 8.

National Blueberry Muffin Day with Jill Dube

Friday July 11

10:00AM - 11:00 AM

Come celebrate National Blueberry Muffin Day with us. Enjoy a fresh blueberry muffin and a cup of hot coffee while chatting with Jill Dube, our friendly Assistant Director and Outreach Coordinator. It's the perfect way to start your day with good conversation and a sweet treat. Registration is required.



Waffle Cone Wednesdays

WED. 07/02, 07/09, 07/16, 07/23, 07/30

1:00 PM - 2:00 PM

Take a break from the heat and cool off with us **every Wednesday in July**. Enjoy a delicious waffle cone ice cream treat, socialize with friends, and join in on some fun, ice cream-themed games. It's the perfect midweek pick-me-up.

Registration is required.

Tea, Treats & Trivia

Tuesday, July 29

1:00 PM - 2:00 PM



Join us for a delightful afternoon of tea, cookies, and fun trivia. Sip on tea, nibble on sweet treats, and test your knowledge with Nickole as your trivia host. Bring your favorite tea cup or use one of our fancy English tea cups—either way, it's sure to be a charming time. Bonus points and bragging rights if you wear a pearl necklace. Registration is required.

Pathways Coffee Hour

Wednesday, July 9

2:00 PM - 3:00 PM



Hosted by Julie Nowak (she/any), the LGBTQIA+ coordinator at Springwell, LGBTQIA+ older adults and allies are all welcome to come on in and enjoy some coffee and light refreshments while chatting about this'n that... Registration is required.

Medical Orders for Life-Sustaining Treatment Lunch and Learn



Tuesday, July 22

Lunch & talk: 12:00 PM - 1:00 PM

Join us for lunch and an important talk about the **Medical Orders for Life-Sustaining Treatment (MOLST)** form presented by Denise Roskamp, Owner and President of Home Helpers of MetroWest. Discover how this crucial document safeguards your healthcare preferences and ensures that your wishes are honored. Gain valuable insights & have your questions answered while learning to make informed decisions about your future care. **Deadline to register: 07/17**



Matinee Monday

Mondays at 1:00 PM

Escape the heat and join us for "Matinee Monday" at the Senior Center! Come on in at 12:30 PM, grab a bag of popcorn, and get settled as the starts promptly at 1:00 PM. Registration required.

Monday, July 7 Glass Onion: A Knives out Mystery (2022)

Rated PG-13

2hrs, 19 mins

Monday, July 14 The Guernsey Literary & Potato Peel Pie Society (2018)

Rated PG

2hrs, 3 mins

4 | TECHNOLOGY

JULY REGISTRATION: Tuesday, July 1st for Sudbury residents & Wednesday, July 2nd for non-residents.
To register for any of our classes, call the Senior Center at (978) 443-3055 or email: senior@sudbury.ma.us

iPhone Clinics

Helpful iPhone Tools Part I	Tuesday, July 8	2:00 PM — 3:00 PM
Class covers different tools and features built into the iPhone. Learn how to find lost items, share locations with friends and family, create helpful to-do lists, and customize various helpful tools found in the Control Center.		
Helpful iPhone Tools Part II	Tuesday, July 15	2:00 PM — 3:00 PM
Class covers even more essential tools included in the iPhone and iPad. Learn how to set up Medical IDs for emergencies, use Apple Wallet and Apple Pay to store cards on your devices, make contactless payments, and use the Translate app to have conversations in different languages.		
Using iPhone for Health and Emergencies	Tuesday, July 22	2:00 PM — 3:00 PM
Class explores how the iPhone can help in different emergency situations and offer insight into your health. Learn how to set up emergency contacts, use the SOS feature, turn on voice activation, and use the Health app to find patterns and changes in your physical well-being.		
Navigating the Settings	Tuesday, July 29	2:00 PM — 3:00 PM
General overview of the iPhone and iPad Settings app, guiding participants through customization options and empowering them to optimize their device for personalization, security, and ease of use.		

iPhone Small Group Workshops

<u>2 Workshops:</u> Friday 07/11 and Friday 07/25	2:00 PM—3:00 PM
Sign up for one of our small iPhone Group discussions to review specific questions. Come prepared. Registration is required. 8 participants maximum.	

Android Classes

Google Calendar	Date: Tuesday, July 22	Time: 10:00 AM—11:00 AM
Intro to AI	Date: Tuesday, July 29	Time: 10:00 AM—11:00 AM
Android classes with Jon Baron. Whether you're new to smartphones or looking to brush up on your skills, Jon will guide you through the essentials. Bring your android device and your questions. Registration is required.		

Walk-in Tech Help

Need help with your technology? Have a question about your phone, tablet, or other device? Whether it's figuring out how to play a video someone texted you, installing and using a new app on your iPhone or Android, or adding a background to your Zoom calls, our Tech Volunteers are here to help! Stop by the walk-in clinic on Thursdays in July and August from 9:30 AM to 11:00 AM. This is a drop-in session. No registration is required.

Note: You will be asked to sign a liability waiver.

OUTREACH PROGRAMS

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 the following link:

<https://www.mass.gov/info-details/preparing-for-extreme-heat>

VOLUNTEER PROGRAMS

From the Coordinator of Volunteer Programs

Welcome to summer! Lots of things slow down in the summer, but not our volunteers. They are available to help. If you're interested in signing up for help with grocery shopping or picking up library books, or if you're interested in a weekly phone call or a visit, give me a call. I would love to explain our programs and find you a volunteer who can help. Call the Senior Center at (978) 443-3055 and ask to speak with Sarah.

CHECK THIS OUT

Tech with Teens

Fridays in July : 07/11, 07/18, 07/25

Do you have questions about apps like Snapchat, Instagram, TikTok, or YouTube, or just want to chat with a teen about how they use and relate to technology? If so, then be sure to attend one of our Tech with Teens drop-in clinics to be held this summer at the Senior Center.

On Fridays, from 11:00AM –12:30PM, local teens will be here to answer your questions. No registration is required.

Program will run from Friday July 11th through August 15th.

JULY ART PROGRAMS

NO watercolor workshops in July

Workshops to resume in August.
Contact the Senior Center in August to register.



Drop - In Watercolor Sessions

Dates: 07/11, 18, 25

Times: 11:30 AM—1:30 PM OR 1:45 PM—3:30 PM

This is a drop-in group. All skill levels are welcome. Bring your on-going or new projects and work in a relaxing sunny space with other like-minded artists. Come meet some of our wonderful painters.

Please note: This is **NOT** an instructor lead session.

July Registration for both Fitness and Non-Fitness activities begin on Tuesday, July 1st for Sudbury residents and Wednesday, July 2nd for non-residents. Call (978) 443-3055 or email: senior@sudbury.ma.us

6 | VAN TRIPS IN JULY

Trader Joe's in Framingham



Monday, July 14

Pick up time from home: 11:30 AM

Drop Off at: 12:00 PM

Return home: 1:00 PM

Market Basket Maynard (Digital Plaza)



Date: Every Tuesday in July

Pick up time from home: 10:00 AM

Drop Off: 10:30 AM

Return home: 11:30 PM

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



Did you know? We are now on Facebook!

Like and follow our Page and Share!

MONTHLY GROUP MEETINGS

Photography Discussion Group



Date: Tuesday, July 15

Time: 10:30 AM— 12:00 PM

Interested in Photography? So are we. Come help us share that wonderful world with others whether it be via Smart phone, DSLR or mirrorless camera. Beginners and pros are all welcome. This is a drop-in session.

Desi Chai and Chat



Date: Friday, July 18

Time: 10:00 AM— 12:00 PM

A meet up of South Asian Americans to connect with each other. Come enjoy some tea, conversations and camaraderie. Great way to meet your neighbors! All are welcome. We generally play a round of bingo at the end. If you would like to participate, please bring \$1 exact change. This is completely optional. Space is limited. Register by contacting the Senior Center by Monday, July 15.

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Registration for Summer Fitness 1: Sudbury residents 07/01 - 07/03 Non-Sudbury residents: 07/02 - 07/03

FIT FOR THE FUTURE - Drop In

Mondays, Wednesdays & Fridays | 11:00—12:00PM
Session: ongoing, \$4.00 at the door.

Lois Leav has been teaching the Fit for the Future class for over 30 years. This class is a mix of low impact body aerobics and stretching to upbeat music. This class is marked safe for beginners.

****Space is limited****

T'AI CHI

Mondays | 2:30 — 3:30 PM
July 07 — July 28 (4 wks.) **Fee: \$24.00**

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. Instructed by Jon Woodward, this is a great class for beginners. **NO CLASSES IN AUGUST.**

ZUMBA GOLD

Tuesdays | 9:30 — 10:25 AM **NO CLASS 08/19**
July 8 — August 26 (7 wks.) **Fee: \$42.00**
OR

Thursdays | 1:00 — 1:55 PM **NO CLASS 08/21**
July 10 — August 28 (7 wks.) **Fee: \$42.00**

Zumba Gold is a fun cardio class with low impact movements that are gentle on your joints. Each class is like a dance party with easy-to-follow steps. Instructed by Yachun Lin. All levels welcome.

MINDFUL LIVING

Wednesdays | 1:00 — 2:00 PM
July 9— August 27 (8 wks.) **Fee: \$40.00**

Gather with Lisa Campbell to relax and renew in this workshop that encompasses breathwork, meditation, mindfulness, stress management, and community building. All levels welcome.

TAP DANCE

Thursdays | 9:15 — 10:15 AM

NO TAP CLASSES FOR THE MONTH OF JULY OR AUGUST

STRENGTH & BALANCE

Tuesdays (In-Person only) | 11:00 — 12:00 PM
July 8— August 26 (8 wks.) **Fee: \$48.00**
OR

Thursdays (HYBRID) | 10:30 — 11:30 AM
July 10— August 28 (8 wks.) **Fee: \$48.00**

This beginner class is great for increasing strength, balance and flexibility. Instructor Derry Tanner is a retired nurse and certified personal trainer.

DRUMS ALIVE

Tuesdays | 1:00 — 2:00 PM **NO CLASS 08/19**
July 8 — August 26 (7 wks.) **Fee: \$42.00**

Drums Alive is a unique sensory-motor drumming program involving drum sticks, an exercise ball, and music. Instructed by Yachun Lin, this class is sure to raise your energy. All levels welcome.

CHAIR YOGA

Thursdays (In-Person Only) | 9:15 — 10:00 AM
July 17— August 28 (6 wks.) **Fee: \$36.00**
Limit 16 participants/class **NO CLASS 08/07**
OR

Fridays (HYBRID) | 10:15 — 11:00 AM
July 18 — August 29 (6 wks.) **Fee: \$36.00**
Limit 16 In-person/ Zoom **NO CLASS 08/08**

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

MAT YOGA

Fridays | 9:15 - 10:00 AM **NO CLASS 08/08**
July 18— August 29 (6 wks.) **Fee: \$36.00**

Rebecca Reber will help you connect movement and breath as you move into poses. Bring 2 yoga blocks and a yoga belt. All levels welcome.



8 | JULY CALENDAR

Registration for BOTH Fitness & Non-fitness for JULY starts on: 07/01—Sud. Res. 07/02—Non-Res.

Tuesday 1
9:30 Ping Pong
10:00 Grief Support
10:00 Van: Market Bskt
1:00 Drums Alive
2:00 Circle of Friends & Caregivers

Wednesday 2
9:30 Ind. Revolution
11:00 Fit for the Future
12:00 Spoonfuls
1:00 Waffle cone Wed.
1:00 Chess for All
1:00 Bridge

Thursday 3
10:00 Current Events
12:30 Canasta
12:30 Game Central
2:30 Connection Circle

Senior Center is closed



Monday 7
10:00 Dutch Masters
10:00 Cribbage
11:00 Fit 4 the Future
12:30 Mahjong
1:00 Matinee Monday
2:30 Tai Chi (4 class session in July)

Tuesday 8
9:30 Ping Pong
9:30 Zumba Gold
9:30 Greatest Orch.
10:00 Van: Market Bskt.
11:00 Strength & Bal.
1:00 Drums Alive
2:00 iPhone Clinic

Wednesday 9
9:30 Great Decisions
11:00 Fit for the Future
12:00 Spoonfuls
1:00 Waffle cone Wed.
2:00 Pathways Coffee Hour
1:00 Mindful Living
1:00 Chess for All
1:00 Bridge

Thursday 10
9:00 NO TAP IN JULY
9:15 NO Chair Yoga (IP)
9:30 Walk-in Tech
10:00 Current Events
10:30 Strength & Bal.
12:30 Canasta
12:30 Game Central
1:00 Zumba
2:30 Connection Circle

Friday 11
9:30 Hearing Clinic
10:00 Natl. Blueberry Muffin Day
11:00 Fit for the Future
11:00 Tech with Teens
11:30 Drop-in Waterclr.
2:00 iPhone Small Grp.
1:45 Drop-in Waterclr.

Monday 14
10:00 Dutch Masters
10:00 Cribbage
10:00 Stamp Club
11:00 Fit 4 the Future
11:30 Van:Trader Joe's
12:30 Mahjong
1:00 Matinee Monday
2:30 Tai Chi
3:30 COA Meeting

Tuesday 15
9:30 Ping Pong
9:30 Zumba Gold
9:30 Greatest Orch.
10:00 Van: Market Bskt.
10:30 Photo. Group
11:00 Strength & Bal.
12:30 Red, White, Blue
1:00 Drums Alive
2:00 iPhone Clinic

Wednesday 16
9:30 Ind. Revolution
11:00 Fit for the Future
12:00 Spoonfuls
1:00 Waffle cone Wed.
1:00 Mindful Living
1:00 Chess for All
1:00 Bridge

Thursday 17
9:15 Chair Yoga (IP)
10:00 Current Events
10:30 Strength & Bal.
12:30 Canasta
12:30 Game Central
1:00 Low Vision
1:00 Zumba
2:30 Connection Circle

Friday 18
9:15 Mat Yoga
10:15 Chair Yoga
10:00 Desi Chai & Chat
11:00 Fit for the Future
11:00 Tech with Teens
11:30 Drop-in Waterclr.
1:45 Drop-in Waterclr.
2:00 iPhone Clinic

Monday 21
10:00 Dutch Masters
10:00 Cribbage
11:00 Fit 4 Future
12:30 Mahjong
1:00 Matinee Monday – Start Docuseries
2:30 Tai Chi

Tuesday 22
9:30 Ping Pong
9:30 Zumba Gold
9:30 Greatest Orch.
10:00 Van: Market Bskt.
10:00 Google Calendar-Android Class
11:00 Strength & Bal.
12:00 MOLST L&L
1:00 Drums Alive
2:00 iPhone Clinic

Wednesday 23
9:30 Great Decisions
11:00 Fit for the Future
12:00 Spoonfuls
1:00 Waffle cone Wed.
1:00 Mindful Living
1:00 Chess for All
1:00 Bridge

Thursday 24
9:15 Chair Yoga (IP)
10:00 Current Events
10:30 Strength & Bal.
12:30 Canasta
12:30 Game Central
1:00 Zumba
1:00 Friends Meeting
2:30 Connection Circle

Friday 25
9:15 Mat Yoga
10:15 Chair Yoga
11:00 Fit for the Future
11:00 Tech with Teens
11:30 Drop-in Waterclr.
1:45 Drop-in Waterclr.
2:00 iPhone Small Grp.

Monday 28
10:00 Dutch Masters
10:00 Cribbage
11:00 Fit 4 the Future
12:30 Mahjong
1:00 Matinee Monday – Docuseries cont'd.
2:30 Tai Chi (Last class in July)

Tuesday 29
9:30 Ping Pong
9:30 Zumba Gold
9:30 Greatest Orch.
10:00 Van: Market Bskt.
10:00 Intro to AI-Android Class
11:00 Strength & Bal.
1:00 Drums Alive
1:00 Tea, Treats & Trivia
2:00 iPhone Clinic

Wednesday 30
9:30 Ind. Revolution
11:00 Fit for the Future
12:00 Spoonfuls
1:00 Waffle cone Wed.
1:00 Mindful Living
1:00 Chess for All
1:00 Bridge

Thursday 31
9:15 Chair Yoga (IP)
10:00 Current Events
10:30 Strength & Bal.
12:30 Canasta
12:30 Game Central
1:00 Zumba

EVENT COLORS:
GREEN—Hybrid
PURPLE—Off Site
BLUE— Zoom
RED— Special
BLACK— Regularly Scheduled

<u>Registration for AUGUST</u> <u>Non-fitness activities starts on:</u> <u>08/01 For Sud. Res.</u> <u>08/04 For Non. Res.</u>	 	EVENT COLORS: GREEN —Hybrid PURPLE —Off Site BLUE — Zoom RED — Special BLACK — Regularly Scheduled		Friday 1 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:00 Tech with Teens 11:30 Drop-in Waterclr. 1:45 Drop-in Waterclr.
Monday 4 10:00 ZOOM Art TBD 10:00 Cribbage 11:00 Fit for the Future 12:30 Mahjong 1:00 Matinee Monday 2:30 NO TAI CHI IN AUGUST	Tuesday 5 9:30 Zumba Gold 9:30 Greatest Orch. 10:00 Grief Support 10:00 Van: Market Bskt 11:00 Strength & Bal. 1:00 Drums Alive 2:00 Circle of Friends and Caregivers	Wednesday 6 9:30 Great Decisions 11:00 Fit for the Future 12:00 Spoonfuls 1:00 Watermelon Wed. 1:00 Mindful Living 1:00 Chess for All 1:00 Bridge	Thursday 7 9:00 NO TAP IN JULY 9:15 NO Chair Yoga (IP) 10:00 Current Events 10:30 Strength & Bal. 12:30 Canasta 12:30 Game Central 1:00 Zumba 2:00 Nat'l Choc Chip Day 2:30 Connection Circle	Friday 8 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Drop-in Waterclr. 2:00 iPhone Small Grp. 1:45 Drop-in Waterclr.
11 10:00 ZOOM Art TBD 10:00 Cribbage 11:00 Fit for the Future 10:00 Stamp Club 11:30 Van:Trader Joe's 12:30 Mahjong 1:00 Matinee Monday	12 9:30 Zumba Gold 9:30 Greatest Orch. 10:00 Van: Market Bskt 10:30 Photo. Group 11:00 Strength & Bal. 11:00 Social Media—Android Class 1:00 Drums Alive 2:00 iPhone Clinic	13 9:30 Ind. Revolution 10:00 Collette Trips Mtg. 11:00 Fit for the Future 12:00 Spoonfuls 1:00 Watermelon Wed. 1:00 Art 4 All workshop 1:00 Mindful Living 1:00 Chess for All 1:00 Bridge 2:00 Pathways Coffee Hr	14 9:15 Chair Yoga (IP) 10:00 Current Events 10:30 Strength & Bal. 12:30 Canasta 12:30 Game Central 1:00 Zumba 2:30 Connection Circle	15 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:00 Tech with Teens 11:30 Drop-in Waterclr. 1:45 Drop-in Waterclr.
18 10:00 ZOOM Art TBD 10:00 Cribbage 11:00 Fit for the Future 12:30 Mahjong 1:00 Matinee Monday	19 9:30 Zumba Gold 9:30 Greatest Orch. 10:00 Van: Market Bskt 10:30 Photo. Group 11:00 Strength & Bal. 12:00 Seniors & Scams Lunch & Learn 1:00 Drums Alive 2:00 iPhone Clinic	20 9:30 Great Decisions 11:00 Fit for the Future 12:00 Spoonfuls 1:00 Watermelon Wed. 1:00 Mindful Living 1:00 Chess for All 1:00 Bridge 2:00 Tea, Treats & Trivia	21 9:15 Chair Yoga (IP) 10:00 Current Events 10:30 Strength & Bal. 12:30 Canasta 12:30 Game Central 1:00 Low Vision 1:00 Zumba 1:00 Friends Meeting 2:30 Connection Circle	22 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:00 Tech with Teens 11:30 Exploring Line & Watercolor Workshop 1:45 Exploring Line & Watercolor workshop 2:00 Ice Cream Truck 2:00 iPhone Small Grp.
25 10:00 ZOOM Art TBD 10:00 Cribbage 11:00 Fit for the future 12:30 Mahjong 1:00 Matinee Monday	26 9:30 Zumba Gold 9:30 Greatest Orch. 10:00 Shop Safely Online— Android Class 10:00 Van: Market Bskt 11:00 Strength & Bal. 1:00 Drums Alive 2:00 iPhone Clinic	27 9:30 Ind. Revolution 11:00 Fit for the Future 12:00 Spoonfuls 1:00 Watermelon Wed. 1:00 Mindful Living 1:00 Chess for All 1:00 Bridge	28 9:15 Chair Yoga (IP) 10:00 Current Events 10:30 Strength & Bal. 12:30 Canasta 12:30 Red Sox vs. Orioles Game & Lunch 1:00 Zumba 2:00 iPhone Clinic 2:30 Connection Circle	29 9:15 Mat Yoga 10:00 Desi Chai & Chat 10:15 Chair Yoga 11:00 Fit for the Future 11:00 Tech with Teens 11:30 Drop-in Waterclr. 1:45 Drop-in Waterclr.

10 | AUGUST LUNCH & SPECIALS

Take me out to the Ballgame:

Lunch and Red Sox Game

Thursday, August 28

Lunch 12:30 PM

Game 1:00 PM

Join us for a fun afternoon of lunch and baseball at the Senior Center. On the menu are burgers and mac and cheese. Watermelon and popsicles too! Watch the game and enjoy classic snacks of popcorn and peanuts. Register deadline is 08/14.

Seniors and Scams Lunch & Learn

Tuesday, August 19

12:00 PM—1:00 PM

Come listen to this informative talk presented by Align Credit Union while you enjoy a box lunch. This session is designed to help seniors recognize and protect themselves from common scams. Learn strategies to protect yourself and how to access resources for reporting scams and financial abuse.

Registration is required and the deadline is 08/08.

Teas, Treats & Trivia with Jill

Wednesday, August 20

2:00 PM— 3:00 PM

Sip on tea, nibble on sweet treats, and test your knowledge with Jill as your trivia host. Bring your favorite tea cup or use one of our fancy English tea cups—either way, it's sure to be a charming time. Registration is required.

Whacky Watermelon Wednesdays

Wednesdays in August

1:00 PM— 2:00 PM

Take a break from the heat and come in and cool off with some refreshing watermelon. Play some fun watermelon themed games and enjoy some good company.

Exploring Line & Watercolor Workshop

Friday August 22

Times: 11:30 AM—1:30 PM

1:45PM— 3:30 PM

Watercolor workshop with Angela Ackerman. Class fee is \$15 and registration is required.

Art for All Workshop

Wednesday, August 13

2:00 PM—3:00 PM

Come create some art with supplies donated by the Sudbury Art Association under the Community Art Connection program. Registration is required for this event. Supplies are limited to 15 Participants.

Juniper Ice Cream Truck

Friday August 22

2:00 PM- 3:00 PM

The Ice cream truck will be at the Senior Center. Come on in and enjoy a cool treat. Registration is required.

National Chocolate Chip Cookie Day with Jill

Thursday, August 7

2:00 PM- 3:00 PM

Come celebrate National Chocolate Chip Cookie Day with us. What a sweet mid-afternoon break! Registration required.



Matinee Monday

Monday 07/21— Monday 08/25

1:00 PM—2:00 PM

Starting on Monday, July 21, join us as we start the 6 episode docuseries entitled “**Our Great National Parks**”. This stunning docuseries, narrated by former President Barack Obama, shines the spotlight on some of the planet’s most spectacular national parks. Grab a friend, come on in, get settled with some popcorn and enjoy the show. We will watch one episode per week. Episode length is approximately an hour each. Registration is required and space is limited.

AUGUST NON-FITNESS ACTIVITIES REGISTRATION:

Friday, August 1st for Sudbury residents and Monday, August 4th for non-Sudbury residents
To register for any of our classes, call (978) 443-3055 or email: senior@sudbury.ma.us

iPhone Clinics

Personalizing Your Device—Part I **Tuesday, August 12** **2:00 PM - 3:00 PM**

Learn about different ways to customize the iPhone and iPad to suit your preferences better. Topics include reorganizing Home Screens, creating folders, changing the appearance of our displays, and changing the image used for the wallpapers and Lock Screens.

Personalizing Your Device - Part II **Tuesday, August 9** **2:00 PM - 3:00 PM**

Learn to add helpful widgets to your Home Screens, choose which apps can send you notifications, and explore more deeply the options for customizing wallpapers and Lock Screens.

Back to Basics **Tuesday, August 26** **2:00 PM - 3:00 PM**

Introductory class introducing new users to the basics of using the iPhone and iPad including topics such as the hardware of the iPhone and iPad, important areas of the devices, and accessing common tools like the flashlight, alarm, and camera.

Staying Organized **Tuesday, August 29** **2:00 PM - 3:00 PM**

Learn how to use the Notes app to organize your thoughts, separate notes into folders, and keep track of important information. Also, learn how to use the Calendar app to create and manage events.

iPhone Small Group Workshops

2 Workshops: Friday, August 8 AND Friday, August 22 **2:00 PM—3:00 PM**

Small Group discussions to review specific questions. Space is limited to 8 participants. Registration is required.

Android Classes

Social Media **Date: Tuesday, August 12** **Time: 11:00 AM—12:00 PM**

Shop Safely Online **Date: Tuesday, August 26** **Time: 10:00 AM—11:00 AM**

Android classes with Jon Baron. Whether you're new to smartphones or looking to brush up on your skills, Jon will guide you through the essentials. Bring your android device and your questions. Registration is required.

Walk-in Tech Help

Need help with your technology? Have a question about your phone, tablet, or other device? Whether it's figuring out how to play a video someone texted you, installing and using a new app on your iPhone or Android, or adding a background to your Zoom calls, our Tech Volunteers are here to help! Stop by the walk-in clinic on Thursdays in July and August from 9:30 AM to 11:00 AM. This is a drop-in session. No registration is required.

Note: You will be asked to sign a liability waiver.



Did you know?

We are now on Facebook! Check out our Page, Like, Follow and Share!

12 | OUTREACH & VOLUNTEER PROGRAMS

OUTREACH

Free Vaccines covered by Medicare Part D

Did you know as of January 2023, Medicare Part D now covers most vaccines at no cost to you? This means your Medicare drug plan (and Medicare Advantage plan with drug coverage) won't charge you any copays or deductible for certain vaccines. Currently, you can receive vaccines for Shingles, RSV, Hepatitis A and Tetanus free of charge under Part D. Staying up to date with your vaccinations is an important part of maintaining your health and protecting yourself from preventable illnesses. To schedule a SHINE appointment, call the Senior Center at (978) 443-3055 or email us: senior@sudbury.ma.us

VOLUNTEER NEWS

Rollators Wanted

Our Medical Equipment Loan Closet is seeking donations of rollators. If you have one and are finished with it, please consider re-homing it to someone in need. Don't worry if it's not perfect; we are able to make minor repairs. We are also happy to accept donations of incontinence products (such as Depends) and nutritional shakes (such as Ensure) as long as the expiration date is more than 6 months away. **PLEASE NOTE:** If you have any of these items to donate, please **DO NOT** bring them to the Senior Center without an appointment. Call (978) 443-3055 and ask to speak with Sarah Green Vaswani to set up a time.

Collette Trips Meeting for 2026-2027

Collette Tours presentation

Wednesday, August 13

Time: 10:00 AM

Meeting will take place in Room 2 at the Sudbury Senior Center. Registration is required. Please call the Senior Center at (978) 443-3055 or email: senior@sudbury.ma.us to reserve your spot for this presentation.

VAN TRIPS

Trader Joe's in Framingham



Monday, August 11

Pick up time from home: 11:30 AM

Drop Off at: 12:00 PM

Return home: 1:00 PM

Market Basket Maynard (Digital Plaza)



Date: Every Tuesday in August

Pick up time from home: 10:00 AM

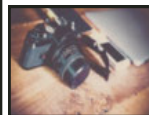
Drop Off: 10:30 AM

Return home: 11:30 PM

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

MONTHLY GROUP MEETINGS

Photography Discussion Group



Tuesday, August 19

10:30 AM - 12:00 PM

Interested in Photography? So are we. Come help us share that wonderful world with others whether it be via Smart phone, DSLR or mirrorless camera. Beginners and pros are all welcome. This is a drop-in session.

Desi Chai and Chat



Friday, August 29

10:00 AM — 12:00 PM

A meet up of South Asian Americans to connect with each other. Come enjoy some tea, conversations and camaraderie. Great way to meet your neighbors! All are welcome. We generally play a round of bingo at the end. If you would like to participate, please bring \$1 exact change. This is completely optional. Space is limited. To register, contact the Senior Center by Monday, August 25.

ADDITIONAL RESOURCES | 13

MONTHLY CLINICS & SUPPORT GROUPS	WEEKLY DROP-IN ACTIVITIES
<p>Making Memories Café—ON HIATUS UNTIL FALL 2025</p> <p>Hearing Clinic: Friday 07/11 & 08/08 Time: 9:30 AM— 11:00 AM</p> <p>Grief Support Group: Tues., 07/01 & Tues., 08/04 Time: 10:00 AM—11:00 AM</p> <p>Low Vision Support: Thu., 07/17 & Thu., 08/21 Time: 1:00 PM—2:00 PM</p> <p>Legal Clinic: By appointment every 3rd Wed. of month</p> <p>Circle of Friends & Caregivers Group: 1st Tue. of month</p>	<p>Ping Pong: Tuesdays 9:30 AM—11:00 AM</p> <p>Blood Pressure Clinic: Thursdays 10:30 AM-11:30 AM</p> <p>Current Events: Thursdays 10:00 AM-12:00 PM</p> <p>Game Central: Thursdays 12:30 PM-3:30 PM</p> <p>Color & Puzzles: Fridays 12:00 PM-3:30 PM</p> <p>The Knitty Gritty: Fridays 12:30 PM-3:30 PM</p>

USEFUL PHONE NUMBERS

<p>Springwell (Formerly BayPath): 508-573-7200</p> <p>Social Security: 1-800-772-1213</p> <p>Elder Abuse Hotline: 1-800-922-2275</p> <p>MA Executive Office of Elder Affairs: 1-800-243-4636</p> <p>Medicare: 1-800-633-4227</p> <p>Behavioral Health Help Line: 833-773-2445</p> <p>State Senator Jamie Eldridge: 617-722-1120</p> <p>Representative Carmine Gentile: 617-722-2810</p>	<p>Springwell Info Referral: info@springwell.com</p> <p>Domestic Violence Hotline: 1-800-799-SAFE (7233) www.domesticviolenceroundtable.org</p> <p>Meals on Wheels (Springwell): 508-573-7246</p> <p>MetroWest Legal Services: 508-620-1830</p> <p>Suicide Prevention: 988</p> <p>Sudbury Housing Authority: 978-443-5112</p> <p>Sudbury Health Department: 978-440-5479</p>
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SENIOR CENTER STAFF	COUNCIL ON AGING	FRIENDS OF SUDBURY SENIORS
<p>Director: Nickole Boardman, Director</p> <p>Asst.Dir/Outreach Coordinator: Jill Dube</p> <p>Admin. Coordinator: Chery Finley</p> <p>Program & Pub. Coordinator: Palig Garabedian</p> <p>Coordinator of Volunteer Programs: Sarah Green Vaswani</p> <p>Receptionists: Mary Murray , Cindy Regan</p> <p>S.H.I.N.E. Counselors: Wayne Antion, Marc Hertzberg</p> <p>Tax Work-Off Coordinator: Josephine King</p> <p>Trip Coordinators: Franci Martel, Joe Bausk</p> <p>Van Drivers: Linda Curran, Paul Marchand</p>	<p>Chair: Paul Marotta</p> <p>Vice Chair: Patricia Tabloski</p> <p>Secretary: TBD</p> <p>Directors:</p> <p>State Rep. Carmine Gentile</p> <p>Anna Newberg</p> <p>Donald Sherman</p> <p>Jane Keilty</p> <p>Dr. Joel Bauman</p> <p>Mary Brauer</p> <p>Mary McLaughlin</p>	<p>President: Jeff Levine</p> <p>Vice President: Joseph Bausk</p> <p>Treasurer: Janet Derby</p> <p>Secretary : Joanne Bennett</p> <p>Board Members: Patricia Howard Donald Oasis Deanna Sklenak Steve Cebra Marilyn Tromer Judy Honens</p>

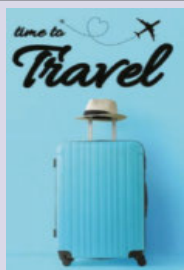
For more information about the **Friends**, please visit <https://sudbryseniorcenter.org/about-us/friends-of-sudbury-seniors/> or leave a message at 978-443-3055 and a Friend will call you back.

The Sudbury Council on Aging is a 9-member volunteer board appointed by the Sudbury Select Board. The COA works with the Senior Center Director to:

- * Identify the needs of Sudbury's older residents;
- * Educate the community and enlist their support and participation concerning these needs;
- * Design, promote or implement services to fill these needs, or coordinate existing services in the community
- * To promote and support any other programs which are designed to assist older adults in the community.

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 supported the new Senior Center in the new Community Center by funding a patio and pergola, as well as a fireplace for the new lounge.

14 | TRIPS



Trips for 2025– Our trips are very popular so sign up early to avoid a waitlist

NOTE: Collette Tours will be here on Wednesday - August 13th at 10am

to present trips for 2026-2027

Please call the senior center to reserve your seat for this presentation

August 7th, 2025 (Thursday) – Berkshire Botanical Gardens with lunch at the Red Lion Inn. Come enjoy a day out in the Berkshires. We will have a guided tour of this small but beautiful botanical garden as well as having time to explore on our own. \$141.00 (Royal Tours). **Please note: There is a lot of walking on this trip and may not be ideal for mobility challenged guests.**

September 23, 2025 (Thursday) – A great day trip up to the Vermont Country Store during peak foliage season. Includes lunch at The Common Man Inn followed by stops at Simon Pearce glass blowing shop and King Arthur Bakery for last minute shopping. \$191.00 (Best of Times)

October 9th, 2025 (Thursday)- The Charles River Boat Company & lunch at the Cheesecake Factory. Enjoy a 70-minute narrated cruise and afterwards dine at the Cheesecake Factory. \$141.00 (Royal Tours)

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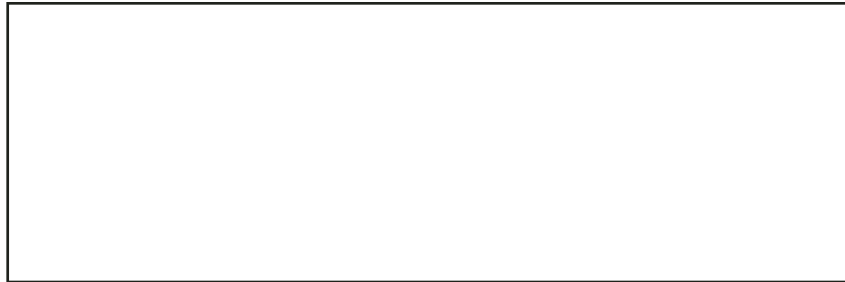
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Email: senior@sudbury.ma.us



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Sudbury Council on Aging, Sudbury, MA

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