



# THE SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER



## NEW SUMMER HOURS MAY - SEPTEMBER

MON, WED, THU	9AM - 4PM
TUES	9AM - 7PM
FRI	9AM - 12PM

## JUNE REGISTRATION

### NON-FITNESS ACTIVITIES:

Sud. Residents: Monday, 6/1

Non-Residents: Tuesday, 6/2

### FITNESS ACTIVITIES:

SEE PAGE 5 FOR DETAILS

### To register:

Contact the Sudbury Senior Center

Call: (978) 443-3055 or

Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

- All payments must be received prior to the start of program.
- Payments must be received by cash or checks. Checks to be made payable to the Town of Sudbury.
- Please submit a separate check for each program.

On registration day, if the phone lines are busy, please hang up and try calling again. Do **NOT** leave a voicemail. We appreciate your understanding and apologize for any inconvenience. Thank you!

## 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.



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**FRIDAY, JUNE 19<sup>TH</sup> JUNETEENTH  
THE SENIOR CENTER IS CLOSED**

Happy June! It's hard to believe half of 2026 has already passed. Warmer weather is finally here, and we hope you're enjoying the sunshine and longer days. As a reminder, our summer hours will continue through the end of September: we'll be open until 7:00 PM on Tuesdays and will close at 12:00 PM on Fridays.

We have exciting evening events planned, including Bingo, Karaoke, walk-in tech support, and a new exercise class with TILT. Be sure to sign up for our weekly Tuesday lunch program, continuing throughout June. We're also excited to host Partners in Care: Practical Guidance for Seniors and Their Caregivers, featuring home care providers, attorneys, a geriatrician, and a Parkinson's Association coordinator. The program will offer valuable resources, practical guidance, and a Q&A session. Registration is required, so don't miss it!

We also have many exciting daytime programs planned this month. The Police Picnic returns on Saturday, June 6th at Curtis Middle School, featuring food, raffles, and giveaways. We're thrilled to welcome Chef Joe Gatto to the Senior Center for a live cooking demonstration and tips from his "From Scratch" philosophy. We'll also host a Father's Day Breakfast to celebrate all the special dads in our community. In addition, in honor of June being Alzheimer's & Brain Awareness Month, we welcome the MIT AgeLab for a special presentation on aging and exploring our longevity potential. Be sure to check the newsletter for the full lineup of June events, and remember to register early as many of our programs fill up quickly.

I'd also like to thank everyone for such a warm welcome during my first year as Director of the Sudbury Senior Center. It has truly been a pleasure getting to know so many wonderful members of this community, and I look forward to meeting even more of you in the year ahead. I am always open to ideas and love hearing your feedback. Thank you for sharing, and thank you again for such a warm welcome. Be well!

<p><b>Duckett Funeral Home of J.S. Waterman &amp; Sons</b>  <b>William R. Duckett</b>                  Funeral Director                  656 Boston Post Road (Route 20), Sudbury  <b>978-443-5777</b>                  Duckett-Waterman.com</p> <p><small>A Service Family Affiliate of AFS/Service Corporation Int'l,                  206 Winter Street, Fall River, MA 02720, 508-676-2454</small></p>	<p><b>WE BUY &amp; SELL</b>                  Coins • Coin Collections                  Precious Metals • Sterling Flatware                  Gold Jewelry • Pocket Watches</p> <p><b>TOP PRICES PAID</b>  <b>Call 508-753-9695</b></p> <p><b>TABER RARE COINS</b>                  www.tabercoins.net</p>		 <p><b>MUSEUM ARCHIVES GIFT SHOP</b>  <b>MONDAY-FRIDAY, 10:00AM-4:00PM</b>  <b>288 OLD SUDBURY ROAD</b>  <b>SUDBURY01776.ORG</b></p>
 <p><b>Ask About Our Grandma Guarantee®</b></p> <p><b>2ndFamily</b>                  Home Care and Support Services  <b>EXCEPTIONAL IN-HOME CARE</b>                  you can count on</p> <p>Personal Care • Dementia Care • Companion Care • Respite Care</p> <p><b>SCHEDULE YOUR FREE CONSULTATION</b>  <b>508-281-2123</b>      <b>2NDFAMILY.COM</b></p>	<p>FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED.</p> <p><b>SUDBURY PINES EXTENDED CARE FACILITY</b>                  Short Term Rehabilitation • Long Term Care                  Secure Behavioral Care Unit • Hospice Care                  Short Term Respite Care                  Family owned and operated since 1970                  Come by and visit today                  642 Boston Post Road • Sudbury, MA 01776                  Phone# 978-443-9000 • <a href="http://www.sudburypines.com">www.sudburypines.com</a>  <a href="mailto:admissions@sudburypines.com">admissions@sudburypines.com</a></p> 	<p><i>Supportive, Compassionate,                  Personalized in-home care</i></p>  <p><b>HEAVENLY HANDS</b>                  senior care  <b>781-526-3675</b>                  WWW.HEAVENLYHANDS.CARE                  Natick Ma</p>	<p><b>TRAIN with SHAIN</b>                  IN HOME PERSONAL TRAINING FOR SENIORS                  Gait, Balance/Fall Prevention &amp; Strength Training  <b>(508) 231-6378</b>  <a href="http://www.trainwithshain.net">www.trainwithshain.net</a>  <b>FULLY INSURED</b></p>

## ACADEMICS - THE GREAT COURSES SERIES

3

- **ART Mondays 10:00 AM - 11:00 AM**

On Zoom: Understanding Western Art- Stories, Styles, & Masterworks

This course traces the evolution of Western art through 25 engaging lectures, exploring major artists, movements, and ideas—from Renaissance masters to Modernism, abstraction, symbolism, color, and perspective.

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- **MUSIC Tuesdays 9:30 AM - 10:30 AM**

On Zoom: 23 Greatest Solo Piano Works

A 24-lecture Great Courses series by Professor Robert Greenberg exploring iconic piano works from Bach to the 20th century, highlighting composers like Beethoven, Chopin, Liszt, and Debussy, with focus on their style, context, and the piano's evolution.

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- **HISTORY Wednesdays 9:30 AM - 11:00 AM**

On Zoom: America in the Gilded Age and Progressive Era

A 24-lecture Great Courses series by Prof. Edward T. O'Donnell from 1865–1920, covering industrialization, inequality, urbanization, and the reform movements shaping modern America.

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- **CURRENT EVENTS Thursdays 10:00 AM - 12:00 PM**

Join in this respectful discussion of world events with a different group facilitator at each meeting. Participants vote on, and then discuss, various topics. The group meets at the Senior Center and on Zoom.

### PLEASE NOTE:

All programs & events require registration unless otherwise noted in event description.

To register for any of our programs, please call (978) 443-3055 or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

All payments must be received prior to program start date. We accept cash or checks made payable to Town of Sudbury unless otherwise noted in newsletter. Please submit a separate check for each program.

## MATINEE MONDAYS | 1:00 PM- 3:00 PM | REGISTRATION REQUIRED

**Monday, 6/8 Meet the Parents (PG-13), 2000**

Comedy

1h 47m

Greg Focker is ready to marry his girlfriend- but before he pops the question, he must win over her formidable father, a humorless former CIA Agent.

**Monday, 6/15 Air Force Elite Thunderbirds (2025)**

Documentary

1h 31m

Enjoy this documentary in honor of Flag Day 6/14. With extraordinary access, this documentary goes inside the Air Force Thunderbirds to meet the fighter pilots behind the death defying aerial maneuvers.

**Monday, 6/22 Father of The Bride (PG), 1991**

Comedy

1h 45m

Devoted dad George Banks can't seem to let go when his daughter announces she's getting married, especially when wedding costs start to skyrocket. Enjoy this classic in honor of Father's Day 6/21.

**Monday, 6/29 Remarkably Bright Creatures (PG-13), 2026**

Drama

1h 51m

While working nights at a small-town aquarium, a widow bonds with a clever octopus and an adrift young man in this moving drama based on the bestseller.

## TECHNOLOGY

4

### Mastering the Basics: Gmail & Google Contacts

Friday, 6/26 | 10:30 AM - 11:45 AM

Join us for a friendly, step-by-step guide to staying connected in this digital age. In this brief session, we'll demystify your Google account and teach you how to compose and send emails, attach family photos, and organize your digital address book using Google Contacts.

Whether you're looking to find old messages instantly or want to learn how to spot "junk" mail before you open it, this lecture provides the tools you need to communicate with confidence and ease. No experience necessary and all are welcome. **Registration is required.**

### iPhone Essentials: Find My, Wallet & Translate Wednesday, 6/10 | 2:00 PM - 3:00 PM

Join Gus from Kev Tech Services and learn how to share your locations with friends and family, make safe, secure payments with our phones, and converse in different languages using the Translate app.

**Registration is required.**

### Monthly Investment Research Group Meeting

Monday, 6/22 | 2:00 PM - 3:30 PM

Join group moderator, Bob May and meet with fellow curious, analytical, members who manage their own investments & enjoy sharing insights. No money is exchanged. **The group meets on the 3<sup>rd</sup> Monday of each month from 2:00PM - 3:30 PM.**

**Registration is required.**

### Walk-in Tech Help

Have questions about your phone, tablet, or another device?

Drop in on Thursdays from 9:30 AM–11:00 AM, or stop by to see our volunteer, Sofya Reznik, on Tuesday evening, 6/2, from 5:30 PM – 6:45 PM.

No appointment needed.

## MONTHLY FOOTCARE CLINIC - SUDBURY RESIDENTS ONLY

Monday, 6/8 | 9:00 AM - 2:00 PM

AND

Monday, 6/29 | 9:00 AM - 2:00 PM

Certified nurses from Footcare Focus provide professional footcare, specializing in preventative care and education for older adults and those with medical conditions affecting self-care. Services include lower leg and foot assessments, trimming and filing thick toenails, non-surgical treatment of calluses and corns, gentle foot massage with natural oils, and footcare education.

Appointments are 30 minutes, with a \$50 clinic fee (cash or check only; make checks payable to Footcare Focus). **Registration is required, and missed sessions will be charged. Please arrive on time, with no toenail polish. Please note that this clinic is for Sudbury residents only.**

## CELEBRATE AMERICA 250

### Chords and Cannons: Tchaikovsky's 1812 with Elke Jahns-Harns

Tuesday, 6/16 | 3:30 PM - 5:00 PM

Anyone who has ever watched the fireworks on the Boston Esplanade has heard Tchaikovsky's 1812 Overture ... but what are the French national anthem and Russian folksongs doing in this Fourth of July favorite? We'll listen to this great work, interspersed with discussions about the composer, the historical context, and the story told through the music. This is an engaging and interactive presentation for both lifelong musicians and those who claim to know absolutely nothing about classical music. Presenter Elke Jahns-Harns holds a Master's in Music and has led dozens of music appreciation classes through the Osher Lifelong Learning Institute at Tufts University, public libraries and senior centers. **Registration is required. Event is sponsored by The Friends of the Sudbury Senior Citizens, Inc.**

- **FIT FOR THE FUTURE - Drop In Classes**

Mon, Wed & Fri | 11:00AM - 12:00 PM Fee: \$4.00

Join Lois Leav for this fun and popular mix of low impact body aerobics & stretching to upbeat music. Class is safe for beginners. Space is limited.

- **TAI CHI**

2 Mondays in July | 2:30 PM - 3:30 PM

July 13 OR July 20 Fee: each class is 6.00

Try something new this summer with Jon Woodward. Tai Chi Walking combines gentle movement, balance, and mindful breathing to improve stability, flexibility, and relaxation. All levels are welcome.

Registration is required. Please pick one session only.

- **ZUMBA GOLD**

Tuesdays | 9:30 AM - 10:25 AM

July 7 - August 18 (7 weeks) Fee: \$42.00

Zumba Gold is a fun, low-impact cardio class with easy dance moves. Led by Yachun Lin, all levels are welcome.

- **MINDFUL LIVING**

Wednesdays | 1:00 PM - 2:00 PM

July 8 - August 19 (7 weeks) Fee: \$35.00

Join Lisa Campbell for a relaxing, renewing workshop blending breathwork, meditation, mindfulness, and stress management—open to all levels.

- **TAP DANCE**

Mondays | 1:00 PM - 2:00 PM

**NO TAP DANCE THIS SESSION.**

See you in the fall. Enjoy your summer!

- **LINE DANCING**

Tuesdays | 2:35 PM - 3:35 PM

July 7 - August 18 (7 weeks) Fee: \$42.00

Join Paul Hughes for a fun line dancing workshop to stay active, boost memory, strengthen bones, and relieve stress—all levels welcome.

- **STRENGTH & BALANCE**

Tuesdays (In-Person) | 11:00 AM - 12:00 PM

July 7 - August 11 (7 weeks) Fee: \$42.00

OR

Thursdays (HYBRID) | 10:30 AM - 11:30 AM

July 9 - August 13 (6 weeks) Fee: \$42.00

This beginner-friendly class builds strength, balance, and flexibility, led by retired nurse and certified personal trainer Derry Tanner.

HYBRID classes meet in-person and on zoom.

- **DRUMS ALIVE**

Tuesdays | 1:30 PM - 2:30 PM

July 7 - August 1 (7 weeks) Fee: \$42.00

Drums Alive is a unique sensory-motor drumming program that combines drumsticks, exercise balls, and music for an engaging, full-body experience. Led by Yachun Lin, this class is designed to boost your energy and is open to all levels.

- **CHAIR YOGA**

Thursdays (In-Person) | 9:15 AM - 10:00 AM

July 16 - August 6 (4 weeks) Fee: \$24.00

OR

Fridays (HYBRID) | 10:15 AM - 11:00 AM

July 17 - August 7 (4 weeks) Fee: \$24.00

Yoga helps release muscle tension and maintain joint mobility. Led by Rebecca Reber, a 200-hour Yoga Fit Int'l Training System, Inc. RYT-certified instructor, this class is open to all levels.

HYBRID classes meet in-person and on zoom.

- **MAT YOGA**

Fridays | 9:15 AM - 10:00 AM

July 17 - August 7 (4 weeks) Fee: \$24.00

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

**All payments must be received prior to program start date. We accept cash or checks made payable to: Town of Sudbury. Please submit a separate check for each program.**

**SUMMER I FITNESS CLASSES WILL BEGIN MONDAY JULY 6TH.  
REGISTRATION FOR SUMMER I WILL BEGIN ON MONDAY, 06/29  
FOR SUD. RESIDENTS AND ON TUESDAY, 06/30 FOR NON-RESIDENTS**

**Sudbury Police Officer's Association:  
Annual Senior Picnic**



The Sudbury Police Association would like to welcome all senior members of the community to join for a luncheon catered in partnership with Stevie's Cafe. Event is free but registration is required.

**ANNUAL  
SENIOR PICNIC**

**Date:** Saturday, June 6  
**Time:** 11:00AM - 2:00 PM  
**Location:** Ephraim Curtis Middle School  
**Cost:** Free  
**Register Deadline:** Friday, 5/29/26

For registration:  
 Call or email  
 The Sudbury Senior Center  
 Tel: (978) 443- 3055  
 Email: senior@sudbury.ma.us




**Partners in Care:  
Practical Guidance for  
Seniors & Caregivers**

**Tuesday, June 23  
5:30 PM - 6:30 PM**

Caring for yourself or a loved one can feel overwhelming but you don't have to do it alone. Join us for a panel discussion with experts in home care, elder law, aging and neurological support, and care management. Presentation aimed at older adults and family caregivers seeking clear answers and trusted support. What you will gain by attending: Practical guidance, reliable resources, a chance to ask your questions and get honest answers. You will leave the presentation feeling more informed, prepared, and supported. **All are welcome but registration is required.**

Contact the Senior Center by calling: (978) 443-3055 or emailing: senior@sudbury.ma.us



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## PRESENTATIONS

### MIT Age Lab Lunch and Learn: Humans, Aging and What's Next - Exploring our Longevity Potential

**Thursday, 6/18 | 12:00 PM Lunch, 12:30PM Talk**  
How we live, work, play and age is evolving- What does this mean for you? From careers to caregiving to community, population aging and human longevity are reshaping our world and each other. Join Taylor Brennan, MSW, MPH from the MIT AgeLab for an engaging and interactive conversation on the AgeLab's latest research and the changing landscape of quality of life as we age. Pizza lunch will be served at noon. Presentation and Q&A to follow at 12:30PM. **Registration is required.** **This event is sponsored by The Friends of the Sudbury Senior Citizens, Inc.**

### Seriously from Scratch: Chef Joe Gatto Host of the Cutting Edge Cooking Show

**Wednesday, 6/10 | 10:30 AM - 12:00 PM**

Author and host of the hit cutting-edge cooking show, "Joe's Gatto's From Scratch" airing on Pluto TV and Roku, Chef Gatto will hold a live mozzarella making demonstration and share his philosophy on making everything from scratch. Chef Gatto is a renowned private chef to A-list clients including Celtics and Red Sox players. This event is sure to fill up. **Space is limited and registration is required.** Do not miss it! **This event is sponsored by The Friends of the Sudbury Senior Citizens, Inc.**

### New Fitness: Life Classes with TILT

**Tuesday, 6/9 | 4:00 PM - 4:45 PM**  
**OR**

**Tuesday, 6/30 | 4:00 PM - 4:45 PM**

Join the professional trainers from Sudbury's very own TILT Fitness studio for one of two 45-minute sessions focused on functional, everyday movements. This 45 minute class focuses on functional movements that you use every day.

You may not think about it, but everyday activities like picking something up (a deadlift), sitting and standing (a squat), or reaching overhead (a press) are all movements we practice in class. **Class is free.**

All levels are welcome but **registration is required.**  
**Please sign up for one session.**

## GAMES & WORKSHOPS

7

### BINGO

**Wednesday, 6/3**  
**2:00 PM - 3:00 PM**

\$1 per card to play. Registration is required for each date. This month Christine Sturniolo, the Program Coordinator at Sudbury Park and Rec, will be our guest star for Celebrity Bingo!

**Registration is required.**

### CELEBRITY BINGO

**Wednesday, 6/17**  
**2:00 PM - 3:00 PM**

### Tuesday Night Bingo with Staff

**Tuesdays 6/9,6/16 | 5:30 PM - 6:30 PM**

Join us for Bingo on one (or both) Tuesdays in June. Enjoy laughs, test your luck, and win scratch tickets. **Registration required.**

### Drop in Pool and Ping Pong daily

Drop in anytime to play pool, or join us Tuesdays at 10:00 AM in the game room for open play with our friendly volunteer "pool sharks." All skill levels are welcome. Prefer something faster? Enjoy drop-in Ping Pong all week.

### Tuesday Karaoke in June

**Tuesday, 6/30 | 5:00 PM - 6:30 PM**

Join us for a fun-filled evening of music, laughter, and community at Karaoke Night! Whether you're ready to sing your favorite song or cheer on friends and neighbors, it's the perfect way to spend a summer evening. No experience needed — just bring your energy and get ready for a great time! **Registration is required.**

### Art Clinic with Angela Ackerman

**Friday, 6/5 | 9:30 AM - 11:45 AM**

Bring your favorite beach photo as we play with waves, reflections, and rock/stone landscapes. All levels are welcome. Class fee: \$15.00. Space limited to 18 participants. **Registration is required.**

### Ukulele Jam Session

**Friday, 6/12 and 6/26 | 10:00 AM - 11:00 AM**

We invite you to drop in and enjoy our FREE Ukulele Jam Sessions. Bring your ukulele, and play along. This is not an instructor led session and all are welcome.

# JUNE 2026 CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:00 Western Art 10:00 Cribbage 11:00 Fit for the Future 12:30 Mah Jong 12:30 Knitty Gritty 1:00 Tap 2:30 Tai Chi</p>	<p>2</p> <p>9:30 Greatest Piano 9:30 Zumba Gold 11:00 Strength &amp; Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:00 Caregivers Sup. Group 2:35 Line Dancing 5:30 Walk-In Tech</p>	<p>3</p> <p>9:30 America Gilded Age 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Bingo</p>	<p>4</p> <p>9:15 Chair Yoga 9:30 Walk-in Tech 9:30 Desi Chat &amp; Chai 10:00 Current Events 10:30 BP Clinic 10:30 Strength &amp; Bal 12:30 Canasta 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>5</p> <p>9:15 Mat Yoga 9:30 Art with Angela A. 10:15 Chair Yoga 11:00 Fit for the Future</p>
<p>8</p> <p>9:00 Footcare Clinic 10:00 Western Art 10:00 Cribbage 11:00 Fit for the Future 12:30 Mah Jong 12:30 Knitty Gritty 1:00 Matinee Monday 1:00 Tap 2:30 Tai Chi 3:30 COA Meeting</p>	<p>9</p> <p>9:30 Greatest Piano 9:30 Zumba Gold 11:00 Strength &amp; Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 3:00 Docuseries (Part 1) 4:00 Life Classes TILT 5:30 Bingo with Staff</p>	<p>10</p> <p>9:30 America Gilded Age 10:30 Chef Joe Gatto 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Pathways Coffee</p>	<p>11</p> <p>9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength &amp; Bal 12:30 Canasta 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>12</p> <p>9:15 Mat Yoga 9:30 Great Decisions Foreign Policy 9:30 Hearing Clinic 10:00 Ukulele Drop-In 10:00 Father's Day Breakfast 9:30 Drop In Watrclr 10:15 Chair Yoga 11:00 Fit for the Future</p>
<p>15</p> <p>10:00 Masterworks 10:00 Stamp Club 10:00 Cribbage 11:00 Fit for the Future 12:30 Mah Jong 12:30 Knitty Gritty 1:00 Matinee Monday 1:00 Tap 2:30 Tai Chi</p>	<p>16</p> <p>9:30 Greatest Piano 9:30 Zumba Gold 10:30 Photography Group 11:00 Strength &amp; Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 3:00 Docuseries (Part 2) 3:30 Chords &amp; Cannons-Tchaikovsky's 1812 5:30 Bingo with Staff</p>	<p>17</p> <p>9:30 America Gilded Age 11:00 Fit for the Future 11:00 Mass Horticultural Society: Terrarium 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 1:00 Book Club Meeting 2:00 Celeb. Bingo 2:00 iPhone Class</p>	<p>18</p> <p>9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength &amp; Bal 12:00 MIT AgeLab Lunch &amp; Learn 12:30 Canasta 1:00 Low Vision 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>19</p> <p style="text-align: center;"><b>Juneteenth</b>  <b>Sudbury Senior Center is closed</b></p>
<p>22</p> <p>10:00 Western Art 10:00 Cribbage 10:00 Monthly Grief Clinic 11:00 Fit for the Future 12:30 Mah Jong 12:30 Knitty Gritty 1:00 Matinee Monday 1:00 Tap 2:00 Inv. Research Grp. 2:30 Tai Chi</p>	<p>23</p> <p>9:30 Greatest Piano 9:30 Zumba Gold 11:00 Strength &amp; Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 3:00 Docuseries (Part 3) 5:30 Partners in Care</p>	<p>24</p> <p>9:30 America Gilded Age 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 1:00 Legal by Apptmt.</p>	<p>25</p> <p>9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength &amp; Bal 12:30 Canasta 1:00 Zumba Gol 2:30 Connection Circle</p>	<p>26</p> <p>9:15 Mat Yoga 9:30 Great Decisions Foreign Policy 9:30 Drop in Watrclr 10:00 Ukulele Drop-In 10:15 Chair Yoga 10:30 Gmail &amp; Google Class with Jon Baron 11:00 Fit for the Future</p>
<p>29</p> <p>9:00 Footcare Clinic 10:00 Western Art 10:00 Cribbage 11:00 Fit for the Future 12:30 Mah Jong 12:30 Knitty Gritty 1:00 Matinee Monday</p>	<p>30</p> <p>9:30 Greatest Piano 12:00 Sudbury Eats 1:30 Drums Alive 3:00 Docuseries (Part 4) 4:00 Life Classes TILT 5:00 Karaoke with Staff</p>	<p style="text-align: center;"><b>NEW SUMMER HOURS:</b>  M,W,TH 9AM-4PM TUE 9AM-7PM FRI 9AM-12PM</p>	<p style="text-align: center;"><b>REGISTRATION:</b> Sud. Residents Monday 6/1  Non-Residents Tuesday 6/2</p>	<p style="text-align: center;"><b>EVENT COLORS:</b> Green - Hybrid Purple - Off Site Blue - Zoom Red - Special Black - Regular</p>

All events require registration unless otherwise noted in specific event description.

**For ALL Non-Fitness Activities:**  
**Sudbury residents may start registering on**  
**Monday, 6/1**  
**Non-residents may start registering on**  
**Tuesday, 6/2**

**Mass Horticultural Society:  
 Terrarium Workshop**

**Wednesday, 6/17 | 11:00 AM - 12:00 PM**

Create a miniature indoor garden in glass using moss, foliage, and decorative natural elements. Participants will learn the basics of terrarium design, layering, and plant selection. Space is limited to 15 participants.

**This event is free but registration is required.**

**Event is sponsored by The Friends of the Sudbury Senior Citizens, Inc.**

**Photography Group**

**Tuesday, 6/16 | 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 & pros are all welcome.

**Zentangle Clinic**

**Tuesday, 6/9 | 5:30 PM - 6:45 PM**

Relax with Zentangle, a mindful drawing practice for all- no experience needed. Learn simple techniques to create beautiful patterns in a fun stress-free environment. **Registration is required.**

**This event is sponsored by The Friends of the Sudbury Senior Citizens, Inc.**

**Father's Day Breakfast**

**Friday, 6/12 | 10:00 AM - 11:00 AM**

Celebrate Father's Day this month with a special breakfast honoring all the wonderful dads in our community! Sarah and her dedicated volunteers will be cooking up a delicious in-house breakfast featuring pancakes, bacon, and frittatas, along with orange juice and coffee. Take a break, enjoy great food, and start your morning off right with friends and acquaintances.

**This event is free, but registration is required.**

**Desi Chai and Chat**

**Thursday, 6/4 | 9:30 AM - 11:00 AM**

A meet up of South Asian Americans to connect with each other. Enjoy some tea, conversations and camaraderie. All are welcome. We generally play a round of bingo at the end. If you would like to participate, please bring \$1 exact change. Space is limited and **registration is required.**

**Docuseries: You Are What You Eat**

**Tuesdays, 6/9, 6/16, 6/23 & 6/30 | 3:00 - 4:00 PM**

Four part docuseries on Netflix, following a set of identical twins. Each twin following a different diet for eight weeks. These siblings will learn how specific food choice impact their overall health and their larger ramifications.

**Registration is required.**

**Pathways Coffee Hour**

**Wednesday, 6/10 | 2:00 PM - 3:00 PM**

Monthly drop-in coffee session welcoming LGBTQIA+ older adults for friendly chat and camaraderie. All are welcome.



June is Pride Month, a time to celebrate love, inclusion, diversity, and the contributions of the LGBTQ+ community. It is also an opportunity to reflect on the importance of kindness, acceptance, and creating welcoming spaces for everyone. We celebrate the value of every individual and encourage our community to continue fostering connection, respect, and belonging for all.

### Upcoming Trips- Adventure Awaits

#### September 29th- Salem Day Trip

Step into history with a guided bus tour of Salem, Massachusetts. We will visit the famous Salem Witch Museum and learn about the witch trials that shaped the town's past. Included is a delectable lunch at the historic Hawthorne Inn right in the heart of downtown Salem. (Royal Tours)

#### October 15th- Casino and Wrights Chicken Farm

Try your luck on this fun and social trip to Twin Rivers Casino in Rhode Island. Whether you enjoy gaming or simply the lively atmosphere, it is always a wonderful day out- with lunch included at the beloved Wrights Chicken Farm. (Royal Tours)

#### December 9th- A Christmas to Remember” at the Davenport Yacht Club

Enjoy listening to the Deep Blue C Orchestra, a 17-member orchestra, while dining on a delicious luncheon. An unforgettable show to get you in the holiday spirit. (Royal Tours)

#### The American Heritage Museum in Hudson MA

Please note the American Heritage Museum is a historical military and educational place to visit with family and friends. We have a general admission pass available at the front desk for anyone that is interested in going. The pass allows 2 adults and 2 children under the age of 18 to enter the museum. To reserve the pass and for additional information stop by the front desk.

**Flyers for all trips and additional details such as fees and registration deadlines may be picked up at the Senior Center. Please see front desk staff for additional information.**

#### DID YOU KNOW? June is Alzheimer’s and Brain Awareness Month



June is Alzheimer’s & Brain Awareness Month, a time to focus on the importance of brain health and healthy aging. Staying physically active, eating nutritious foods, getting quality sleep, managing stress, and staying socially connected can all help support brain and mental health as we age. Activities like reading, puzzles, learning new skills, and participating in community programs are also great ways to keep the mind engaged. Small healthy habits can make a big difference — it’s never too early or too late to care for your brain.

### Food Resources in Our Community

If you or someone you know could use a little help keeping the pantry stocked, there are several wonderful local resources offering nutritious food and support.

- Sudbury Food Pantry, 534 Boston Post Road, Wayland, MA, Tel: 978-443-7725  
Visit [sudburyfoodpantry.org/pick-up-food](http://sudburyfoodpantry.org/pick-up-food) for details on signing up and food pick-up information.
- Open Table Pantry , 33 Main Street, Maynard, MA, Tel: 978-369-2275/ 978-331-0252, Hours: Tues. 1:00–3:00PM (Seniors 65+), also Tues., 3:00–6:30 PM , and Thurs., 11:00 AM–4:30 PM. Pre-registration is required: [www.opentable.org](http://www.opentable.org) or by phone.
- Spoonfuls at the Sudbury Senior Center, Sudbury Senior Center, Wednesdays at 12:30 PM (unless otherwise noted)  
Spoonfuls is a Massachusetts nonprofit that rescues fresh, healthy food that would otherwise go to waste and delivers it to organizations serving people facing food insecurity, with a focus on perishable, nutrient-rich items.

## Volunteers are waiting for YOU!

Many volunteers are waiting to serve YOU! Grocery Shoppers, Library book delivery people (Goodnow-to-Go), and Phone Buddies sometimes wait a long time to be matched with someone seeking a volunteer. If you think you might enjoy having a volunteer for one of these services, please get in touch with Sarah Green Vaswani, Coordinator of Volunteer Services and talk to her about how it all works. Help our Volunteers feel useful and engaged!



## Good at Tech? Helpers Needed

Are your friends always asking you to help them with their tech needs? Do you feel competent to help them out? If so, why not make it formal? You might be a great Tech Help volunteer! The Senior Center seeks people interested in helping to staff our weekly Tech Help Walk-in clinic once or twice a month. The clinic runs Thursdays from 9:30am – 11:00am. We're also interested in expanding to Tuesday evenings in the warmer months. Want more details? Call Sarah Green Vaswani at 978-639-3223.

Love hospitality? Volunteer with our upcoming meals program—help with prep, serving, dishwashing, and more. Interested? Contact Sarah Green Vaswani at 978-639-3223.

## Drivers Wanted

Community Rides is looking for volunteer drivers. If you have a good driving record, a reliable, clean car, and are able to drive locally or into Boston to help people get to their appointments, please contact Sarah Green Vaswani at 978-639-3223.

## Medical Equipment Loan Closet

We are looking for volunteers to man the Loan Closet. The role includes helping people check out equipment, cleaning returned and donated equipment. Training will be provided. Please contact Sarah Green Vaswani at (978) 639-3223 if you are interested in learning more about this role.

## VAN TRIPS

**2nd MONDAY of Month:**

Monday, 6/8

Sudbury Connection Van  
Trip: Trader Joe's in Framingham

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

**Every TUESDAY of Month:**

Every Tuesday of the month

Market Basket Maynard  
(Digital Plaza)

Pick up time: 10:00 AM  
Drop Off: 10:30 AM  
Return home: 11:30 AM

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



## Weekly Lunch Program Sudbury Eats Tuesdays 12:00 PM

Have a healthy, in-house cooked meal with friends and neighbors. All meals are cooked in our kitchen. **Registration is required. Fee: \$5.00 cash, payable at the door.** Seating is limited and each person may **ONLY** sign up for two meals per month. Choose whichever two weeks you like.

### June Lunch Menu

Tuesday, June 2<sup>nd</sup>

Chicken and Rice Casserole and a Side Salad

Tuesday, June 9<sup>th</sup>

Spinach and Cheese Frittata and a Side Salad

Tuesday, June 16<sup>th</sup>

Baked Macaroni and Cheese and a Side Salad

Tuesday, June 23<sup>rd</sup>

Tomato Fennel Soup and a Grilled Cheese Sandwich

Tuesday, June 30<sup>th</sup>

Chili, Cornbread, Tortilla Chips

Tuesday, July 7<sup>th</sup>

Oven Fried Chicken, Mashed Potatoes, Green Beans

**Transportation Options Available to Sudbury Residents**

- Sudbury Connection Van: Wheelchair-accessible rides for residents 60+ or 18+ with a disability; Mon–Fri, 8:45am–3:30pm within Sudbury and bordering towns.
- MWRTA Dial-a-Ride: Evening rides for approved riders available on Tues & Thurs, 4:00–7:00pm.
- Catch Connect Sudbury: On-demand micro-transit Mon–Fri, 8:00am–6:00pm within Sudbury or to Target in Marlborough.
- Go Sudbury!: \$30/month in Uber vouchers (eligibility applies).
- Boston Hospital Shuttle: Shared rides to select medical facilities Tues–Thurs.
- Community Rides: Referral-only volunteer rides when no other options are available; rider pays tolls/parking. Contact Jill Dube at 978-443-3055 for details.

**Food Assistance**

**Do you need assistance with buying food? We can help!**

WHAT IS SNAP: Supplemental Nutrition Assistance Program (formerly known as Food Stamps) which is a federal nutrition program administered by the Department of Transitional Assistance (DTA) for Massachusetts residents.

WHO IS ELIGIBLE: SNAP eligibility is based on who is in the household, income and certain expenses. Check your eligibility in 30 seconds using the Mass.gov confidential screening tool.

Contact Jill Dube, Assistant Director/Outreach Coordinator, if you have questions or need assistance at 978-639-3268.

**Free Legal Clinic**

The Sudbury Senior Center is pleased to offer a free legal clinic for older adults, providing the opportunity to meet one-on-one with an experienced elder law attorney. Attorneys from Generation Law, Mirick O’Connell, and Bowditch & Dewey LLP are available for confidential, 20-minute consultations to discuss topics such as estate planning, wills, trusts, Medicaid, and other elder law issues. The legal clinic takes place every fourth Wednesday of the month. Appointments are required. Call the Senior Center at (978) 443-3055 or email us at: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

**Monthly Grief Support Group Meeting**

**Monday | 6/22      10:00AM - 11:00AM**

Pastor Osita Ehiabhi from the Metrowest Hospice Group will facilitate a new monthly Grief Support Group, held on the 4th Monday of each month. With over 20 years of experience, Pastor Ehiabhi offers compassionate guidance and support for those navigating loss. Please call and register with Jill Dube Assistant Director/Outreach Coordinator.

**Caregiver Support Group**

**Tuesday | 6/2      2:00PM - 3:00PM**

Meet with other caregivers at Orchard Hill Living while your loved one joins the Circle of Friends Group for an activity. The groups provide support, opportunities for sharing, encouragement, and time with others who understand. Facilitator Jill Dube leads the caregiver group while the Circle of Friends Group meets in another room for facilitated activities. For more information, call 978-639-3268 or email [dubej@sudbury.ma.us](mailto:dubej@sudbury.ma.us)  
Sponsored by Dementia Friendly Sudbury and Orchard Hill Assisted Living.



**Father’s Day is Sunday, June 21**

Happy Father’s Day to all the wonderful dads, grandfathers, and father figures in our community. We hope you enjoy a special and relaxing day celebrating all that you do.

## Weekly Meetings

- Cribbage | 10:00-12:00PM MON
- Mah Jong | 12:30-3:30PM MON
- The Knitty Gritty | 12:30-3:30PM MON
- Spoonfuls | 12:30 -1:30PM WED
- Chess for All | 1:00-3:30PM WED
- Bridge | 1:00-3:30PM WED
- Connection Circle | 2:30-3:30PM THU  
(See Calendar for format details)
- BP Clinic | 10:30-11:30AM THU
- Walk-In Tech Help | 9:30-11:30AM THU
- Canasta | 12:30-3:30PM THU
- Drop-In Watercolor | 9:30-11:45AM FRI

## Daily Events (Open - Close)

- Ping Pong & Pool Table
- Coffee Social Hour
- Outdoor Cornhole, Bocce, Horseshoes (weather permitting)

## Monthly Meetings

- Stamp Club | 10:00-11:00AM 6/8
- Caregivers Support Group | Offsite 6/2
- Pathways Coffee Hr | 2:00-3:00PM 6/10
- Book Group Mtg. | 1:00-2:00PM 6/17
- Legal Clinic | By Appointment 6/24
- Low Vision Support | 1:00-2:00PM 6/18
- Hearing Clinic | 9:30-10:30AM 6/12
- Inv. Research Grp. | 2:00-3:30PM 6/15
- Grief Support Grp. | 10:00-11:00AM 6/22



## Useful Phone Numbers

Springwell (Formerly BayPath): 508-573-7200  
 Social Security: 800-772-1216  
 Elder Abuse Hotline: 800-922-2276  
 MA Exec. Office of Elder Affairs: 800-246-4636  
 Behavioral Health Help Line: 833-773-2445  
 State Senator Jamie Eldridge: 617-722-1120  
 Springwell Info Referral: [inforef@springwell.com](mailto:inforef@springwell.com)  
 Domestic Violence Hotline: 800-799-SAFE (7233)  
 Meals on Wheels: 508-573-7246  
 MetroWest Legal Sevices: 508-620-1830  
 Suicide Prevention: 988  
 Sudbury Housing Authority: 978-443-5112  
 Sudbury Health Dept.: 978-440-5479



## Senior Center Staff

Director: Nickole Boardman  
 Asst. Dir./Outreach Coordinator: Jill Dube  
 Admin. Coordinator: Chery Finley  
 Program & Pub. Coordinator: Palig Garabedian  
 Coordinator of Volunteer Prog.: Sarah Green Vaswani  
 Receptionists: Mary Murray, Cindy Regan  
 S.H.I.N.E. Counselors: Wayne Antion, Marc Hertzberg  
 Tax Work-Off Coordinator: Viola Morse  
 Trp Coordinators: Franci Martel, Joe Bausk  
 Van Drivers: Linda Curran, Paul Marchand

## Council On Aging Members:

Chair: Paul Marotta  
 Vice Chair: Patricia Tabloski  
 Secretary: Mary McLaughlin

Directors:  
 Dr. Joel Bauman  
 Mary Brauer  
 State Rep. Carmine Gentile  
 Jon Harding  
 Jane Keilty  
 Louis Petrovic

The Sudbury Council on Aging is a 9-member volunteer board appointed by the Sudbury Select Board. The COA's mission is to work with the Senior Ctr. 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, and
- \* To promote and support any other programs which are designed to assist older adults in the community.

## Friends of the Sudbury Senior Citizens:

President: Jeff Levine  
 Vice President: Steve Cebra  
 Treasurer: Janet Derby  
 Secretary: Joanne Bennett

Board Members:  
 Joe Bausk  
 Judy Honens  
 Patricia Howard  
 Bob May  
 Donald Oasis  
 Marilyn Tromer

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.

**SUDBURY SENIOR CENTER SUMMER HOURS:**

**MAY 1<sup>ST</sup> - SEPTEMBER 30TH**



<b>Mon, Wed, Thu</b>	<b>9AM - 4PM</b>
<b>Tue</b>	<b>9AM - 7PM</b>
<b>Fri</b>	<b>9AM - 12PM</b>



Follow us on Facebook: [Sudbury Senior Center](#)



**SPECIAL THANKS TO:**

We would like to extend a special "Thank you!" to The Friends of the Sudbury Senior Citizens, Inc., for their continued support & funding of many of our programs. Their support ensures that we are able to continue providing our community with quality educational & entertaining programs.

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

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Website: [www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org)

Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)



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