



THE SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

JULY & AUGUST 2026



JULY REGISTRATION

NON-FITNESS ACTIVITIES:

Sud. Residents: Wednesday, 7/1

Non-Residents: Thursday, 7/2

AUGUST REGISTRATION

NON-FITNESS ACTIVITIES:

Sud. Residents: Monday, 8/3

Non-Residents: Tuesday, 8/4

To register:

Contact the Sudbury Senior Center

Call: (978) 443-3055 or

Email: senior@sudbury.ma.us

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!

July Highlights

Life Classes with TILT	7/7
Preserving Your Photos	7/14
America 250: Beantown Bite	7/15
Taste of Sud.- Stars & Stripes	7/16
It's The Music: Games & Pizza	7/21
Qi Gong Clinic	7/23
Successful Aging: Lunch&Learn	7/23
Desi Chai & Chat	7/27
Intro to Androids	7/28
Sudbury Eats Lunch	7/7, 7/14, 7/21, 7/28
Tuesday Docuseries & Pop Corn	7/7, 7/14, 7/21, 7/28

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.



Please note that the Sudbury Senior Center will be closed on Friday, July 3, in observance of Independence Day.

August Highlights

Life Classes with TILT	8/11
How Do I Know It's Real Pres.	8/12
Collette Trips Presentation	8/18
SPD Drone Flying Presentation	8/18
Taste of Sud.- Summer BBQ	8/20
Intro to Androids	8/21
Juniper Ice Cream Truck	8/25
iPhone: Exploring Outdoors	8/25
Celeb Bingo with Chief Choate	8/26
Sudbury Eats Lunch	8/18, 8/25
Qi Gong Clinic	8/27
Tuesday Games & Snack with Staff	8/11, 8/18, 8/25
Tuesday Docuseries & Pop Corn	8/4, 8/11, 8/18, 8/25

Happy Summer!

Summer is here. Get outside, enjoy the sunshine, and make the most of the season. Remember, when temperatures rise, the Senior Center, Library, and Recreation Department are available as cooling stations during open hours. Stop in, cool off, and enjoy some time with friends.

We are thrilled to share that the Sudbury Senior Center has been awarded a grant from the Cummings Foundation to support our kitchen program. Over the past 14 months, we have worked hard to complete and permit the kitchen, purchase commercial equipment, and build a strong foundation for the program. Since becoming our Kitchen Manager in February, Sarah Green Vaswani has done an OUTSTANDING job training volunteers, creating menus, and serving delicious weekly meals.

This grant will help us expand our meal program and offer additional food-related events, including morning muffins, afternoon desserts, and special gatherings. We will continue with one meal per week through the summer and gradually increase offerings in the fall as the program grows. We invite you to join us for a luncheon this summer—registration is required, so be sure to sign up and bring a friend!


We are honored to have received this award from the Cummings Foundation. Out of 959 applicants, only 150 organizations were selected, we are honored that Sudbury was selected through such a competitive process. Looking ahead, we hope to start a walking club this fall and are seeking a volunteer to help lead the group. If you enjoy walking and would like to get involved, please reach out.

Our Tuesday evening programs are packed with summer fun. Join us for Game Show Night featuring Jeopardy! and Wheel of Fortune and PIZZA. Come to a photo preservation workshop, come play games with the staff and make-your-own ice cream sundaes in July. We look forward to seeing you this summer!

~Nickole

**Duckett Funeral Home of
J.S. Waterman & Sons**
William R. Duckett
Funeral Director
656 Boston Post Road (Route 20), Sudbury
978-443-5777
Duckett-Waterman.com
A Service Family Affiliate of AFS/Service Corporation Int'l,
206 Winter Street, Fall River, MA 02720, 508-676-2454

WE BUY & SELL
Coins • Coin Collections
Precious Metals • Sterling Flatware
Gold Jewelry • Pocket Watches
TOP PRICES PAID
Call 508-753-9695
TABER RARE COINS
www.tabercoins.net



SUDBURY
HISTORICAL SOCIETY
MUSEUM ARCHIVES GIFT SHOP
MONDAY-FRIDAY, 10:00AM-4:00PM
288 OLD SUDBURY ROAD
SUDBURY01776.ORG



Ask About
Our
Grandma
Guarantee®

2ndFamily
Home Care and Support Services
EXCEPTIONAL IN-HOME CARE
you can count on
Personal Care • Dementia Care • Companion Care • Respite Care
SCHEDULE YOUR FREE CONSULTATION
508-281-2123 **2NDFAMILY.COM**

FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED.
SUDBURY PINES EXTENDED CARE FACILITY
Short Term Rehabilitation • Long Term Care
Secure Behavioral Care Unit • Hospice Care
Short Term Respite Care
Family owned and operated since 1970
Come by and visit today
642 Boston Post Road • Sudbury, MA 01776
Phone# 978-443-9000 • www.sudburypines.com
admissions@sudburypines.com



*Supportive, Compassionate,
Personalized in-home care*



HEAVENLY HANDS
senior care
781-526-3675
WWW.HEAVENLYHANDS.CARE
Natick Ma

TRAIN with SHAIN
IN HOME PERSONAL TRAINING
FOR SENIORS
Gait, Balance/Fall Prevention
& Strength Training
(508) 231-6378
www.trainwithshain.net
FULLY INSURED

- **ART Mondays** **10:00 AM - 11:00 AM**
On Zoom: Understanding Western Art- Stories, Styles, & Masterworks
- **MUSIC Tuesdays** **9:30 AM - 10:30 AM**
On Zoom: 23 Greatest Solo Piano Works
- **HISTORY Wednesdays** **9:30 AM - 11:00 AM**
On Zoom: America in the Gilded Age and Progressive Era
- **CURRENT EVENTS Thursdays** **10:00 AM - 12:00 PM**
Join in this respectful discussion of world events led by a group facilitator at each meeting. Participants vote on, and then discuss, various topics. The group meets at the Senior Center and on Zoom.

Registration is required for all programs unless otherwise noted. To register, call (978) 443-3055 or email senior@sudbury.ma.us. Payment is due before the program start date. We accept cash or checks payable to the Town of Sudbury. Please submit a separate check for each program.

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

JULY FEATURES

- 7/6 **The Proposal (2009), PG-13**
A book editor's plan to avoid deportation through a sham marriage becomes a real romance trip to Alaska. Length: 1hr, 48m
- 7/13 **Poisoned: The Dirty Truth About Your Food**
Documentary revealing the shocking truth about how dirty your food is. Length: 1hr, 24m
- 7/20 **Mrs. Harris goes to Paris (2022), PG**
A widowed housecleaner feels invisible until a Dior gown sparks her imagination & sends her on a life changing journey. Length: 1hr, 55m
- 7/27 **The Social Dilemma (2020), PG-13**
Documentary-drama exploring the dangerous impact of social networking. Length: 1hr, 34m

AUGUST FEATURE

Our Oceans: Documentary series from the Emmy-winning filmmakers behind "Our Great National Parks" featuring underwater activity never seen on Camera. Narrated by Barack Obama. 5 episodes, TV-PG, 2024

- 8/3 **Episode 1: Pacific Ocean** 1hr
- 8/10 **Episode 2: Indian Ocean** 1hr
- 8/17 **Episode 3: Atlantic Ocean** 1hr
- 8/24 **Episodes 4: Arctic Ocean** 1hr
- 8/31 **Episode 5: Southern Ocean** 1hr

TUESDAY EVENING DOCUSERIES & POP CORN - JULY AND AUGUST

TUESDAYS IN JULY | 5:00 PM - 6:00 PM

CHEF'S TABLE LEGENDS: Emmy-nominated series celebrates four culinary giants. (2025) Each episode is approximately one hour in length.

- Tuesday, 7/7 **Episode 1: Jamie Oliver** 51m
- Tuesday, 7/14 **Episode 2: Jose Andres** 51m
- Tuesday, 7/21 **Episode 3: Thomas Keller** 49m
- Tuesday, 7/28 **Episode 4: Alice Waters** 43m

TUESDAYS IN AUGUST | 5:00 PM - 6:00 PM

AMERICAN CONSPIRACY: The Octopus Murders. An investigative journalist pursuing a political conspiracy known as the Octopus is found dead in his hotel room. Decades later, new details emerge.

- Tuesday, 8/4 **Episode 1: The End** 48m
- Tuesday, 8/11 **Episode 2: The Trap Door** 55m
- Tuesday, 8/18 **Episode 3: The Game** 51m
- Tuesday, 8/25 **Episode 4: The Monster** 1h 7m

TECHNOLOGY

4

Android Basics For Seniors with Jon Baron

Friday, 7/28 & Friday, 8/21 | 10:00 AM - 11:30 AM

Gain confidence using your Android smartphone in this beginner-friendly class. Learn essential skills such as adjusting text size, making calls, taking photos, using the flashlight, managing notifications, and recognizing common text scams. Large-print handouts and hands-on instruction will be provided in a relaxed, supportive environment. No experience necessary and all are welcome.

Registration is required.

This class will be offered in both July and August. Please register for only one session, as the same material will be presented in each class.

iPhone Class: Exploring Outdoor Photography

Tuesday, 8/25 | 2:00 PM - 3:00 PM

Join Gus from Kev Tech Services as he reviews photography concepts as the group walks to an outdoor location and learns about different techniques, such as portrait mode, panoramic, and more. **Registration is required.**

Monthly Investment Research Group

Monday, 7/20 and Monday 8/17 | 2:00-3:30 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 3rd 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 and meet with our volunteer to get your questions answered. Also in July, on Tuesday, 7/14, stop by to see our volunteer, Sofya Reznik, who will be here to help with your inquiries from 5:30 PM – 6:45 PM. **No appointment needed.**

MONTHLY FOOTCARE CLINIC - SUDBURY RESIDENTS ONLY

JULY CLINIC DATES

Monday, 7/6 | 9:00 AM - 2:00 PM

AND

Monday, 7/27 | 12:00 PM - 4:00 PM

AUGUST CLINIC DATE

Monday, 8/17 | 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.

THERAPY GARDENS PRESENTATIONS

Beantown Bites

Wednesday, 7/15 | 11:00 AM - 12:00 PM

Celebrate Boston's rich culinary history through iconic local foods, neighborhood traditions, and classic New England flavors. A fun and flavorful look at the foods that helped shape the city. **Registration is required.**

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

How do I know It's Real Anymore?

Wednesday, 8/12 | 11:00 AM - 12:00 PM

AI-generated images, fake news, scams, edited videos, and misleading social posts are everywhere. Learn practical ways to spot red flags, verify information, and navigate today's digital world with more confidence and less confusion. **Registration is required. This 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 (6 weeks) Fee: \$36.00

OR

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

July 9 - August 13 (6 weeks) Fee: \$36.00

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 18 (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.

FALL I FITNESS CLASSES WILL BEGIN MONDAY, AUGUST 31ST.

REGISTRATION FOR FALL I WILL BEGIN ON MONDAY, AUGUST 24TH

FOR SUD. RESIDENTS AND ON TUESDAY, AUGUST 25TH FOR NON-RESIDENTS

**Taste of Sudbury:
Stars, Stripes & Summer Delights**

Thursday, 7/16 | 12:00 PM - 2:00 PM

Join us as we celebrate the red, white, and blue at our July Taste of Sudbury Luncheon. This year is especially meaningful as our nation commemorates the 250th anniversary of American independence, and we're marking the occasion with a classic all-American menu. What could be more American than burgers and hot dogs, followed by a delicious ice cream sandwich for dessert? Gather with friends, enjoy great food, share some laughs, and celebrate the spirit of summer and community here at the Sudbury Senior Center. **Lunch from Buffet Way. Registration is required. Fee is \$10.00 cash**

**Taste of Sudbury:
Summer BBQ Celebration**

Thursday, 8/20 | 12:00 PM - 2:00 PM

Before summer slips away, join us for one last seasonal hurrah at our August Taste of Sudbury Luncheon. Gather with friends and enjoy a delicious backyard BBQ-inspired feast featuring pulled chicken, BBQ baked beans, cucumber salad, coleslaw, and cornbread. Followed by dessert to include Blueberry cobbler with vanilla ice cream. Oh my!! It's the perfect opportunity to savor the flavors of summer, share good conversation, and celebrate the season before autumn arrives. **Lunch from Tennessee BBQ. Registration is required. Fee is \$10.00 cash.**

Both of these events are sure to fill up quickly! Don't delay and call/email us on the appropriate days for each month to register for each luncheon. The fee for each luncheon is \$10.00 and registration is required. We would like to extend a special "Thank you!" to the Friends of the Sudbury Senior Citizens, Inc. for sponsoring these luncheons as well as many of our other activities. We appreciate their continued support!



Visiting Angels
LIVING ASSISTANCE SERVICES

America's Choice in Home Care®

PROVIDING: Alzheimer's Care • Companion Care • Dementia Care • End-of-Life Care • Palliative Care • Personal Care such as Assistance with Walking, Errands & Shopping, Light Housekeeping, Meal Preparation, Medication Reminders

978.287.2002 | VisitingAngels.com/Sudbury

*2026 Visiting Angels is a registered trademark of Living Assistance Services, Inc. Each Visiting Angels agency is a franchise that is independently owned and operated. NPI: #1730619008

**QUALITY IN-HOME CARE FOR YOUR LOVED ONE.
PEACE OF MIND FOR YOU.**

Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained professional caregivers. Let us ease your mind with a complimentary in-home care assessment.



508.545.1694
seniorhelpers.com/ma/metrowest



All rights reserved. Senior Helpers locations are independently owned and operated. ©2024 SH Franchising, LLC.



**Generations
LAW GROUP**

111 Boston Post Rd., Suite 101
Sudbury, MA

Offices also in Acton & Andover, MA

978-263-0006
GenerationsLawGroup.com

**Wills, Trusts, & Estate Planning
Long Term Care & Medicaid Planning
Guardianships & Conservatorships
Probate & Trust Administration
Estate Tax Services & Estate Tax Planning**

- ✓ **Founded by a Nurse Attorney**
- ✓ **Client Care Program**
- ✓ **Solo Aging Solutions**
- ✓ **FREE Educational Resources:**
 - eBooks
 - Monthly Webinars



**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide




ADT Authorized Provider | **SafeStreets** | **833-287-3502**

**MARY ANN
MORSE
HEALTHCARE CENTER**

**Short-Term Inpatient
& Outpatient Rehab
and Long-Term Care**
Natick, MA



Part of the
Mary Ann Morse Healthcare Network of
Senior Living & Healthcare Services
508.794.8142 | maryannmorse.org

JULY REGISTRATION:

Sudbury Residents: Starting on Wednesday, 7/1
Non-Residents: Starting on Thursday, 7/2

Life Classes with TILT

Tuesday, 7/7 | 4:00 PM - 4:45 PM

Join the trainers from Sudbury's own **TILT Fitness** for a 45-minute session focused on functional fitness and everyday movement. Practice the motions you use daily—such as lifting, sitting, standing, and reaching—in a supportive environment. This free class is open to all fitness levels. **Registration is required.**

Preserving Your Family Photos: What You Need to Know

Tuesday, 7/14 | 5:30 PM - 6:30 PM

Many of us have old videotapes, photographs, and film reels filled with cherished memories. Over time, these formats can fade or become difficult to access. Join us to learn how to preserve, organize, and share your memories, protect them for future generations, and create a lasting legacy for your family. **Registration is required.**

Qi Gong with Lydie Barquet

Thursday, 7/23 | 10:30 AM - 11:15 AM

Qi Gong combines gentle movements, meditation, and focused breathing to promote balance, relaxation, and overall well-being. Suitable for all ages and abilities, exercises can be performed standing or seated. Instructor Lydie has practiced Tai Chi for over 15 years and holds Associate Instructor Certifications in Tai Chi (2021) and Qi Gong (2025). Class is free. **Registration is required.**

Desi Chai & Chat

Monday, 7/27 | 10:00 AM - 12:00 PM

A meet up of South Asian Americans to connect with each other. Enjoy some tea, conversations and camaraderie. All are welcome. If you'd like to participate in our Bingo game at the end, please bring exact change. **Registration is required.**

BINGO

Wednesday, 7/ 8
2:00 PM - 3:00 PM

CELEBRITY BINGO

Wednesday, 7/29
2:00 PM - 3:00 PM

\$1 per card to play. The more people register, the more rounds we can play. **Registration is required for each date.** This month, join Goodnow Library Director, Amy Stimac, as she leads our Celebrity Bingo session. Don't miss the fun!

Game Shows and Pizza with Kevin Richman

Tuesday, 7/21 | 5:00 PM - 6:30 PM

Ever dreamed of being on a game show? Game Shows To Go brings favorites like Family Feud, Jeopardy!, Concentration, and Wheel of Fortune to the Sudbury Senior Center. Play in teams, compete for prizes, and enjoy an evening of laughter & friendly competition. Best of all, we've got dinner covered—stay for games and pizza! **Registration is required. Sponsored by the Friends of the Sud. Senior Citizens.**

Preparing for Successful Aging: Lunch & Learn

Thursday, 7/23 | 12:00 PM Lunch,
12:30 PM Presentation

Planning to age safely and comfortably at home? Join **Allure Home Care** for an informative presentation on home modifications, caregiving options, and resources to support independence as you or a loved one age. Gayle Thieme, LSW, will share information and resources, field your questions, and help you prepare for your best life. **Registration required.**

"Build your own Sundae" Social & Outdoor Games

Tuesday, 7/28 | 5:30 PM - 6:30 PM

Create your own ice cream sundae and play cornhole and horseshoes on the patio. **Registration is required.**



Happy Independence Day!

Wishing you and your loved ones a joyful, safe, and memorable Independence Day as we celebrate our nation's 250th birthday. May your holiday be filled with family, friends, laughter, and gratitude for the freedoms we cherish. Whether you're enjoying a parade, a barbecue, fireworks, or simply time with loved ones, we hope your Fourth of July is filled with happiness and pride. From all of us at the Sudbury Senior Center, Happy Independence Day and best wishes for a wonderful summer!

JULY 2026 CALENDAR

8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>REGISTRATION: Sud. Residents Wednesday, 7/1</p> <p>Non-Residents Thursday, 7/2</p>	<p>EVENT COLORS: Green - Hybrid Purple - Off Site Blue - Zoom Red - Special Black - Regular</p>	<p>1 9:30 America Gilded Age 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge</p>	<p>2 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 2:30 Connection Circle</p>	<p>3 Sudbury Senior Center is CLOSED  in observance of July 4th Independence Day </p>
<p>6 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>7 9:30 Greatest Piano 9:30 Zumba Gold 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:00 Caregivers Sup. Grp. 2:35 Line Dancing 4:00 Life Classes TILT 5:00 Docuseries/PopCorn</p>	<p>8 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>9 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>10 9:30 Great Decisions Foreign Policy 9:30 Hearing Clinic 9:30 Drop In Watrcldr 11:00 Fit for the Future</p>
<p>13 10:00 Western Art 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 2:30 Tai Chi Walking</p>	<p>14 9:30 Greatest Piano 9:30 Zumba Gold 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 5:00 Docuseries/ PopCorn 5:30 Preserving Photos 5:30 Drop-In Tech Help</p>	<p>15 9:30 America Gilded Age 11:00 Fit for the Future 11:00 Beantown Bite - Therapy Gardens Pres. 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 1:00 Book Club Meeting</p>	<p>16 9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:00 Taste of Sudbury- Stars & Stripes 12:30 Canasta 1:00 Low Vision 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>17 9:15 Mat Yoga 9:30 Drop in Watercolor 10:15 Chair Yoga 11:00 Fit for the Future</p>
<p>20 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 2:00 Inv. Research Grp. 2:30 Tai Chi Walking</p>	<p>21 9:30 Greatest Piano 9:30 Zumba Gold 10:30 Photography Group 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 5:00 Docuseries/PopCorn 5:00 Game Shows & Pizza</p>	<p>22 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>23 9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 10:30 Qi Gong - Lydie B. 12:00 Success. Aging L&L 12:30 Canasta 1:00 Zumba Gold 1:00 Friends Meeting 2:30 Connection Circle</p>	<p>24 9:15 Mat Yoga 9:30 Great Decisions Foreign Policy 9:30 Drop in Watercolor 10:15 Chair Yoga 11:00 Fit for the Future</p>
<p>27 10:00 Western Art 10:00 Cribbage 10:00 Monthly Grief Clinic 10:00 Desi Chai & Chat 11:00 Fit for the Future 12:00 Footcare Clinic 12:30 Mah Jong 12:30 Knitty Gritty 1:00 Matinee Monday</p>	<p>28 9:30 Greatest Piano 9:30 Zumba Gold 10:00 Intro to Androids with Jon Baron 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 5:00 Docuseries/PopCorn 5:30 Ice Cream Social and Outdoor Games</p>	<p>29 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 Celeb. Bingo with Amy Stimac</p>	<p>30 9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>31 9:15 Mat Yoga 9:30 Drop in Watercolor 10:15 Chair Yoga 11:00 Fit for the Future</p>

AUGUST 2026 CALENDAR

9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</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 Matinee Monday</p>	<p>4</p> <p>9:30 Greatest Piano 9:30 Zumba Gold 11:00 Strength & Balance 12:00 No Sudbury Eats 1:30 Drums Alive 2:00 Caregivers Sup. Grp. 2:35 Line Dancing 5:00 Docuseries/PopCorn</p>	<p>5</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>6</p> <p>9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>7</p> <p>9:15 Mat Yoga 9:30 Great Decisions Foreign Policy 9:30 Drop In Watercolor 10:15 Chair Yoga 11:00 Fit for the Future</p>
<p>10</p> <p>10:00 Western Art 10:00 Cribbage 10:00 Stamp Club 11:00 Fit for the Future 12:30 Mah Jong 12:30 Knitty Gritty 1:00 Matinee Monday 3:30 COA Meeting</p>	<p>11</p> <p>9:30 Greatest Piano 9:30 Zumba Gold 11:00 Strength & Balance 12:00 No Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 4:00 Life Classes TILT 5:00 Docuseries/PopCorn 5:30 Games & Snacks: LRC with Chery</p>	<p>12</p> <p>9:30 America Gilded Age 11:00 Fit for the Future 11:00 How do I know It's Real Presentation 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Bingo</p>	<p>13</p> <p>9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>14</p> <p>9:30 Hearing Clinic 9:30 Drop In Watercolor 11:00 Fit for the Future</p>
<p>17</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 2:00 Inv. Research Grp.</p>	<p>18</p> <p>9:30 Greatest Piano 9:30 Collette Presentation 9:30 Zumba Gold 10:30 Photography Group 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 5:00 Docuseries/PopCorn 5:30 Games & Snacks with Staff 5:00 Drone Demo with Officer Woodford of SPD</p>	<p>19</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 Book Club Meeting</p>	<p>20</p> <p>9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:00 TOS: Summer BBQ Celebration 12:30 Canasta 1:00 Low Vision 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>21</p> <p>9:30 Great Decisions Foreign Policy 9:30 Drop In Watercolor 10:00 Intro to Androids with Jon Baron 11:00 Fit for the Future</p>
<p>24</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</p> <p>Registration week starts for FALL 1 Fitness: Residents</p>	<p>25</p> <p>9:30 Greatest Piano 12:00 Sudbury Eats 2:00 iPhone Class 3:00 Juniper Ice Cream 5:00 Docuseries/PopCorn 5:30 Games & Snacks with Staff</p> <p>Registration week starts for Fall 1 Fitness: Non-Res.</p>	<p>26</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 Legal by Apptmt. 2:00 Celebrity Bingo with Chief Choate from Sudbury Fire Dept.</p>	<p>27</p> <p>9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Qi Gong - Lydie B. 12:30 Canasta 2:30 Connection Circle</p>	<p>28</p> <p>9:30 Drop in Watrcrl 11:00 Fit for the Future</p>
<p>31</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 Matinee Monday 1:00 Tap- Fall I Starts 2:30 Tai Chi - Fall I Starts</p>		<p>NEW SUMMER HOURS:</p> <p>M,W,TH 9AM-4PM TUE 9AM-7PM FRI 9AM-12PM</p>	<p>REGISTRATION:</p> <p>Sud. Residents Monday 8/3</p> <p>Non-Residents Tuesday 8/4</p>	<p>EVENT COLORS:</p> <p>Green - Hybrid Purple - Off Site Blue - Zoom Red - Special Black - Regular</p>

AUGUST REGISTRATION:

Sudbury residents starting on Monday, 8/3

Non-residents starting on Tuesday, 8/4

Life Classes with TILT

Tuesday, 8/11 | 4:00 PM - 4:45 PM

Join the trainers from Sudbury's own **TILT Fitness** for a 45-minute session focused on functional fitness and everyday movement. This free class is open to all fitness levels. **Registration is required.**

Tuesday Games & Snacks with Senior Center Staff

8/11, 8/18, 8/25 | 5:30 PM - 6:30 PM

Spend time with Senior Staff playing board/Card Games and enjoy light snacks.

- 8/11 Left Right Center (LRC)
- 8/18 Uno with
- 8/25 Rummikub

BINGO

Wednesday, 8/12

2:00 PM - 3:00 PM

CELEBRITY BINGO

Wednesday, 8/26

2:00 PM - 3:00 PM

\$1 per card to play. The more people register, the more rounds we can play. **Registration is required for each date.** This month, join Chief Choate from the Sudbury Fire Department as he leads our Celebrity Bingo session. Don't miss the fun!

Juniper Ice Cream Truck: Bring your Grandchildren

Tuesday, 8/25 | 3:00 PM - 4:00 PM

Beat the summer heat with a sweet intergenerational treat! Bring your grandchild to the Senior Center and enjoy a visit from the Ice Cream Truck, **courtesy of the Friends of the Sudbury Senior Citizens, Inc.** Join us for an afternoon of smiles, memories, and delicious fun! **Registration is required.**

Intergenerational Event: Drone Flight Demo with Officer Woodford

Tuesday, 8/18 | 5:00 PM - 6:00 PM

Bring your grandchildren and join Officer Woodford from the Sudbury Police Department for a live outdoor drone demonstration. Learn how drones are used to locate missing persons, assist with investigations, and capture aerial images. A question-and-answer session will follow the presentation. This intergenerational program will be held outdoors, weather permitting. **Registration is required.**

Collette Trips Presentation Session

Tuesday, 8/18 | 9:30 AM - 12:00 PM

Join Collette Tours for a presentation on their upcoming trips. This event will cover detailed itineraries and pricing on two different trips including Spain and Italy. Do not miss it.

Registration is required.**UPCOMING TRIPS****September 29- Salem Day Trip**

Step into history on a guided bus tour of Salem, featuring the Salem Witch Museum, a delicious lunch at the historic Hawthorne Inn, and fascinating insights into the town's legendary past. (Royal Tours)

October 15 - 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 9 - "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)

Qi Gong with Lydie Barquet

Thursday, 8/27 | 10:30 AM - 11:15 AM

Qi Gong combines gentle movements, meditation, and focused breathing to promote balance, relaxation, and overall well-being. Suitable for all ages and abilities, exercises can be performed standing or seated. Instructor Lydie has practiced Tai Chi for over 15 years and holds Associate Instructor Certifications in Tai Chi (2021) and Qi Gong (2025). Class is free. **Registration is required.**

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!



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.

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.

Medical Equipment Loan Closet

Our Medical Equipment Loan Closet stocks adult incontinence products and currently has a lot of small and small/medium briefs. If you're looking for some, contact Sarah Green Vaswani at (978) 639-3223.



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. No limits per month. Sign up for as many meals as you like.

July Lunch Menu

Tuesday, July 7

Oven Fried Chicken, Mashed Potatoes and Green Beans

Tuesday, July 14

BLT and Tater Tots

Tuesday, July 21

Pesto Chicken Sandwich, Lemon Chicken Soup

Tuesday, July 28

Mozzarella, Tomato and Bacon Sandwich, Minestrone Soup

August Lunch Menu

Tuesday, August 4

No Lunch

Tuesday, August 11

No Lunch

Tuesday, August 18

Hot Dogs (with or without chili), Oven Baked Fries

Tuesday, August 25

Pesto Pasta with or without grilled chicken and 3 bean salad



This lunch program is generously supported by a grant from the Cummings Foundation

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 978-639-3268 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

Monthly Grief Support Group Meeting

Monday | 7/27 & 8/24

10:00 AM - 11:00 AM

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. Call (978) 639-3268.

Caregiver Support Group

Tuesday | 7/7 & 8/4

2:00 PM - 3:00 PM

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
Sponsored by Dementia Friendly Sudbury and Orchard Hill Assisted Living.

Fresh Start Furniture Bank Collection

The Sudbury Senior Center is proud to support the Fresh Start Furniture Bank and its mission to help individuals and families transition into stable housing. At this time, the organization is seeking donations of:

- Can openers
- Cooking Spatulas
- Non-Slotted Spoons
- Measuring Cups
- Colanders
- Measuring spoons
- Cutting Boards

Please note: Only new, unused items can be accepted. Thank you for helping provide essential household items to those starting a new chapter in their lives.

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

Monthly Meetings - See July & August Calendars for Meeting Dates

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



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
 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
 Coord. of Volunteer Prog.: Sarah Green Vaswani
 Receptionists: Mary Murray, Cindy Regan
 S.H.I.N.E. Counsel: 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	Directors:
Vice Chair: Patricia Tabloski	Dr. Joel Bauman
Secretary: To Be Announced	Mary Brauer
	State Rep. Carmine Gentile
	Dr. Jon Harding
	Jane Keilty
	Mary McLaughlin
	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	Board Members:
Vice President: Steve Cebra	Joe Bausk
Treasurer: Janet Derby	Judy Honens
Secretary: Joanne Bennett	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.

2nd MONDAY of Month:

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:

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.

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.



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.

**findmass
money.gov**
UNCLAIMED PROPERTY DIVISION

Did you know that you may have money waiting for you?
1 in 10 Massachusetts residents has unclaimed property.

Unclaimed property can refer to an old bank account, a forgotten insurance policy, uncashed checks, a refund you didn't know about, or even a forgotten safe deposit box.



Search and claim at **Findmassmoney.gov** or call our office at **617-367-0400**.

Searching for unclaimed property in your state is always free.

**Advertise in Our
Newsletter!**

Contact Joe Dapper

jdapper@4LPi.com
(800) 950-9952 x9557



**Never
miss our
publication!**



Get each new issue delivered straight to your inbox.



Scan to subscribe on
MyCommunityOnline.com



DON'T WEATHER THE SEASONS ALONE

~ Come home to ~



CHRISTOPHER HEIGHTS

AN ASSISTED LIVING COMMUNITY

Your own private apartment • Well balanced meals with fresh ingredients
Lively group activities • Care and support • No worries pricing

Call to schedule a tour 508-281-8001

99 PLEASANT ST., MARLBOROUGH, MA • WWW.CHRISTOPHERHEIGHTS.COM

Elder Law Attorney

Christine Boutin | 508.929.1679

cboutin@miricklaw.com

Personalized Legal Counsel for Seniors & their Loved Ones

- Estate Planning
- Asset Protection
- MassHealth/Medicaid
- Care Management
- Special Needs
- Crisis Management
- Probate



MIRICK

Worcester
Westborough
Boston
miricklaw.com

The right choice for all your legal needs.

IF YOU LIVE ALONE

MDMedAlert!™

STARTING AT
\$19⁹⁵
/mo.

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the HOME YOU LOVE!" ✓ GPS & Fall Alert

CALL NOW!



800.809.3570

md-medalert.com



For all of your aging and caregiving questions...



I am juggling so much with caregiving – is there help for me?

Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

...the answer is  **springwell**

We're a non-profit, community resource for all.
Call us for the answers to your questions.

(617) 926-4100 / Greater Boston (508) 573-7200 / MetroWest

www.springwell.com

We make senior living simple.



When it's time to consider senior living and care options, call us for personalized help with finding exactly the right place.

We can help you find:

- Independent Living
- Assisted Living
- Memory Care
- Respite Services
- Home Care
- Hospice

781-205-9455

NW-Boston@YourOasisAdvisor.com
OasisSeniorAdvisors.com/NW-Boston



Does your organization need a newsletter?

We'll cover the printing costs!

Learn more at lpicommunities.com



FREE AD DESIGN WITH PURCHASE OF THIS SPACE

Call 800.950.9952



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Town of Sudbury/Sudbury Senior Center, Sudbury, MA

06-5177

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

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



Or Current Occupant

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

Summer Office Hours: Mon., Wed., Thur. 9:00 AM - 4:00 PM

Tue. 9:00 AM - 7:00 PM

Fri. 9:00 AM - 12:00 PM

Website: www.sudburyseniorcenter.org

Email: senior@sudbury.ma.us



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

Reaping the benefits of farm to table



Drinking lots of fluids is important but did you know that your body typically gets about 20% of the water it needs from the foods we eat throughout the day?

*Foods that typically provide the highest water content are raw fruits and vegetables. For example, cucumbers are 95% water! It's no coincidence that the resident gardening club **The Green Thumbs** grows these items throughout our campus, and supplies our kitchens with them all summer long.*



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

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

