

# Summer at the MOVIES

**Mondays:** *Travel the World* at 1:00; free popcorn and cold drink

**Thursdays:** *Contemporary Films*; Pizza at 12:00 (call to reserve your slices by 10:00 that morning, \$1.25 a slice), movie at 12:30, no charge

Come sit in air conditioned comfort at the Senior Center this summer. We'll be showing **free** movies; travel films each Monday (we'll have at least one for each continent) and contemporary films that were nominated for Academy Awards each Thursday. *Please call to let us know you are coming!*

## Mondays: Travel the World

**Monday, July 6:** *Tibet, Cry of the Snow Leopard* Nine remarkable journeys throughout Tibet, India and Nepal takes viewers to the long-forbidden "rooftop of the world" with an unprecedented richness of imagery.

**Monday, July 13:** *Africa, The Serengeti* [James Earl Jones](#) narrates this stunning documentary that explores the daily life and rhythms of East Africa's Serengeti National Park.

**Monday, July 20:** *Australia Revealed* From the lush Great Barrier Reef to the desolation of the outback and the sparkle of modern, man-made cities, experience the vast landscape and incredibly varied terrain of Australia.

**Monday, July 27:** *China Revealed* Delve into the people, culture and landscape that make up China, and witness the enormous changes happening in a civilization that dates back more than six millennia.

## Thursdays: Contemporary Films

**Thursday, July 2:** *Marley and Me* An ambitious young reporter, and his wife, also a reporter, move to a Florida, buy a house and adopt a Labrador puppy they name Marley. Marley quickly becomes a rollicking force of nature in their lives

**Thursday, July 9:** *Frost/Nixon* Based on TV interviews former President Richard Nixon granted British talk show host David Frost in 1977. Nominated for five Oscars. **Rated R**

**Thursday, July 16:** *The Curious Case of Benjamin Button* A tale set in the early 20th century that follows Benjamin Button ([Brad Pitt](#)), a man who was born in his 80s and continually grows younger.

**Thursday, July 23** *The Wrestler* professional wrestler Randy "The Ram" Robinson, who returns to the ring and tries to work his way up the circuit for a final shot at defeating his longtime rival. **Rated R**

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**Travel Mondays at 1:00;** free popcorn and cold drink

**Monday, August 3: *Secrets of Yellowstone*** Journey into the wilds to visit sites tourists never see, including a 20-mile-long canyon and newly discovered waterfalls. Also shown: the wildlife of the park.

**Monday, August 10: *Visions of Germany*** Discover the old-world charm of Bavaria, from the castles, fortresses and gardens to the lush "German Riviera", blending local music and stunning aerial photography.

**Monday, August 17: *Spirits of the Jaguar*** Visit the jungles of Central America and the Caribbean to explore the vast array of plants and animals, and sample the cultural customs of the native people.

**Monday, August 24: *Antarctica*** An underwater ballet with penguins, aerial views of enormous glacial peaks and marine dives through crystalline caverns give viewers a complete tour of this amazing region. The narration explains the difficult of exploration.

**Monday, August 31: *Wild South America*** Tour the dense wilderness of South America's rivers, mountains, rain forests and deserts. Then, peek at some truly fascinating nocturnal creatures taken with night vision cameras.

**Contemporary Film Thursdays;** Pizza at 12:00 (\$1.25), film at 12:30

**Thursday, July 30: *The Reader*** A teenager in Germany has an affair with an older woman but years later learns she's on trial for horrific Nazi war crimes. Told in flashbacks Kate Winslet and [Ralph Fiennes](#) **Rated R.**

**Thursday, August 6: *The Visitor*** A professor discovers an immigrant couple, squatting in his Manhattan flat and becomes wrapped up in their lives when the husband is thrown into a detention center

**Thursday, August 13: *Doubt*** In a Catholic elementary school in the Bronx, Sister Aloysius ([Meryl Streep](#)) begins to have doubts about one of the priests, (Philip Seymour Hoffman). Is she overreacting to the situation?

**Thursday, August 20: *Rachel Getting Married*** Touching and humorous drama. A former model who's been in and out of rehab returns just before the wedding of her sister, Rachel. Family conflicts begin to resurface. **Rated R** for language.

**Thursday, August 27: *Australia*** Lady Sarah Ashley ([Nicole Kidman](#)) inherits a cattle ranch and joins her farmhand ([Hugh Jackman](#)) as he drives 2,000 head of cattle across the outback and see the Japanese bombing of Darwin.

## COUNCIL ON AGING

### CHAIRPERSON:

Patrick Mullen

### BOARD OF DIRECTORS:

Barbara Bahlkow

John Beeler

Elizabeth David

Marilyn Goodrich

Susan Kasle

David Levington

Mary-Lee Mahoney-Emerson

Robert May

## SUDBURY SENIOR CENTER STAFF

### DIRECTOR

Kristin Kiesel

### ADMINISTRATIVE ASSISTANT

Claire Wigandt

### INFORMATION AND REFERRAL

Debra Galloway

### RECEPTIONIST

Jean Taylor

### SENIOR COMMUNITY WORK PROGRAM COORDINATOR

Peg Whittemore

### S.H.I.N.E. COUNSELOR

Kathleen Woehrling

### SMOC MEALSITE MANAGER

Debbie Peters

### TRIP COORDINATOR

Carmel O'Connell

### VAN DRIVER

Linda Curran

### VOLUNTEER

### COORDINATOR

Ed Gottmann

### PUBLIC HEALTH NURSE

Linda Sullivan

## MISSION STATEMENT

*The Sudbury Senior Center is dedicated to serving the social, recreational, health and educational needs of older adults in the community.*

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## Propaganda and World War II *continues*

Fridays July 10-August 21

1:00-3:00

No class July 3 (Senior Center closed)

Join Pat Mullen's ongoing nine-session course using clips from films and other media to explore the use of propaganda in World War II. The cost for the series is \$20, or pay by the class, \$5.00 a class. The class size is limited to 40.

### Session 3 July 10:

We will view films created by Walt Disney in support of the war effort as well as short films that were shown between main features and discuss their message and audience.

The remaining sessions will not have a specific theme, but will feature a viewing of both long and short pieces of propaganda, along with a chance to analyze and discuss each one.

Classes will be held **Fridays** at **1:00**:

**July 17**

**July 24**

**July 31**

**August 7**

**August 14**

**August 21**

If there is interest among class members, there will also be a scheduled trip to the **World War II Museum** in Natick. The museum is a private collection, open by appointment, containing a fascinating assortment of WWII items, including the most extensive collection of Enigma code machines outside of the National Security Agency. The museum's holdings are so extensive that it is not possible to see everything in one visit!



## *Summer Birthday Luncheons*

If you were born in July or August, come have lunch with us on two special **Wednesdays**, our treat! We'll have the regular lunch meal, serve you birthday cake, and sing happy birthday to you!

**July Birthdays: July 22**

**August Birthdays: August 12**

Please call by the day before to let us know you are coming. Everyone else is welcome to come to lunch as well, for a \$2 donation.



## Don't get shut out!

Are our classes filled by the time you get your newsletter in the mail? You can get the jump on signing up if you enroll in our Internet-based information list!

You'll get each issue of the *Sudbury Senior Scene* newsletter by e-mail as soon as it is available (usually two or more weeks before it is delivered by the post office). The on-line version is in color, has links readers can click to get to other web pages, and has no advertising.

### To join:

- Go to: <http://sudbury.ma.us/services/SeniorCenter/mailling.asp>
- Type in your email address
- Click on "View subscription status".
- Fill out the information boxes.
- Check the little white box in the green area that says "Subscribe to Senior Center – General Information".
- Click on the tan box that says "Save Subscription Preferences".

That's it; you are subscribed. We won't share your e-mail with anyone.

Readers can also take themselves off the list at any time by going to <http://sudbury.ma.us/services/SeniorCenter/mailling.asp?Action=SubscriptionCancelRequest>



## Balance and Flexibility

Help yourself prevent falling! Come join our next series of eight classes to practice improved balance on **Monday** afternoons from **1:00-2:00**. The focus is on empowering seniors to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture.

The class uses balls, bands, and weights to help participants gain in strength and endurance and decrease stress. Tai Chi and Yoga moves are also included.

Class dates are **June 22** to **August 10**. The cost is **\$50** for the series, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

### Fit for the Future Summer Schedule

The Fit for the Future senior aerobics class will meet in the all-purpose room at the High School at **9:30** on **Mondays, Wednesdays and Fridays, June 29-July 31**. There will be no class Friday, July 3.

There will be no class August 3-14, class resumes **August 17-21**, and the classes will resume at the Senior Center September 28. Drop-ins welcome. The cost is **\$2.00** a class.

## Medicare and Long-Term Care

"Long-Term Care" refers to services required by people with disabilities, chronic illnesses, or limitations in their ability to function independently. Long-term care can be given at home, in a nursing home, adult day care center or other facility, and involves both skilled and unskilled care.

Most long-term care assists you with "activities of daily living" like dressing, bathing, and using the bathroom. Medicare won't pay if you only require this type of "custodial care". Medicare may pay if there is a need for skilled care. This can be in a nursing home or at home, but it is only for a limited time.

Long-term care is expensive. It is important to plan ahead for possible long-term care needs and costs before the need arises, rather than in the middle of a crisis.

LTCI can be expensive. Premiums are based on your age and health when you buy a policy as well as the level of coverage, benefits and options you choose. If you have very limited income and assets, LTCI is probably not for you.

MassHealth (Massachusetts Medicaid) is a State and Federal Government program that pays for some long-term care services at home and in the community. Eligibility is based on your income and assets.

For help understanding Medicare or MassHealth coverage, call 978-443-3055 and ask for a SHINE appointment with our Counselor Kathleen Woehrling.

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
DEBRA GALLOWAY

**Older equals wiser!**

Research seems to be confirming a well known aphorism – older is wiser. Researchers studying brain power found that although our ability to remember new facts may diminish as we age, we also take in more information. And that additional information may offer a broader perspective on any given situation. In addition, many of our abilities hold up very well into old age and are bolstered by experience.

In studies where the subjects were asked to read passages that were periodically interrupted by unexpected words or phrases, older subjects read the information more slowly than younger subjects. However, the older subjects were more likely to slow down when the interrupting words were relevant to the text. This suggests the older subjects were processing this information and indeed, when asked questions about this information later they were more likely to remember the words than the younger subjects.

Other research has shown that many mental functions hold up well into old age and that some get better! Vocabulary and other verbal abilities actually improve. And older brains typically have more “expert knowledge” related to an occupation or hobby. They also store more “cognitive templates” or mental outlines of generic problems and solutions that can be used to solve new problems.

Expert knowledge and cognitive templates are maintained well in the aging brain. This is exemplified in research on air traffic controllers that showed that those in their 60s are as proficient as those in their 30s. When researchers tested these age groups, the younger group performed better on standard tests that measure memory, reaction speed and attention. However, when tested in a more realistic situation with multiple airplanes and emergencies to deal with, the older group did as well or better than the younger group. This information challenges the idea of mandatory retirement ages and suggests that many workers can continue to work for many years past 65.

For more information about these studies, or other information or resources for older adults, please contact Debra Galloway at 978-443-3055 or [gallowayd@sudbury.ma.us](mailto:gallowayd@sudbury.ma.us).

Sources: Sharon Begley, Wall Street Journal, Feb. 17, 2007;  
Sara Reistad-Long, New York Times, May 20, 2008.


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# JULY 2009






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters	9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Marley and Me</i>	<i>Senior Center closed in honor of Independence Day on Saturday</i>
6	7	8	9	10
9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 12:00 Lunch 1:00 Balance (3) 1:00: Travel the World: <i>Tibet, Cry of the Snow Lion</i>	8:00-9:00 BP Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:30 Red Sox Trip Meeting	9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 12:00 Summer Barbeque 12:30 Informal Quilters	9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Frost/Nixon</i>	9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 12:00 Lunch 1:00 Cards 1:00 Propaganda and WWII (3) 1:00 Watercolors (6)
13	14	15	16	17
9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 10:00 Stamp club 12:00 Lunch 1:00 Balance (4) 1:00: Travel the World: <i>Africa, The Serengeti</i>	8-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge	9:00 Cribbage 9:15 <i>Goodbye Charlie</i> Trip 9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters	9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Curious Case of Benjamin Button</i>	Red Sox Trip 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 9:30 Fit for the Future at LS 12:00 Lunch 1:00 Cards 1:00 Propaganda (4) 1:00 Watercolors (7)
20	21	22	23	24
9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 12:00 Lunch 1:00 Balance (5) 1:00: Travel the World: <i>Australia Revealed</i>	8:00-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 3:30 COA Board Meeting	9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 12:00 Birthday Lunch 12:30 Informal Quilters	9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Wrestler</i> 3:00 Friends meeting	9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 9:30 Fit for the Future at LS 12:00 Lunch 1:00 Cards 1:00 Propaganda (5) 1:00 Watercolors (8)
27	28	29	30	31
<i>Van trip to Wal-Mart, Hudson</i> 9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 12:00 Lunch 1:00 Balance (6) 1:00: Travel the World: <i>China Revealed</i>	8:00-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge	9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters	9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Reader</i>	9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 9:30 Fit for the Future at LS 12:00 Lunch 1:00 Propaganda (6) 1:00 Cards

# AUGUST 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>7:45 Foxwoods Trip                      9:30-2:30 I&amp;R Hours                      No Fit for the Future                      12:00 Lunch                      1:00 Balance (7)                      1:00: Travel the World:  <i>Secrets of Yellowstone</i></p>	<p style="text-align: right;">4</p> <p>8:00-9:00 BP Clinic                      9:00 Cribbage                      12:00-1:00 BP Clinic                      12:00 Lunch                      12:30 Bridge</p>	<p style="text-align: right;">5</p> <p>9:00 Cribbage                      9:30-2:30 I&amp;R Hours                      No Fit for the Future                      12:00 Lunch                      12:30 Informal Quilters</p>	<p style="text-align: right;">6</p> <p>9-12 SHINE                      9:45 Thursday Crafters                      12:00 Pizza                      12:30 Movie: <i>The Visitor</i></p>	<p style="text-align: right;">7</p> <p>9:00 Cribbage                      9:30-11:30 Bingo                      9:30-2:30 I&amp;R Hours                      No Fit for the Future                      12:00 Lunch                      1:00 Propaganda and WWII (7)                      1:00 Cards</p>
<p style="text-align: right;">10</p> <p>No Fit for the Future                      9:30-2:30 I&amp;R Hours                      10:00 Stamp Club                      12:00 Lunch                      1:00 Balance (8)                      1:00: Travel the World:  <i>Visions of Germany</i></p>	<p style="text-align: right;">11</p> <p>8:00-9:00 BP Clinic                      9:00 Cribbage                      12:00-1:00 BP Clinic                      12:00 Lunch                      12:30 Bridge</p>	<p style="text-align: right;">12</p> <p>9:00 Cribbage                      9:30-2:30 I&amp;R Hours                      No Fit for the Future                      12:00 Birthday Lunch                      12:30 Informal Quilters</p>	<p style="text-align: right;">13</p> <p>9-12 SHINE                      9:45 Thursday Crafters                      12:00 Pizza                      12:30 Movie: <i>Doubt</i></p>	<p style="text-align: right;">14</p> <p>9:00 Cribbage                      9:30-11:30 Bingo                      9:30-2:30 I&amp;R Hours                      No Fit for the Future                      12:00 Lunch                      1:00 Propaganda and WWII (8)                      1:00 Cards</p>
<p style="text-align: right;">17</p> <p>9:30-2:30 I&amp;R Hours                      9:30 Fit for the Future at L/S                      12:00 Lunch                      1:00: Travel the World:  <i>Spirits of the Jaguar</i></p>	<p style="text-align: right;">18</p> <p>9:00 Cribbage                      10:00-12:00 Legal Clinic                      12:00 Lunch                      12:30 Bridge                      1:30 Biltmore Estate Trip Meeting</p>	<p style="text-align: right;">19</p> <p>9:00 Cribbage                      9:30-2:30 I&amp;R Hours                      9:30 Fit for the Future at L/S                      12:00 Lunch                      12:30 Informal Quilters</p>	<p style="text-align: right;">20</p> <p>9-12 SHINE                      9:45 Thursday Crafters                      12:00 Pizza                      12:30 Movie: <i>Rachel Getting Married</i></p>	<p style="text-align: right;">21</p> <p>9:00 Cribbage                      9:30-11:30 Bingo                      9:30-2:30 I&amp;R Hours                      9:30 Fit for the Future at L/S                      12:00 Lunch                      1:00 Propaganda and WWII (9)                      1:00 Cards</p>
<p style="text-align: right;">24</p> <p>9:30-2:30 I&amp;R Hours                      12:00 Lunch                      1:00: Travel the World:  <i>Antarctica</i></p>	<p style="text-align: right;">25</p> <p>8:00-9:00 BP Clinic                      9:00 Cribbage                      12:00-1:00 BP Clinic                      12:00 Lunch                      12:30 Bridge</p>	<p style="text-align: right;">26</p> <p style="text-align: center;"><i>Lighthouse Trip</i></p> <p>9:00 Cribbage                      9:30-2:30 I&amp;R Hours                      12:00 Lunch                      12:30 Informal Quilters</p>	<p style="text-align: right;">27</p> <p>9-12 SHINE                      9:45 Thursday Crafters                      12:00 Pizza                      12:30 Movie: <i>Australia</i></p>	<p style="text-align: right;">28</p> <p>9:00 Cribbage                      9:30-11:30 Bingo                      9:30-2:30 I&amp;R Hours                      12:00 Lunch                      1:00 Cards</p>
<p style="text-align: right;">31</p> <p>9:30-2:30 I&amp;R Hours                      11:00 Fit for the Future returns to the Senior Center                      12:00 Lunch                      1:00: Travel the World:  <i>Wild South America</i></p>				

## LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal may be made. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
	<b>July 1</b> Vegetable Soup Sliced Turkey Sandwich Macaroni Salad Watermelon	<b>July 3</b> Senior Center Closed  Happy Independence Day!
	<b>July 7</b> Mixed Fruit Ground Beef Stroganoff Mashed Potatoes Mixed Vegetables Pears	<b>July 8</b> <b>Summer Barbeque</b> 
<b>July 14</b> Salisbury Steak/ Jardinière Gravy Mashed Potatoes Beets Chocolate Pudding	<b>July 15</b> Tomato Cabbage Soup Tuna Salad Italian Pasta Salad Snack n' Loaf	<b>July 17</b> Chicken Cacciatore Ziti/Tomato Sauce Mixed Vegetables Pineapple
<b>July 21</b> Corn Chowder Broccoli Bake Carrots Pears	<b>July 22</b> Roast Chicken/ Apricot Glaze Mashed Potatoes Peas Birthday Cake	<b>July 24</b> Stuffed Shells Green Beans Fresh Orange
<b>July 28</b> Sloppy Joes Brown Rice Carrots Applesauce	<b>July 29</b> Chicken a la King Bow Tie Pasta Broccoli Smoothie	<b>July 31</b> Fish Tenders Spinach Corn Pears

### Monday lunch menus

Lunch is available Mondays to eat here or to take home. Monday lunches are prepared by Wingate Healthcare, and are **\$3.00** each.

The hot choices are below, but each Monday you may also choose from a **tuna salad plate**, **egg salad plate**, or **fruit and cottage cheese**.

- |   |   |
|---|---|
| 7/6/09 Corned beef <b>or</b> pizza          | 8/10/09 Ziti <b>or</b> liver and onions       |
| 7/13/09 Ziti <b>or</b> liver and onions     | 8/17/09 Chicken Piccata <b>or</b> pork cutlet |
| 7/20/09 Chicken Piccata <b>or</b> pk cutlet | 8/24/09 Pork loin <b>or</b> beef pie          |
| 7/27/09 Pork loin <b>or</b> beef pot pie    | 8/31/09 Corned beef <b>or</b> pizza           |

Reserve your meal by **noon** of the Friday before.

If you'd like to participate in supporting the workers on the Habitat for Humanity house, please see Debbie Peters, our Meal Site Manager.

### Looking toward autumn

We're working hard on a great line-up of classes and events for the fall season. Be on the lookout for:

A four-session series on **The Plays of Arthur Miller** with Professor Larry Lowenthal in October.

**Remembering the Warren Court**, a four part once-a-month lecture-discussion group with Professor Gary Hylander, September through December.

**Sounds in the Air: The Golden Age of Radio**, a lecture and listening session with author Norman Finklestein in October.

**Islam** Understand the principles and philosophy of Islam in this three part lecture/discussion with Professor Jason Gianetti from Regis College in November.

**Cooking for One**, a discussion, demonstration and tasting with Katherin McClean from Simmons College in December.

**The Life and Times of Abraham Lincoln**, our 12 session peer-taught course beginning in September.

Details will be available in the September *Sudbury Senior Scene*.

### Savoyards

The Sudbury Savoyards invite you to their 2009 summer production of Thornton Wilder's *Our Town*. Performances will be **July 24, 25, 31**, and **August 1** at **8 PM** with matinees at **2 PM** on **Sunday, July 26** and **Saturday, August 1**. Performances will be at the air-conditioned and handicapped accessible Curtis Middle School in Sudbury. Tickets are \$15 for adults and **\$12** for seniors, students and children under 12.





**Legal Clinics**  
**July 7 and August 18**  
**10:00-12:00**

Have a **free** twenty-minute consultation with Elder Law Attorney Denise Yurkofsky here at the senior center in July or August. Advance appointments are required; call 978-443-3055 to schedule yours.

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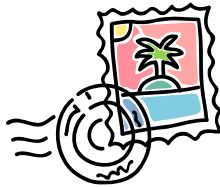
**Report Elder Abuse**

Concerned about abusive behaviors, elder abuse, neglect, or family violence? Help is available in the MetroWest area. For information, visit: [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org) or call the state-wide toll-free Elder Abuse hotline at 1-800-922-2275.



**Stay Coool**

Summer can be long and hot. If you are worried about your ability to stay cool and safe in the heat, please call us. There may be a way we can help you be more comfortable all season. We also have many tips to help everyone weather the heat safely. Call us for a **free** tip sheet. And you can always drop by the air-conditioned Senior Center for a break.



**Please save stamps!**

Please save all your canceled stamps and bring them to the Senior Center. That goes for any postage stamps, even common ones. The Stamp Club will look through them, and donate any surplus stamps to charities.

You are also welcome to come to Stamp Club Meetings the second Monday of each month at **10:00**. The meetings are **free!**

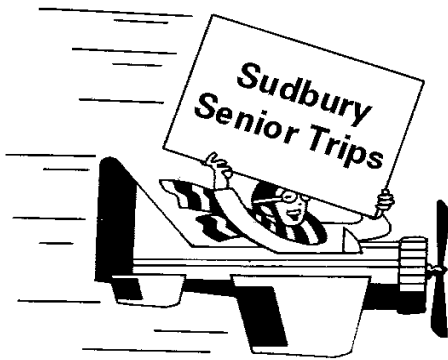
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**Bill Payer Program**

Volunteers in the Money Management Program are ready to help older adults budget, pay routine bills and keep track of financial matters. They can help seniors balance their checkbooks, write checks, and act as an advocate with creditors and service providers. The program is designed to prolong independent living in the community for individuals. It is **free** and confidential. It serves seniors on a limited income and people with disabilities who do not have family or friends who can help.

If you feel that you have a need for this service or know someone who does and would like to discuss this further, call BayPath Elder Services and speak with the Money Management Coordinator at 508-573-7241.

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As this is the last newsletter that you will be receiving until September, I would like to suggest that you save it for summer reference. I have a few important pieces of trip information that I would like to give you and I welcome any feedback that might be helpful to you and also to others.

First of all starting now we are going to ask you to completely fill out our pink one-day trip forms for all trips that you sign up for instead of just the first one each year. We have been fortunate this year to have a volunteer who types up our trip spread sheets that contain all the important information that we need for each trip. She finds it very time consuming and tedious to have to go back in the file and find the first trip that you have gone on each time she is working on a new trip. I know this will take you a little longer but we will be happy to supply you with all the pink forms you need to take home and then bring back with individual checks for each trip. This includes all the Foxwoods trips unless you pay for all of them at one time.

**Foxwoods Trips:** Due to the economy these have not been doing as well as usual this year and we have not always been meeting our motor coach costs. In 2010 we will have to raise the price from

\$19 to \$22. We also must have a minimum of 40 paid passengers for the trip to run. There is some doubt at present whether or not this year's **August 3** Foxwoods trip will run, as just a very few people are signed up at present. If we need to cancel, I will call those already on the list by mid-July and return their money.

**Biltmore Estate Trip September 13-18:** Final payment is due by July 6. Make checks payable to Sudbury Senior trips. A short meeting for this trip will be held **Tuesday, August 18 at 1:30.** Please call if you are able to attend so we can set up enough spaces for all.

**Red Sox-Blue Jay Trip:** I will be calling all our members to let them know when our final information and luggage tags will be here. We are hoping to have them by **Tuesday, July 7** so we can have a short meeting at **1:30.** Otherwise you can come in after that date at your convenience and pick them up.

**Newport Theater, Buffet and Cabaret Wednesday, July 15:** The title of the play has changed to *Good-Bye Charlie*. The theater tells me that this play is even more humorous than the one originally scheduled (new informational flyers are available on the trip rack). We may have a few spaces left so if you are interested give our front desk or myself a call. Cost is \$70. (There is no need to re-sign up for this trip)

**Lighthouse Cruise and Lobster Bake Wednesday, August 26:** Still some spaces left. This should be a perfect time for a trip

to Maine and a cruise on the harbor, and who does not like lobster? (If not you can have baked stuffed chicken and clam chowder.) Cost is \$89.

**John Davidson Thursday, September 24:** We still have spaces on our trip Cost is \$69. John is always a smash hit wherever he performs. The menu is stuffed chicken breast or haddock and Venus Be Milo's famous minestrone soup.

**Dick Contino October 20:** Space still available for "The World's Greatest Accordionist". Complete cost with transportation is \$69.

**Repositioning Cruise Nov.1-15** Final deposit is due on August 1. Send your payments directly to Tours of Distinction. More information regarding a pre-trip meeting will be in September.

**Oberammergau Passion Play in Germany in 2010:** Presented only once every 10 years! We had over 100 people go with us in the year 2000. It is really a once in a lifetime experience. I would like to be able to do it again for the Center next year and would need to have a very early fall informational meeting in order to ensure getting space. It is always a quick sell-out.

Finally, I am presently working on trying to plan a late February-early March trip to somewhere warm to take the place of our previous winter Florida trips. I hope to have information for you at the cruise meeting in September.

*Carmel*

# SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

*In addition to our many educational and recreational programs, we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. For information about any of the services described below, call the Sudbury Senior Center at 978-443-3055 (unless otherwise indicated).*

## TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Monday through Friday from 9:00 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for out-of-town trips.

**F.I.S.H. (Friends in Service Helping):** Volunteers drive clients to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Leave your request on the answering machine, and the coordinator will return your call.

## HEALTH SERVICES

**Blood Pressure Clinic:** The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00** and **noon to 1:00**. **Free** blood sugar testing is also provided each **Tuesday from 8:00-9:00**. No appointment is necessary.

## **Medical Equipment Loan Closet:**

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost**. We welcome donations of equipment.

## CONSULTATION

**Information and Referral:** Debra Galloway, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:30 to 2:30**.

**Legal Clinic:** Denise Yurkofsky, an elder law attorney, is regularly available for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

**S.H.I.N.E. (Serving the Health Information Needs of Elders):** Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Thursdays 9-12**. Please call to make a **free** appointment.

## IN-HOME SERVICES

**Friendly Visitor Program:** Seniors who can't get out to socialize can be matched with a volunteer for weekly informal visits.

**In-Home Fix-It Program:** Seniors who can no longer (or should not) do small repair tasks at home can get **free** volunteer assistance with these small jobs. Seniors will only be expected to pay for necessary parts and materials.

**Grocery Shopping:** Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

**Books on Wheels:** This is a pick up and delivery service for books, DVDs, and audiobooks from the Goodnow Library for those who can't get out.

**Lock Boxes:** The Senior Center can supply lock boxes at no cost to Sudbury seniors. These are small safes containing a key to the house. Volunteers install the boxes at **no charge**. A donation of **\$60** may be given to purchase a lock box for a senior who cannot afford one.

## NUTRITION

**Meals on Site:** A full lunch is served at the Senior Center on Tuesdays, Wednesdays and Fridays at noon. Please call to make a reservation **at least 24 hours in advance**. Menus can be found each month in the *Sudbury Senior Scene* or by calling **978-639-3278**.

**Home Delivered Meals:** A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

*A monthly publication from the*

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

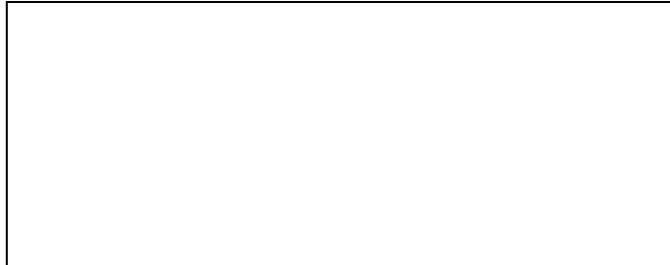
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

*on the web at:*

<http://senior.sudbury.ma.us>

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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Monday through Friday, 8:30 AM to 3:30 PM

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



*Come to our annual*

# Cookout barbeque

## Wednesday, July 8

### Noon-2:00

**Menu:** Chicken breasts, potato salad, coleslaw, biscuits, and watermelon

Special appearance by an **ice cream truck**,  
with free ice cream for all  
courtesy of Christopher Heights

**Entertainment:** *Senior Class* barbershop quartet

Cost: \$5.00

Reservations are required by Thursday, July 2

There is a limit of 55 guests, so reserve early to be sure of getting your spot.  
If you sign up but can't come, please let us now so we can fill your spot from the waiting list.