



# MOVIE MADNESS!

As we have in the past, we will show movies on Mondays and Thursdays during the months of July and August. It's a great time of year to cool off and relax with a movie at the Senior Center. On Mondays, we will be showing documentaries and travelogues and serving popcorn and cold drinks. On Thursdays, we will treat you to newer hits (pizza will be served at noon, call by 10 AM). By special request, we will be showing a film recently released on DVD, "The Great Dictator" a 1940 film by Charlie Chaplin.

*Please do call 978-443-3055 to let us know you are coming.*

### Monday Documentary/Travelogue Special at 1:00

**July 11: *Unlocking the Great Pyramid*** – 50 minutes – Architect Jean-Pierre Houdin and Egyptologist Bob Brier set out to solve the mystery of how the Great Pyramid was built. On an expedition to Giza, the pair uses Houdin's detailed blueprints of the structure and 3-D software to unlock the secret.

**July 18: *The Great Dictator*** – 125 minutes – In Chaplin's satire on Nazi Germany, dictator Adenoid Hynkel has a double... a poor Jewish barber... who one day is mistaken for Hynkel. At the time of this film's first release, the United States was still formally at peace with Nazi Germany. Chaplin's film advanced a stirring, controversial condemnation of Hitler, fascism, antisemitism, and the Nazis.

### Thursday Movie at 12:30 (pizza at 12:00)

**July 7: *The Company Men*** – 99 minutes – Written, directed and produced by John Wells ("The West Wing"), this indie drama stars Ben Affleck as a successful businessman who comes face-to-face with America's downsizing epidemic when he loses his job and is forced to take a construction gig. Also starring Kevin Costner and Tommy Lee Jones.

**July 14: *Hereafter*** – 129 minutes – Clint Eastwood directs this supernatural thriller about three very different people and their responses to death, including a hesitant American psychic named George (Matt Damon) who may be able to help the others find answers and peace. Marie (Cécile De France) is a French journalist caught up in the aftereffects of the devastating 2004 tsunami, while in London, young Marcus (Frankie and George McLaren) seeks to contact his deceased twin brother.

⇒ Turn the page for *more* films.

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★ **Please save  
this issue.** ★

We do not publish a separate August issue.

*Summer at the movies continued . . .*

**Mondays:** Free popcorn and cold drink at **1:00**

**July 25 *The Economics of Happiness*** – 65 minutes – From the makers of the award-winning documentary *Ancient Futures: Learning from Ladakh*, comes a film about the most important issues of our time. *The Economics of Happiness* reveals how globalization is accelerating climate change, destroying jobs, fraying the fabric of our communities, and adding to the stress of modern life. Most importantly, *The Economics of Happiness* shows that these trends can be reversed.

**NOTE:** You are invited to stay for an informal group discussion after the movie.

**August 1 *21 Days to Baghdad*** – 62 minutes – Fresh from the front lines, this visually compelling documentary from *National Geographic* monitors the military action that put America in control of Iraq since the first of 2003's "shock and awe" tactics took effect. Day-by-day accounts from journalists right in the middle of the action punctuate this prolific and harshly real look at war. . This movie contains violent content.

**August 8 *Cruise South America*** – 93 minutes – Thinking of heading south for the winter? Craving an exotic destination in the summer? There's no faster way to take in South America's sights than through this tantalizing travelogue. The visual cruise takes viewers to the must-sees of the region, in Chile, Argentina, Brazil and more.

**Thursdays;** Pizza at 12:00, film free at 12:30

**July 21 – *The Fighter*** – 115 minutes – After a string of defeats, Mickey Ward (Mark Wahlberg) rediscovers his fighting will with help from trainer and half-brother Dicky (Oscar winner Christian Bale) -- a once-talented pugilist and small-town hero now battling drug addiction. Shot locally in Lowell, MA.

**July 28 *Secretariat*** - 110 minutes When Penny Chenery (Diane Lane) agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder -- and owner of the colt that will take the 1973 Triple Crown -- in this dramatic biopic. John Malkovich plays trainer Lucien Laurin, and Fred Dalton Thompson co-stars as big-shot breeder Bull Hancock.

**August 4 – *The Kids are All Right*** – 105 minutes – Joni (Mia Wasikowska) and Laser (Josh Hutcherson), the children of same-sex parents Nic (Annette Bening) and Jules (Julianne Moore), become curious about the identity of their sperm-donor dad (Mark Ruffalo) and set out to make him part of their family unit, often with hilarious results. But his arrival complicates the household dynamics, and nobody is sure how he fits in -- if at all -- in this Oscar-nominated, Golden Globe-winning comedy.

**August 11 – *Get Low*** – 100 minutes – Oscar winners Robert Duvall and Sissy Spacek team up to tell the true story of irascible Felix Bush, a backwoods Tennessee loner who planned his funeral in 1938 while he was still around to attend -- and enjoy -- the proceedings. Also stars Bill Murray as Frank Quinn, the huckster owner of a failing funeral home, and Lucas Black as his dubious assistant.

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MISSION  
STATEMENT

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

*Summer at the movies continued from page 2 . . .*

**Mondays:** Free popcorn and cold drink at **1:00**

**August 15 - *Pressure Cooker*** – 99 minutes – Three Philadelphia high school students negotiate the challenges of the inner city and the demands of their tough-minded culinary arts teacher to become contenders in a citywide cooking competition. Charming and surprisingly hilarious, Jennifer Grausman and Mark Becker's inspiring, Emmy-nominated documentary showcases the heights young minds can reach, regardless of their environment, when they're expected to succeed.

**August 22 *Travel the World by Train: Asia*** – 60 minutes – All aboard for an amazing excursion across Asia! From the Buddhist temples of Myanmar (formerly known as Burma) to the last stop in Russia, this travelogue takes viewers on an incredible railway odyssey. Southeast Asian destinations include Thailand and Singapore, plus a trip through the Indonesian archipelago to the exotic islands of Java and Bali. The tour's final leg travels 5,700 miles, from the Chinese capital of Beijing to Moscow.

**August 29 – *Paper Clips*** – 83 minutes – Whitwell Middle School in rural Tennessee is the setting for this documentary about an extraordinary experiment in Holocaust education. Struggling to grasp the concept of 6 million Holocaust victims, the students decide to collect 6 million paper clips to better understand the enormity of the calamity. The film details how the students met Holocaust survivors from around the world and how the experience transformed them and their community.

**Please note:** We are using Netflix and will do our best to show the scheduled movie, but due to possible mailing delays, there may be an occasional change in the schedule.

**Thursdays;** Pizza at 12:00, film free at **12:30**

**August 18 – *Conviction*** – 103 minutes – Convinced that her brother, Kenneth (Sam Rockwell), has been unjustly convicted of murder and incompetently defended by court-ordered attorneys, high school dropout Betty Anne Waters (Hilary Swank) puts herself through law school in order to represent him in his appeal. Inspired by a true story, director Tony Goldwyn's stirring drama also stars Melissa Leo, Minnie Driver, Peter Gallagher and Clea DuVall.

**August 25 – *Country Strong*** – 117 minutes – While out on tour to revive her stalled career, once-popular country singer Kelly (Gwyneth Paltrow) falls for emerging newcomer Beau (Garrett Hedlund) and tries desperately to hide their burgeoning romance from her ever-present husband and manager, Ed (Tim McGraw). Written and directed by Shana Feste, this musical drama co-stars Leighton Meester as a former beauty queen trying to break out as a songstress.





### Watercolors Mini Session

Fridays, 1:00 PM

\$35

July 1 – August 5

Our popular Watercolors class will begin a new 6 week session on July 1. A list of materials needed for the class is available at the Senior Center.

The cost for the class will be **\$35** for the six week series. Please pay when you enroll. Checks may be made out to Town of Sudbury. For information, please call (978) 443-3055.



### Fit for the Future Summer Schedule

Our energetic aerobics and strength class will be at Lincoln-Sudbury High School in July but will move back to the Senior Center in August.

The summer session has only 3 classes a week, Monday, Wednesday and Friday. During July, the classes will be at 10:00 AM. During August, the Monday and Wednesday classes will be at 10:00 AM and the Friday class at 1:00 PM.



### Are you in the Donut Hole?

The Affordable Care Act lowers the cost of your Medicare prescription drug coverage (Part D), if you reach the coverage gap (donut hole). This year, you will no longer have to pay full price in the donut hole. You will automatically receive a 50% discount on brand-name prescription drugs covered by your Part D plan.

For generic drugs covered by your plan, Medicare will pay 7% of the price and you will pay the remaining 93%. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail. What you pay for both brand-name and generic drugs in the donut hole will decrease each year until it reaches 25% in 2020.

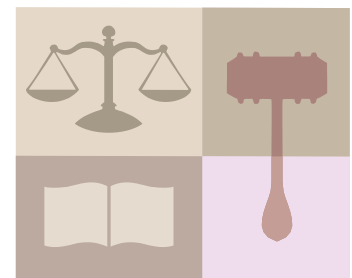
If you have already reached the donut hole, you should already be receiving these discounts. In the Donut Hole, you should not be paying full price for your drugs! If you are paying full price or have other health insurance concerns, you can consult with a volunteer SHINE Counselor at the Sudbury Senior Center. Please call (978) 443-3055 to make an appointment.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Medicare Open Enrollment, the special time period for signing up for or changing your drug coverage or your health coverage, is changing to new dates this fall. You may call the Senior Center early in September to schedule a SHINE appointment during this time period: October 15 – December 7, 2011.

### New Dates for Medicare Open Enrollment

October 15 – December 7, 2011



### Legal Clinic Tuesday, July 19 10:00-12:00

Elder Law Attorney Denise Yurkofsky will offer **free** twenty-minute consultations on legal matters on **July 19**. Appointments are required. Please call 978-443-3055 to schedule yours.

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
ANNE MANNING

**Are You Ready for a Hurricane?**

Although Massachusetts is not unusually prone to hurricanes, hurricanes do occasionally make their way up the coast and hit New England. Because they are infrequent, you may not be prepared for one. The following are the latest recommendations from the American Red Cross:

Watch: Hurricane conditions are possible in the specified area of the Watch, usually within 36 hours.

Warning: Hurricane conditions are expected in the specified area of the Warning, usually within 24 hours.

Know what to do when a hurricane WATCH is issued:

- Listen to NOAA Weather Radio or local radio TV stations for up-to-date storm information.
- Prepare to bring indoors: lawn furniture, outdoor decorations or ornaments, trash cans, hanging plants, and anything else that can be picked up by the wind.
- Prepare to cover ALL windows in your home. If shutters have not been installed, use pre-cut ¾" marine plywood for each window of your home. Note: Tape does not prevent breaking; so taping windows is not recommended.
- Fill your car's gas tank.
- Recheck manufactured home tie-downs.
- Check batteries and stock up on canned food, first aid supplies, drinking water, and, medications.


Identify what to do when a hurricane WARNING is issued:

- Listen to the advice of local officials, and leave if they tell you to do so.
- Complete preparation activities.
- If you are not advised to evacuate, stay indoors, away from windows.
- Be aware, the calm "eye" is deceptive; the storm is not over. The worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction. Trees, shrubs, buildings, and other objects damaged by the first winds can be broken by second winds from the opposite direction.
- Be alert for tornadoes. Tornadoes can happen during and after a hurricane passes over. Remain indoors, in the center of your home, in a closet or bathroom without windows.
- Stay away from flood waters. If you come upon a flooded road, turn around and go another way. If waters are rising rapidly around you, get out of the car and climb to higher ground.



# JULY 2011



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <p><b>Fit for the Future Students:</b> Please note classes will be at the Lincoln-Sudbury Regional High School All Purpose Room in July.</p>  | <p><b>Yoga Students:</b></p> <p>Please check with the Front Desk for the location of Yoga classes during July and August.</p>  | <p><i>If you'll be away</i><br/>for a month or more, please let us know. The Post Office will not forward your newsletter, and we have to pay double when it is returned to us.<br/><i>Thanks for your help!</i></p> |  | <p>1</p> <p>9:00 Cribbage<br/>9:30-11:30 Bingo<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/>12:00 Lunch<br/>1:00 Watercolors (1)</p>                 |
| <p>4<sup>th</sup> of July Holiday! 4</p>  <p><i>Independence Day – Senior Center Closed</i></p>                | <p>5</p> <p>8-9:00 BP Clinic<br/>9:00 Cribbage<br/>9:30 Bridge Continuation<br/>9:40 Yoga /11:00 Yoga (5)<br/>12:00 Lunch<br/>12-1:00 BP Clinic<br/>12:30 Bridge<br/>1:30 Masterworks of American Art DVD (4)</p>                    | <p>6</p> <p>9:00 Cribbage<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/>12:00 Lunch<br/>12:30 Informal Quilters</p>  | <p>7</p> <p>9:00-12:00 SHINE<br/>9:30 Tap Class<br/>9:45 Thursday Crafters<br/>12:00 Pizza<br/>12:30 Movie: <i>The Company Men</i></p>   | <p>8</p> <p>9:00 Cribbage<br/>9:30-11:30 Bingo<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/>12:00 Lunch<br/>1:00 Cards<br/>1:00 Watercolors (1)</p>  |
| <p>11</p> <p>9:00-2:30 I&amp;R Hours<br/>10:00 Stamp club<br/>10:00 Fit for the Future at L/S<br/><br/>1:00 Popcorn and Movie: <i>Unlocking the Great Pyramid</i><br/><br/>1:00 Balance (3)</p> | <p>12</p> <p>8-9:00 BP Clinic<br/>9:00-12:00 SHINE<br/>9:00 Cribbage<br/>9:30 Bridge Continuation<br/>9:40 Yoga/11:00 Yoga (6)<br/>12:00 Lunch<br/>12-1:00 BP Clinic<br/>12:30 Bridge<br/>1:30 Masterworks of American Art (5)</p>   | <p>13</p> <p>9:00 Cribbage<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/>12:00 Lunch<br/>12:30 Informal Quilters</p>   | <p>14</p> <p>9-12 SHINE<br/>9:45 Thursday Crafters<br/><br/>12:00 Pizza<br/>12:30 Movie: <i>Hereafter</i></p>                            | <p>15</p> <p>9:00 Cribbage<br/>9:30-11:30 Bingo<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/>12:00 Lunch<br/>1:00 Cards<br/>1:00 Watercolors (2)</p> |
| <p>18</p> <p>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/><br/>1:00 Popcorn and Movie: <i>The Great Dictator</i><br/><br/>1:00 Balance (4)</p>                               | <p>19</p> <p>8-9:00 BP Clinic<br/>9:00 Cribbage<br/>9:30 Bridge Continuation<br/>9:40 Yoga/11:00 Yoga (7)<br/>10:00 Legal Clinic<br/>12:00 Lunch<br/>12-1:00 BP Clinic<br/>12:30 Bridge<br/>1:30 Masterworks of American Art (6)</p> | <p><i>Sisters of Swing trip</i> 20</p> <p>9:00 Cribbage<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/>12:00 Patriotic Barbecue<br/><br/>12:30 Informal Quilters</p>                            | <p>21</p> <p>9-12 SHINE<br/>9:30 Tap Class<br/>9:45 Thursday Crafters<br/><br/>12:00 Pizza<br/>12:30 Movie: <i>The Fighter</i></p>       | <p>22</p> <p>9:00 Cribbage<br/>9:30-11:30 Bingo<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/>12:00 Lunch<br/>1:00 Cards<br/>1:00 Watercolors (3)</p> |
| <p>25</p> <p>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/><br/>1:00 Popcorn and Movie: <i>The Economics of Happiness</i><br/><br/>1:00 Balance (5)</p>                       | <p>26</p> <p>8-9:00 BP Clinic<br/>9:00 Cribbage<br/>9:00-12:00 SHINE<br/>9:30 Bridge Continuation<br/>9:40 Yoga/11:00 Yoga (8)<br/>12:00 Lunch<br/>12-1:00 BP Clinic<br/>12:30 Bridge<br/>1:30 Masterworks of American Art (7)</p>   | <p>27</p> <p>9:00 Cribbage<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/>12:00 Lunch<br/>12:30 Informal Quilters</p>   | <p>28</p> <p>9:00-12:00 SHINE<br/>9:30 Tap Class<br/>9:45 Thursday Crafters<br/><br/>12:00 Pizza<br/>12:30 Movie: <i>Secretariat</i></p> | <p>29</p> <p>9:00 Cribbage<br/>9:30-11:30 Bingo<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future at L/S<br/>12:00 Lunch<br/>1:00 Cards<br/>1:00 Watercolors (4)</p> |



# AUGUST 2011



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| <p><i>Foxwoods Trip</i> 1<br/>9:00-2:30 I&amp;R Hours</p> <p>1:00 Popcorn and<br/>Movie: <i>21 Days to Baghdad</i></p> <p>1:00 Better Balance (6)</p> <p><i>No Fit for the Future this week</i></p>     | <p>2<br/>8-9:00 BP Clinic<br/>9:00 Cribbage<br/>9-12 SHINE<br/>11:00 Yoga (1)<br/>12:00 Lunch<br/>12-1:00 BP Clinic<br/>12:30 Bridge<br/>1:30 Masterworks of American Art (8)</p>   | <p>3<br/>9:00 Cribbage<br/>9:00-2:30 I&amp;R Hours<br/>12:00 Lunch<br/>12:30 Quilting Studio</p>   | <p>4<br/>9-12 SHINE<br/>9:45 Thursday Crafters</p> <p>12:00 Pizza<br/>12:30 Movie: <i>The Kids are All Right</i></p> | <p>5<br/>9:00 Cribbage<br/>9:30-11:30 Bingo<br/>9:00-2:30 I&amp;R Hours<br/>12:00 Lunch<br/>1:00 Watercolors (6)</p>                                 |
| <p>8<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future returns to Senior Center<br/>10:00 Stamp club<br/>1:00 Popcorn and<br/>Movie: <i>Cruise South America</i><br/>1:00 Better Balance (7)</p> | <p>9<br/>8-9:00 BP Clinic<br/>9:00 Cribbage<br/>9-12 SHINE<br/>11:00 Yoga (2)<br/>12:00 Lunch<br/>12-1:00 BP Clinic<br/>12:30 Bridge<br/>1:30 Masterworks of American Art (9)</p>   | <p>10<br/>9:00 Cribbage<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future<br/>12:00 Lunch<br/>12:30 Quilting Studio</p>   | <p>11<br/>9-12 SHINE<br/>9:45 Thursday Crafters</p> <p>12:00 Pizza<br/>12:30 Movie: <i>Get Low</i></p>               | <p>12<br/>9:00 Cribbage<br/>9:30-11:30 Bingo<br/>9:00-2:30 I&amp;R Hours<br/>12:00 Lunch<br/>1:00 Fit for the Future</p>                             |
| <p>15<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future</p> <p>1:00 Popcorn and<br/>Movie: <i>Pressure Cooker</i></p> <p>1:00 Better Balance (8)</p>   | <p>16<br/>8-9:00 BP Clinic<br/>9:00 Cribbage<br/>9-12 SHINE<br/>11:00 Yoga (3)<br/>12:00 Lunch<br/>12-1:00 BP Clinic<br/>12:30 Bridge<br/>1:30 Masterworks of American Art (10)</p> | <p><i>Perkins Cove trip</i> 17<br/>9:00 Cribbage<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future<br/>11:00 Fit for the Future<br/>12:00 Lunch<br/>12:30 Quilting Studio</p> | <p>18<br/>9-12 SHINE<br/>9:45 Thursday Crafters</p> <p>12:00 Pizza<br/>12:30 Movie: <i>Conviction</i></p>            | <p>19<br/>9:00 Cribbage<br/>9:00-2:30 I&amp;R Hours<br/>9:30-11:30 Bingo<br/>12:00 Lunch<br/>1:00 Fit for the Future</p>                             |
| <p>22<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future</p> <p>1:00 Popcorn and<br/>Movie: <i>Travel the World by Train: Asia</i></p> <p><i>No Balance class</i></p>                             | <p>23<br/>8-9:00 BP Clinic<br/>9:00 Cribbage<br/><i>No Yoga</i><br/>12:00 Lunch<br/>12-1:00 BP Clinic<br/>12:30 Bridge<br/>1:30 Masterworks of American Art (11)</p>                | <p>24<br/>8:30 Fit for the Future<br/>9:00 Cribbage<br/>9:00-2:30 I&amp;R Hours<br/>10:00 Fit for the Future<br/>12:00 Lunch<br/>12:30 Quilting Studio</p>                           | <p>25<br/>9-12 SHINE<br/>9:45 Thursday Crafters</p> <p>12:00 Pizza<br/>12:30 Movie: <i>Country Strong</i></p>        | <p>26<br/>8:30 Fit for the Future<br/>9:00 Cribbage<br/>9:30-11:30 Bingo<br/>9:00-2:30 I&amp;R Hours<br/>12:00 Lunch<br/>1:00 Fit for the Future</p> |
| <p><i>Special Van Trip</i> 29<br/>9:00-2:30 I&amp;R Hours<br/><i>No Fit for the Future this week</i></p> <p>1:00 Popcorn and<br/>Movie: <i>Paper Clips</i></p> <p><i>No Balance class</i></p>           | <p>30<br/>8-9:00 BP Clinic<br/>9:00 Cribbage<br/><i>No Yoga</i><br/>12:00 Lunch<br/>12-1:00 BP Clinic<br/>12:30 Bridge<br/>1:30 Masterworks of American Art (12)</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 is requested. Please call by 10:00 AM the day before to make a reservation.

| TUESDAY  | WEDNESDAY  | FRIDAY   |
|--|--|--|
| 5<br>Chicken Parm Patty<br>Tomato Sauce<br>Ziti<br>California Blend<br>Italian Bread                           | <b>6 SPECIAL</b><br>Gypsy Soup<br>Shredded BBQ Beef<br>Mediterranean<br>Vegetable Rice Salad<br>Kaiser Roll<br>Apple Crisp/Topping | 8<br>Meatballs w/ Sweet<br>and Sour Sauce<br>Bulgur & Peas<br>Carrots<br>Whole Wheat Bread<br>Fresh Orange |
| 12<br>Meatloaf<br>w/ BBQ Sauce<br>Mashed Potatoes<br>Green Beans<br>Rye Bread<br>Apricots                      | 13<br>Cheese Lasagne Roll-Ups<br>w/ Marinara Sauce<br>Spinach<br>Italian Bread<br>Peaches  | 15<br>Three C Soup<br>w/ Crackers<br>Sliced Ham<br>Peas<br>Italian Bread<br>Applesauce                     |
| 19<br>Minestrone Soup<br>Scalloped Chicken<br>w/ Corn & Peppers<br>Egg Noodles<br>7 Grain Bread<br>Fresh Fruit | 20<br>Meatball Sub<br>w/ Tomato Sauce<br>Green Salad<br>Warm Cinn. Apple<br>Slices<br>Sub Roll<br>Apricots                         | 22<br>Stuffed Shells<br>w/ Florentine Sauce<br>Beets<br>Italian Bread<br>Pineapple                         |
| 25<br>BBQ Pork Rib<br>Sweet Potatoes<br>Brussel Sprouts<br>Rye Bread<br>Pears                                  | 27<br>Roast Chicken<br>w/ Apricot Glaze<br>Brown Rice<br>Broccoli<br>Italian Bread<br>Fruited Gelatin                              | 29<br>Hot Dog<br>Baked Beans<br>Carrots<br>Hot Dog Bun<br>Pineapple  |

**Please note:** The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.



### Hot Enough for You?

Summers are great, but excessive heat and humidity can take a toll on your health. Heat exhaustion, heat stroke and dehydration are all possibilities. Keeping hydrated, using or visiting air conditioning, checking in with family are all important.

We have free copies of tips to help you stay cool in hot weather, and Anne Manning, the Senior Center Information and Referral specialist is always ready to consult with seniors and their families about ways to stay safe in the heat.

And remember, you can always visit the Senior Center and sit in our air conditioning to get a break.

**Keep Cool!**

### Ideas for Cultural Trips?

Cay Kuras and Don Oasis are gathering suggestions for next year's cultural trips. Please feel free to contact them via the Friends of Sudbury Seniors' website at [www.friendsofsudburyseniors.org](http://www.friendsofsudburyseniors.org) or via email at [cmkuras@aol.com](mailto:cmkuras@aol.com) and [saratogdon@comcast.net](mailto:saratogdon@comcast.net). Thanks for your input!





## **Brown Bag Medication Checkup**

**Wed., September 14  
1-3 PM**

Rita Naoum, Pharm.D., the Pharmacy Manager from Rite Aid pharmacy will be here to answer questions about your medications. Bring your medications with you and find out about side effects, interactions, possible generic versions and more. She will be available from 1:00 – 3:00 PM. Make an appointment by calling (978) 443-3055.

## **The American Revolution DVD Class**

**Wed., 9:30-11:30 AM**

This course will survey the war from before the outbreak at Lexington and Concord in April 1775 to the surrender of Cornwallis at Yorktown in 1781. It covers military tactics, strategy, and logistics from both British and American viewpoints and introduces many of the colorful figures of this period—not only American and British but also Native American, French, and German.

This 24-lecture series on DVD from The Teaching Company features distinguished historian

Allen C. Guelzo. These lectures reveal what future U.S. Supreme Court Chief Justice John Marshall described as the experience of seeing “brave men from different States who were risking life fighting in a common cause believed by them to be most precious.” Discussion will follow each lecture.

The fee for the course is \$20, which includes a summary and outline for each lecture. There is no text. Call (978) 443-3055 or visit the Senior Center to register.



## **Powerful Tools for Caregivers**

**Coming September 2011**

Do you spend a lot of your time caring for someone else? Are you worried and tired? Feeling stressed? This 6 session educational program will provide you with the tools to restore your own energy and reduce your stress while you provide supportive care for your loved one. Combining discussion, interactive lessons, and brainstorming, this class will help you reduce stress, guilt, and anger, make tough decisions and communicate effectively with family, doctors and paid help.

BayPath Elder Services, with grant support from the United Way, and in conjunction with the Sudbury Senior Center, will offer this series of classes beginning September 2011.

Call the Sudbury Senior Center for more information at (978) 443-3055. Dates and times to be available soon.

Ads



Dear traveling Friends-

Do you realize that 2011 is halfway over? It certainly has been a different kind of year weather-wise. Fortunately, the weather has not affected our trips. However, our numbers have dropped quite a bit and we have had to cancel one or two trips due to not enough folks to pay for the motor coach. The motor coaches are pretty expensive starting at around \$795.00 and up, for a regular 57 passenger coach and around \$650.00 for a small 26 passenger coach depending on the distance (it could be more). The small coach has no bathroom so the driver makes a stop half way to our destination for those who need it.

I have instituted a slightly new policy for our one-day trips because of this. We will plan on using a 26 passenger coach unless there is enough demand for a larger one. Once demand has reached a total of 33-35 people, I will consider moving to the larger coach. I think that this will be better than just canceling a trip. Also, as our vendors need to be paid at least 2 weeks prior to the trip, we will not be able to refund your trip money if you cancel after that, unless we can fill your spot. Of course, if we cancel a trip you will all receive a refund. This policy does not affect our trips with Best Of Times.

Best of Times usually fills the motor coach with riders from more than one Senior Center. At present they will refund up to 1 week before a trip.

The following is the status of trips for the rest of the year:

### ***Sisters Of Swing***

Wednesday, July 20<sup>th</sup> at the Stoneham Theatre, cost \$55.00. At present we have 26 people and 4 more on a wait list. We must pay for our final number by July 6 so that will be our final cut-off date (unless we have a cancellation to try to sell). This show is rated as their "best ever". It really is a must see. If interested, please put your name on the wait list.

### ***Foxwoods***

Monday, August 1, \*new price-\$24.00. This trip has only a few people on it so far. At present its status is doubtful as we do not have enough yet for the mini 26 passenger coach. We will make a final decision in mid-July.

### ***Perkins Cove and the Ogunquit Theatre***

Wednesday, August 17<sup>th</sup>, cost \$72.00 (tickets alone are \$50.00).

This trip is also in this same category as *Sisters of Swing*. We have 26 and need at least 8 more to use a regular coach. This trip is not until August 17<sup>th</sup> so we have until August 1<sup>st</sup> to decide which coach will be used based on registration. This should be a lovely day on the coast of Maine. Also, we have great theatre seats.

### ***Highland Heartbeat***

This trip is with Best of Times, cost is \$79.95. We travel to Laconia New Hampshire and lunch is included. If you enjoy Scottish Bagpipe and accordion music as well as Scottish dancing you will love this trip. No quota is needed on this trip.

### ***Tour of Ireland***

For those going on our 15 day Ireland trip, your final payment is due this month. Please send it directly to "Go Ahead Tours". Call them or me if you have any questions or concerns. Also, there may be a few spaces left if anyone else is interested. Call me at 978-443-8320.

I am planning to do a trip to the Northshore Music theatre to see "The King and I" on Wednesday Oct.5 for the 2PM matinee. Cost will be \$66.00 including motor coach fare. We will make our usual Mall stop in the AM for lunch before the theatre. Flyers will be in the rack by mid-July.

Note: Our Florida Company is going to try again to do that wonderful trip to Clearwater that we had planned for last March. I would like to get an idea of how many of you would be interested in this trip. New flyers will be available in mid- July. Please let me know so I can let them know if we have enough people interested in the trip (no deposit will be due until September).

More information to come on November and December. Enjoy your summer!  
~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:** 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 9:00 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 with trained volunteers about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Tuesdays and 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.** A voluntary donation of **\$2.00** a meal is requested. 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.

THE  
SUDBURY  
SENIOR

# SCENE

*A monthly publication from the*

**SUDBURY SENIOR CENTER AND  
SUDBURY COUNCIL ON AGING**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

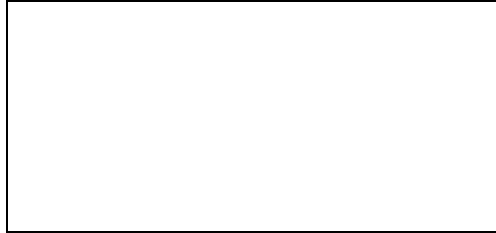
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**Sudbury Senior Center**

**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

**Cancellation Line:** 978-639-3276

**Trip Information:** 978-639-3277



**\*FREE\***

Courtesy of Traditions of Wayland

## SUMMER BARBECUE

**Wednesday, July 20 – 12 noon**

Featuring Patriotic Music with  
Pianist/Accordionist  
Barry Shapiro

*Space limited to 56 guests: Sudbury residents only reserve until July 8; open to all thereafter  
RSVP Required by Wednesday, July 13*