



Summer at the Movies

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 at the Senior Center. On Mondays, we will be showing a smorgasbord of classic movies, documentaries and requests and serving popcorn and cold drinks. On Thursdays, we will treat you to newer hits and pizza. Please call 978-443-3055 to let us know that you are coming to the movie. On Thursdays, the pizza is served at noon (\$1.25 a slice) and *your pizza order must be in by 10AM.*

Monday, July 2: *Robin Hood: Men in Tights* – 1993 – PG-13 - It's the classic tale of Robin Hood ... reenvisioned by comic master Mel Brooks. As evil Prince John oppresses the people, Robin steals from the tax collectors, triumphs in an archery contest, foils (literally!) the Sheriff of Nottingham and makes goo-goo eyes at Maid Marian. The titular musical number, involving song, dance - and, yes, men in tights - is an undisputed highlight.

Thursday, July 5: *Super 8* – 2011 – PG-13 - With a nod toward producer Steven Spielberg's landmark sci-fi films of the 1970s and '80s, writer-director J.J. Abrams crafts a supernatural tale about six kids who witness something incredible while shooting a movie with their Super 8 camera. *112 minutes*

Monday, July 9: *Still, We Believe* – 2007 – PG - Boston Red Sox fans are some of the most loyal in all of sportsdom. This documentary revolves around the team's relationship with those fans during the 2003 season and their magical playoff run -- which ultimately ended in heartbreak with a loss to the Yankees in Game 7 of the ALCS. Through behind-the-scenes footage and conversations with fans, the unique bond Bostonians have with their beloved Red Sox is fittingly illustrated. *110 minutes* *** **Wear your Red Sox Shirts and Hats!*****

Thursday, July 12: *50/50* – 2011 – R - An otherwise healthy twentysomething has a comically early midlife crisis when he gets slapped with a cancer diagnosis -- and a 50-50 chance of survival. But what's the meaning of life when you're not sure how long yours will last? *100 minutes*

⇒ Please turn to page 3 for *more* films.

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★ **Please save this issue.** ★

We do not publish a separate August issue.

A MESSAGE FROM DAVID LEVINGTON, CHAIRMAN OF
THE SUDBURY COUNCIL ON AGING

GOOD NEWS
FROM BOSTON!!

As of this date (June 12th), the Massachusetts House has approved our local bill regarding property tax relief for needy seniors, and sent it to the Senate for them to consider (and approve). We hope to have the Governor's signature before the end of June.

Next step will be to present the bill to all of you and other voters here in Sudbury at the next election. We'll be sending you details and asking for your support.

COA BOARD OF DIRECTORS APPROVE LONG-RANGE PLAN

The Directors of the Council on Aging have just adopted a long-range plan, which outlines how they expect to provide leadership and advocacy for Sudbury's senior population over the next five years. You can read or download a copy at <http://sudbury.ma.us/departments/CouncilOnAging/#docs>, or call the Senior Center to receive an old-fashioned paper copy.

The seven objectives adopted include increased efforts to improve the Senior Center, work to create more suitable housing opportunities, and continue to try to reduce property taxes for seniors. The Board will also work to become better known as part of Town Government so the COA can see that town practices always consider senior needs.

More long range, the Board anticipates that in a few years the school administration will be moving out of the Fairbank complex, and there will be an opportunity to expand/improve the facility for seniors. At present we are limited in the programs and activities we can offer because we have limited space and are only open on weekdays and daytime hours. We will be doing research to see what changes will best help us provide services to seniors, with special attention to attracting younger seniors with programs and activities appealing to their age group and life styles.

The Board welcomes your thoughts and ideas. Please let us hear from you. You can phone any Board member, or write us, or send an email to coa@sudbury.ma.us.

Special Fall Trip
Robert Frost Farm and Coliseum Restaurant
Derry, NH
September 19 – 10 AM - 3:30 PM

Your host and Tour Guide for this trip will be Stephen Collins. Collins, who taught a very popular "The Poetry of Robert Frost" class in March 2012 at the Senior Center, is a teacher, actor and historian. Please look for details on this trip in the September 2012 Sudbury Senior Scene.

SUDBURY SENIOR SCENE

COUNCIL ON AGING

CHAIRPERSON:
David Levington

MEMBERS:
Phyllis Bially
John Beeler
Barry David
Robert Diefenbacher
Mary-Lee Mahoney-Emerson
Robert May
Sam Merra
John Ryan

SUDBURY
SENIOR CENTER
STAFF

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WORK PROGRAM
COORDINATOR
Peg Whittemore
S.H.I.N.E. COUNSELORS
Kathleen Fitzgerald
Sue Foley
Kathleen Woerhling
MEALSITE MANAGER
Debbie Peters
TRIP COORDINATOR
Carmel O'Connell
VAN DRIVER
Linda Curran
VOLUNTEER
COORDINATOR
Ed Gottmann
PUBLIC HEALTH NURSE
Allison Latta

FRIENDS OF SUDBURY
SENIORS

PRESIDENT:
Catherine Kuras
MEMBERS:
Esther Mann
Joe Bausk
Martha Dow
Berthe Lessard, Marie Lupien,
Carol Oram, Ronald Riggert,
Jean Semple; June Allen,
Jacqueline Bausk, Robert
Diefenbacher, Patricia
Howard, Donald Oasis

Summer at the movies continued . . . Mondays: Free popcorn and cold drink at **12:30**; **Thursdays:** Pizza at 12:00, film free at 12:30

Monday, July 16: *Young Frankenstein* – 1974 – PG - A laugh riot from beginning to end, this classic parody from director Mel Brooks stars Gene Wilder as Frederick Frankenstein, who detests his family history but ultimately can't resist the temptation to follow in his infamous grandfather's footsteps. Adding to the fun is a brilliant supporting cast that includes Marty Feldman as bug-eyed assistant Igor, Madeline Kahn as Frankenstein's frosty fiancée and Peter Boyle as the zipper-necked monster. *106 minutes*

Thursday, July 19: *Anonymous* – 2011 – PG-13 - Who was Shakespeare? This Elizabethan drama imagines that the man we call the Bard really didn't pen his body of timeless plays. The stages of London erupt in intrigue as the real author of the classics credited to Shakespeare comes to light. *130 minutes*

Surf Week!! Wear your Hawaiian shirt to the movie!

Monday, July 23: *Endless Summer* – 1966 – Unrated - The quintessential surf film directed and humorously narrated by Bruce Brown follows summer around the globe in 1966. Mike Hynson and Robert August ride the wild waters of Hawaii, Australia, Africa and other exotic locales in search of the perfect wave, strengthening their friendship and teaching natives along the way. This beautifully shot, laidback documentary captures a thrilling sport. *91 minutes*

Wear your Hawaiian shirt! Enjoy some Hawaiian pizza!

Thursday, July 26: *Endless Summer II* – 1994 – PG - Retracing the journey Mike Hynson and Robert August made in the 1966 classic **The Endless Summer**, documentary filmmaker Bruce Brown follows surfers Patrick O'Connell and Robert "Wingnut" Weaver as they traverse the globe in search of the perfect wave. Highlighting how far the sport of surfing has evolved, this dazzling sequel takes viewers to top surfing spots in France, South Africa, Costa Rica, Australia and Alaska. *100 minutes*

Monday, July 30: *Lovely, Still* – 2008 – PG - When his beautiful new neighbor Mary (Ellen Burstyn) asks him out on a date, elderly bachelor Robert (Martin Landau) suddenly finds himself swept up in the excitement and panic of new love. But as romance blossoms between the couple, an unexpected challenge arises that threatens to undermine the fledgling relationship. Nicholas Fackler directs this touching

drama that also stars Adam Scott and Elizabeth Banks. *92 minutes*

Thursday, August 2: *Man on a Ledge* – 2012 – PG-13 - When fugitive ex-cop Nick Cassidy steps onto a window ledge high above a busy Manhattan street, police psychologist Lydia Anderson tries to talk him down. But soon Anderson suspects that there's more to Cassidy's stunt than meets the eye. *102 minutes*

Monday, August 6: 2005 *Academy Award Short Films Collection* – 2005 – NR - This compilation of Oscar nominees delivers the best animated and live-action short films of 2005 in one collection. Selections include the winning films: "The Moon and the Son: An Imagined Conversation" (animated) and "Six Shooter" (live action). In the former, a son explores his turbulent relationship with his late father, and in the latter, an old man's grief is interrupted by a young stranger. *2 hours, 43 minutes*

Thursday, August 9: *Extremely Loud and Incredibly Close* – 2011 – PG-13 - Believing that his father left him a message before dying in the September 11 attacks, young Oskar Schell embarks on an emotional odyssey through New York City to find the lock that matches a key he found among his father's belongings. *129 minutes*

Monday, August 13: *The Bicycle Thief* – 1948 – Not rated - Poverty-stricken Antonio needs his bicycle to do his new job. But the same day he buys it back from a pawnshop, someone steals it, prompting him to search the city in vain with his young son. *89 minutes*

Thursday, August 16: *War Horse* – 2011 – PG-13 - Adapted from a novel by Michael Morpurgo, this majestic World War I drama centers on Devon lad Albert and his steadfast horse, Joey, whose faithful bond cannot be shaken -- even when Joey is sold to the cavalry and sent off to France. *2 hours, 26 minutes*

⇒ Please turn to page 10 for **more** films.



Fit for the Future Summer Schedule

Our energetic aerobics and strength class will be at Lincoln-Sudbury High School in July and part of August. (During the summer, the Fairbank gym is used for the Park and Recreation department's Summer camp programs.)

To keep the schedule as easy to understand as possible, there will be 3 classes a week, Monday, Wednesday and Friday, starting at 10:00 AM. From July 2 through July 27, the class will meet at the Lincoln-Sudbury High School multi-purpose room (C-120).

The following two weeks, the class will meet *only on Friday* at 10:00 AM and the location will be at the Senior Center (August 3 and 10). Please check with the Front Desk on location for the class.

The class returns to Lincoln-Sudbury High School for the weeks of August 13 and 20 (again Monday, Wednesday and Friday at 10:00 AM). Then for the week of August 27, the class returns to the Senior Center with the same schedule.

Finally, the class goes back to regular schedule after Labor Day: Monday, Wednesday and Friday at 11:00 AM, Wednesday at 8:30 AM at the Fairbank gym.

We appreciate your patience with all of the changes during the summer. Please feel free to call with any questions at (978) 443-3055.



FRESH ORGANIC PRODUCE Siena Farms Pickup

Siena Farms, a local CSA or Community Supported Agriculture farm, has graciously offered to donate any extra produce at the end of their pickup day. We are in need of a few volunteers who would be willing to transport the extra bags of produce from the farm to the Senior Center about once a week. We will be portioning it out to share with seniors who are in need. If you are able to help with this endeavor, please contact us via phone or email at (978) 443-3055 or senior@sudbury.ma.us. Thank you!

Legal Clinic Tuesday, July 3rd 11:00-1:00

Elder Law Attorney Denise Yurkofsky will offer **free** twenty-minute consultations on legal matters on **July 3rd**. Appointments are required. Please call 978-443-3055 to schedule yours.

Free Museum Fridays

Every Friday, several museums will offer free admission, sponsored by the Highland St. Foundation. Pick up a list at the Senior Center or go online at www.highlandstreet.org to see the list of Free Fridays!



A special Thank You to Bill Semple Landscaping and Jean and Bill Semple for beautifying the Senior Center with flowers in the buckets out front and around the Senior Center sign!

A History of the United States 1865 to 1912

Wednesdays, 9:30 – 11:00 AM
September 12 – December 12
\$20

America experienced dramatic changes after the Civil War. By 1900, the U.S. was one of the world's three leading industrial powers. Between the presidencies of Abraham Lincoln and Theodore Roosevelt, no single great leader emerged. Rather, America's development hinged around categories or movements—each a patchwork piece of a great American quilt. As a result, this era (1865-1912) will not follow the regular pattern of chronological progression. Rather, lectures will consist of categories, many of which encompass a 50-year period.

This DVD lecture series from the Teaching Company features distinguished historian Patrick N. Allitt, Professor of History at Emory University. The course will be held on Wednesday mornings from 9:30 to 11:00, with a break in between the lecture and discussion period. (There will be no class on September 26th or November 21st.) The registration fee is \$20. Please call the Senior Center at (978) 443-3055 to sign up. Space is limited.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
ANNE MANNING

Prevent Caregiver Depression

Caregivers suffer from depression at three times the rate of the general population. If you are a caregiver, it is important for you to recognize the signs and symptoms of depression, and to remember the following five rules:

1. Don't dismiss stress or symptoms of depression with "self-talk" lectures about "handling it better" or "brushing it off."
2. Understand the difference between "caring" and "doing." Be open to help from others and, when appropriate, from devices and technology that can ease your burden or encourage your loved one's independence.
3. Don't wait to feel strained before asking for help.
4. Know what activities rejuvenate you, so you can reenergize yourself when you get a break.
5. Develop a friendship with another caregiver so you can bond socially for support.

Elder Community Care provides counseling and other services specifically designed to meet elders' needs. ECC can consult with you and your family to help you decide which services and resources can benefit you.

Elder Community Care can help you -

- Sometimes you want to talk to someone about your fears or worries.
- You may find yourself not doing things you used to enjoy.
- As you age, you may grieve when a loved one passes away or goes into a nursing home.
- At times, you may use too much alcohol, drugs or medications.
- You may feel lonely and isolated and not know where to turn for help.

What are some of the services offered by Elder Community Care?

- Counseling in your home
- Friendly and supportive telephone calls
- Assessment of your needs and referral for services
- Someone to talk to when you're in distress no matter what time it is

For more information about Elder Community Care, please call Leslie May-Chibani of BayPath Elder Services at 508-573-7250, or call Sudbury Senior Center Information and Referral Specialist, Anne Manning, LMHC, at 978-443-3055.

For a psychological emergency, you may call Advocates' 24 hour hotline at 508-872-3333.

If you are feeling desperate, isolated, and uncertain, please call the Samaritans 24 hour helpline at 877-870-4673.

How Art Became Modern

October 3 – November 7
Five Wednesdays, 1:30PM

Join Dr. Donald Oasis for an exploration of the genesis of Modern Art. During the transition to modernism, was the *subject* or the *technique* of prime importance? What were some of the different schools of art during this period? The class will highlight Robert Henri, teacher and mentor to most of the Ashcan school of art, and discuss the New York Armory Show of 1913.

Attention will also be given to the art of George Wesley Bellows. There will be a Bellows show starting November 15th at the **Metropolitan Museum of Art** in New York City. Don Oasis and Cay Kuras of the Cultural Trip committee are hoping to offer a day trip there and will keep you updated.

Each lecture will be approximately 75 minutes in length. Handouts will be given before the start of each lecture. There will be no class Wednesday October 17th.

Boston Public Library/Trinity Church Day Trip...

Planning is under way for a Boston Public Library/Trinity Church day trip for September 2012. Call the Senior Center in August or look for information in the September newsletter.

Senior/Healing Yoga

Tuesdays
9:20/10:40 AM



Join Leslie Worris, MPH, RYT-500 for a strengthening yet relaxing yoga class adapted to your needs. This will be a mini-session of 5 weeks: July 24, 31, August 7, 14, 21. Please register in advance.

Books in Bloom – Goodnow Library Book Group – call Maureen Hines at 978-443-2352 for more information.



JULY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Popcorn and Movie: Robin Hood: Men in Tights</p> <p><i>No Better Bones class</i></p>	<p>3</p> <p>8:00 BP Clinic</p> <p>9:00 Cribbage</p> <p><i>No Yoga today</i></p> <p>11:00-1:00 Legal Clinic</p> <p>12:00 BP Clinic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p>	<p>4</p> <p>Independence Day Holiday</p>  <p>Senior Center closed</p>	<p>5</p> <p>9-12 SHINE</p> <p>9:30 Tap Dance</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: Super 8</p>	<p>6</p> <p>9:00-2:30 I&R Hours</p> <p>9:30-11:30 Bingo</p> <p>10:00 Fit for the Future at L/S</p> <p>1:00 Watercolors (2)</p>
<p>9</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 Stamp Club</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Popcorn and Movie: Still, We Believe: The Boston Red Sox Movie</p> <p>1:00 Better Bones (1)</p> <p>7:00 <i>Summer Concert Tonight</i></p>	<p>10</p> <p>8:00 BP Clinic</p> <p>9:00 Cribbage</p> <p>9:20/10:40 Yoga (7)</p> <p>12:00 BP Clinic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p>	<p>11</p> <p>Red Sox Day!</p> <p>9:00 Cribbage</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 <i>History of Egypt DVD (5)</i></p> <p>10:00 Fit for the Future at L/S</p> <p>12:00 <i>Summer Barbecue w/Sears and Connor – "Fenway at 100"</i></p> <p>12:30 Informal Quilters</p>	<p>12</p> <p><i>Ogunquit Trip</i></p> <p>9-12 SHINE</p> <p>9:30 Tap Dance</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: 50/50</p>	<p>13</p> <p>9:00-2:30 I&R Hours</p> <p>9:30-11:30 Bingo</p> <p>10:00 Fit for the Future at L/S</p> <p>1:00 Watercolors (3)</p>
<p>16</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Popcorn and Movie: Young Frankenstein</p> <p>1:00 Better Bones (2)</p> <p>7:00 <i>Summer Concert Tonight</i></p>	<p>17</p> <p>9:00 Cribbage</p> <p>9:20/10:40 Yoga (8)</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p>	<p>18</p> <p>9:00 Cribbage</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 <i>History of Egypt DVD (6)</i></p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Informal Quilters</p>	<p>19</p> <p>9-12 SHINE</p> <p>9:30 Tap Dance</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: Anonymous</p>	<p>20</p> <p>9:00-2:30 I&R Hours</p> <p>9:30-11:30 Bingo</p> <p>10:00 Fit for the Future at L/S</p> <p>1:00 Watercolors (4)</p>
<p>23</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Popcorn and Movie: Endless Summer <i>Wear your Hawaiian Shirt - have a Hawaiian treat!</i></p> <p>1:00 Better Bones (3)</p> <p>7:00 <i>Summer Concert</i></p>	<p>24</p> <p>8:00 BP Clinic</p> <p>9:00 Cribbage</p> <p>9:20/10:40 Yoga (1)</p> <p>12:00 BP Clinic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p> <p>3:30 COA Board</p>	<p>25</p> <p>9:00 Cribbage</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 <i>History of Egypt DVD (7)</i></p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Informal Quilters</p>	<p>26</p> <p>9-12 SHINE</p> <p>9:30 Tap Dance</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: Endless Summer II <i>Wear your Hawaiian Shirt – Let us know if you would like Hawaiian pizza!</i></p>	<p>27</p> <p>9:00-2:30 I&R Hours</p> <p>9:30-11:30 Bingo</p> <p>10:00 Fit for the Future at L/S</p> <p>1:00 Watercolors (5)</p> <p><i>Summer Olympics in London begin tonight</i></p>
<p>30</p> <p><i>Special Van trip</i></p> <p>9:00-2:30 I&R Hours</p> <p>10:00 NO Fit for the Future</p> <p>12:30 Popcorn and Movie: Lovely, Still</p> <p>1:00 Better Bones (4)</p> <p>7:00 <i>Summer Concert Tonight</i></p>	<p>31</p> <p>8:00 BP Clinic</p> <p>9:00 Cribbage</p> <p>9:20/10:40 Yoga (2)</p> <p>12:00 BP Clinic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p>		<p><i>Sudbury Park and Recreation Summer Concerts are held across from the Senior Center at Haskell Field on Monday evenings beginning at 7:00 PM. See schedule on page 9.</i></p>	<p>***Summer Olympics***</p> <p>We will show daytime Olympics coverage on one of our televisions. Stop by to watch and bring your Team USA spirit!</p> 



AUGUST 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>If you'll be away</i> 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. <i>Thanks for your help!</i></p>		1	2	3
		<p>9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (8)</p> <p><i>NO Fit for the Future</i> 12:30 Informal Quilters 1:00 <i>Midsummer Joy</i> - Bob Pilsbury on Piano</p>	<p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: Man on a Ledge</p>	<p>9:00-2:30 I&R Hours 9:30-11:30 Bingo</p> <p><i>10:00 Fit for the Future</i> <i>at Senior Center -</i> <i>please check for</i> <i>location</i></p> <p>1:00 Watercolors (6)</p>
6	7	8	9	10
<p><i>Foxwoods Trip</i> 9:00-2:30 I&R Hours 10:00 NO Fit for the Future 12:30 Popcorn and Movie: Short Film Collection 1:00 Better Bones (5) 7:00 <i>Last Summer</i> <i>Concert Tonight at</i> <i>Haskell Field</i></p>	<p>8:00 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (3) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p> <p>1:30 Fit Walk</p>	<p>9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (9)</p> <p>10:00 NO Fit for the Future 12:30 Informal Quilters</p>	<p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: Extremely Loud and Incredibly Close</p>	<p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 10:00 <i>Fit for the Future</i> <i>at the Senior Center -</i> <i>please check for</i> <i>location</i></p> <p>1:00 No Watercolors</p>
13	14	15	16	17
<p>9:00-2:30 I&R Hours 10:00 Stamp Club 10:00 Fit for the Future at L/S 12:30 Popcorn and Movie: The Bicycle Thief 1:00 Better Bones (6)</p>	<p><i>Schooner Trip</i> 8:00 BP Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 9:20/10:40 Yoga (4) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p> <p>1:30 Fit Walk</p>	<p>9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (10) 10:00 Fit for the Future at L/S 12:30 Informal Quilters</p>	<p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: War Horse</p>	<p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 10:00 Fit for the Future at L/S 1:00 No Watercolors</p>
20	21	22	23	24
<p>9:00-2:30 I&R Hours 10:00 Fit for the Future at L/S 12:30 Popcorn and Movie: African Queen 1:00 Better Bones (7)</p>	<p><i>Lobster Bake Trip (new</i> <i>date)</i> 8:00 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (5) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (11) 10:00 Fit for the Future at L/S 12:30 Informal Quilters</p>	<p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: My Week with Marilyn 3:00 Friends meeting</p>	<p>9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:00 Fit for the Future at L/S 1:00 No Watercolors</p>
27	28	29	30	31
<p><i>Special Van Trip</i> 9:00-2:30 I&R Hours 10:00 <i>Fit for the Future</i> <i>returns to Senior</i> <i>Center - please check</i> <i>with Front Desk</i> 12:30 Popcorn and Movie: Discovering Ireland <i>No Better Bones class</i></p>	<p>8:00 BP Clinic 9:00 Cribbage <i>No Yoga today</i> 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (12) 10:00 <i>Fit for the Future</i> <i>- please check with</i> <i>Front Desk for location</i> 12:30 Informal Quilters</p>	<p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: We Bought a Zoo</p>	<p>9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:00 <i>Fit for the Future</i> <i>- please check with</i> <i>Front Desk for location</i></p> <p>1:00 No Watercolors</p>



Year 2012 is half over and that means that Sudbury Senior Trips for this year are also half over. As we will not be publishing in August, please save this newsletter for reference regarding future trips this Fall.

We have a really great trip planned for Thursday, July 12 to **The Ogunquit Theatre and Kennebunkport**, cost \$72.95 (please note the date change from July 11). We will leave the Senior Center at 8:30 AM for Kennebunkport and have a short tour to the Bush Compound and the Wedding Cake House, then back to the center of town for a visit to every lady's favorite store "The Best of Everything", lunch on your own and maybe a little browsing and shopping before heading to Ogunquit for that wonderful show *South Pacific*. As the coach for this trip is quite expensive we would like to have about 35- 40 passengers to help cover the cost of the coach and also because it will be a wonderful show. If you have been thinking about going on this trip, please sign up now as tickets are going fast and may not be available much longer.

Reminder: August 6 and November 5 are our regular **Foxwoods** trips, the cost is \$24.00, 7:30 AM departure.

The response for our August 14 sailing on **The Schooner Thomas**

E. Lannon in Gloucester Harbor (cost \$79.00) has been excellent. We will soon be running out of spaces as the ship holds only 49 passengers and we are almost up to 40 at this time (mid -June). Lunch will be at the Gloucester House immediately after the sailing. If you have not already done so, please let us know your meal choice: Baked Gloucester House Scrod or Baked Stuffed Breast of Chicken.

***NEW TRIP ADDED:
BEATLEMANIA NOW**

A Live On Stage Tribute to the Beatles, at the Twin River Casino, Lincoln, R.I. September 25, cost \$79.95. As some of you have expressed a desire to pay a visit to this Casino, here is your chance to try your luck at one of their 1 cent to 1 dollar slot machines. Then sit back and enjoy maximum comfort for both the show and luncheon via "their Dinner Style Seating." This show captures the mood and intensity of that bygone era. It's "The ultimate Beatle's experience for fans of all ages". Pick up a flyer and read all about it. Sign up soon. Only 20 spaces are available as of now.

On October 31 we will return to one of our favorites places, **The Northshore Music Theatre** in Beverly to see *Guys And Dolls*, Cost \$67.00. Again, we have opted for inner circle seating with lunch and time on your own at a nearby Mall. Payment is due anytime now for best seating.

California Coast Trip

October 18-26. Cost \$2,599 each - double occup. Our Group Presentation meeting was June 12.

If you did not attend the meeting, but are interested, please call me at 978-443-8320 for more information on this exciting trip from San Diego to San Francisco, while spaces are still available. Please also check the trip rack this summer. Deposits are due ASAP.

Christmas at the Newport

Mansions November 28, cost \$51.50. We will visit the beautifully decorated Breakers Mansion in the morning. Have lunch and a little shopping on our own at Bowen's Wharf. Then we will return to the equally beautiful Marble House Mansion in the afternoon.

Have a GREAT summer,

Carmel

**Sudbury Park and Recreation
8th Annual Summer Concert
Series**

Mondays - 7:00PM
July 9 - August 6

Bring family, friends, a lawn chair or blanket, picnic dinner, and the grandkids and enjoy a fun musical evening!

Concerts are held at Haskell Field across from the Senior Center (Rain location is Fairbank Gym).

Tuesday Luncheon Menu

Lunch is served at noon, please call (978) 443-3055 by 10 AM on Monday to reserve a meal.

July 3 – BBQ Burger

July 10 – Chicken breast/Apricot Glaze

July 17 – Ham/Cheese Sandwich and Split Pea Soup

July 24 – Meatballs/Stuffed Shells

July 31 – Chicken Breast/Lemon Mustard Sauce

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 **8:30 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: Anne Manning, 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: 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. 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 small fix-it 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 for Sudbury seniors. These are small safes containing a key to the house, accessible only to the Fire Department. A donation of **\$65** is requested to cover the cost of the lock box, but can be waived for those who cannot afford the cost.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays at noon. Please call to make a reservation **by 10:00 AM on Monday**. A voluntary donation of **\$2.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town of Sudbury website.

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 suggested.

Summer Movies continued...

Monday, August 20: *African Queen* – 1951 – NR - Charlie Allnut (Humphrey Bogart), the booze-guzzling, rough-hewn captain of a broken-down East African riverboat, teams with a straitlaced, iron-willed missionary (Katharine Hepburn) to take on a menacing German gunboat during World War I. *105 minutes*

Thursday, August 23: *My Week with Marilyn* – 2011 – R - While filming a movie in England, Hollywood icon Marilyn Monroe slips away with a young Brit for a week of self-discovery and frivolity. The story that ensues is based on the real-life memoirs of Colin Clark, once assistant to Sir Laurence Olivier. *99 minutes*

Monday, August 27: *Discovering Ireland* – 2001 – NR - Natural beauty and historical tidbits abound in

this pleasant romp through Ireland. Stops include St. Patrick's Cathedral, the Guinness brewery in Dublin, the Rock of Cashel and more. In Northern Ireland, the tour highlights the natural wonder of the Giant's Causeway, an area of 40,000 interlocking basalt columns. The video also includes the national parks of Ireland and the beloved Galway Christmas Choir. *120 minutes*

Thursday, August 30: *We Bought a Zoo* – 2011 – PG - In this adaptation of Benjamin Mee's memoir about buying and saving a run-down **zoo**, the locale shifts from Britain to southern California. However, the wacky spirit of the original is retained, complete with escaped tigers and a **zoo** crew of misfits.

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.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

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

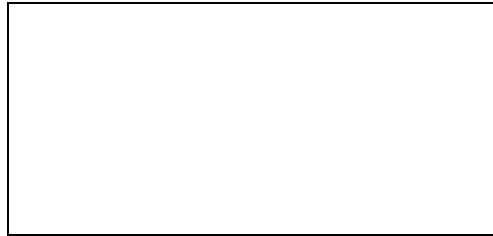
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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: 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

Newsletter Postage Costs paid for by the Friends of Sudbury Seniors



SUMMER BARBECUE

Wednesday, July 11 – 12 noon

Featuring Sears and Conner:

**Fabulous Fenway: A Musical Hundredth
Birthday Salute to Boston's Beloved Ballpark**

*Chicken Barbecue sponsored by
Heritage Assisted Living of Framingham*

Free!

Show your Fenway Spirit – wear your Red Sox shirts/ hats and/or buttons!

*Space limited to 60 guests: Sudbury residents only may reserve until July 3; open to all thereafter
RSVP Required by Monday, July 9*

