

**Music Appreciation
with Sivan Etedgee**

Four Thursdays at 10:30 AM
July 11, 25; August 8, 22
\$5 per class



Have you ever wanted to learn about classical music, but did not know where to begin? In this series of four classes, pianist and educator Sivan Etedgee will walk you through some of the classical music masterpieces of the past four centuries. In a relaxed and informal setting, you will learn how to listen to music in a way that will enhance your enjoyment and understanding of this wonderful cultural treasure.

- **Learn about the lives and music of the major composers**
- **Learn about the elements of music**
- **Gain a greater appreciation for music**

Our instructor is Pianist Sivan Etedgee who has been teaching and performing in the Boston area since 2005. In addition to his teaching activities, he is an active performer of music both new and old. He was the director of an educational concert series in Dedham, and regularly performs concerts throughout the New England area. Please register for this class by calling the Sudbury Senior Center at (978) 443-3055. This program is offered in partnership with Sage Educational Services.



Sun Smarts! and... Facts about Cataracts
Tuesday, July 9 11:00 AM **Tuesday, August 20 11:00 AM**

On July 9, increase your sun health I.Q.! Learn the different types of ultraviolet radiation and their harmful effects, about the UV index, the negative effects caused by sunburn and the effects of UV exposure, and ways to protect yourself from UV radiation. Our presenter is Nicole Isabelle, RN, BSN, who works with our regular Board of Health Nurse Phyllis Schilp.

As you get older, you are at higher risk for cataracts. On August 20, learn the signs and symptoms of cataracts, about some of the treatment options and the recommendations for prevention. Phyllis Schilp, R.N., BSN, our regular Board of Health Nurse, will teach you all you need to know about cataracts. Please register for either talk by calling the Sudbury Senior Center at (978) 443-3055.

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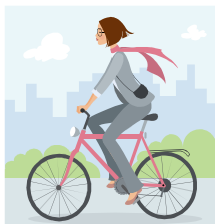
A MESSAGE FROM THE CHAIR OF THE COUNCIL ON AGING, JACK RYAN

Sudbury has shown real support for Seniors over the past year with the passage of Senior Tax Relief, changes to the Zoning Bylaw to benefit flexibility in Senior housing and broad-based interest in and support for a multigenerational community center. We now have great momentum on behalf of Sudbury Seniors and we have to take advantage of that momentum.

Consistent with that goal, the COA will assign individual members to be responsible during the coming year for a specific area of COA interest, over and above those areas the COA already covers. These additional areas include: Senior Housing Advocacy; Community Outreach; Intergenerational Activities; Fairbanks Community Center; and Property Taxes. The COA member responsible for each area will reach out to all Sudbury Seniors for input and assistance in moving forward with advancing Senior interests in each of these areas.

We will provide shortly the member responsible for each area. If you think you may have an interest in working in any of these areas, I urge you to contact the COA member responsible for that area and together we can continue to make Sudbury Seniors a success story.

Jack Ryan



From Iceland to Italy on a Bicycle!

Thursday, July 18
10:00 AM

Catherine Dill (Coach Cate), a Sudbury resident, rode her bicycle solo across the U.S. in 2011 to promote Healthy Living. In September 2012, Coach Cate embarked on her 'European Healthy Living Tour 2012' where she cycled solo from Reykjavik, Iceland to Sardinia, Italy. During her journey, she also trekked through Great Britain, France, Belgium, The Netherlands, Germany, Austria, Switzerland, and Liechtenstein. Across the Atlantic, Coach Cate researched the European Lifestyle to find ways to help people here in States become healthier and happier.

Coach Cate's European Healthy Living Tour 2012 interactive presentation will help you learn more about the positive changes one can make to make their life better and also the world a better place. Coach Cate tells stories of the people she met and the places she visited on her most recent journey.

Please sign up for this unique and fascinating presentation by calling the Senior Center at (978) 443-3055.

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PIZZA AND A MOVIE

Thursdays in July and August will feature pizza at 12 noon and a current movie at 12:30 PM. Please let us know that you are coming and order your pizza (\$1.25 per slice) by 10:00 AM the day of the movie.

July 11

Silver Linings Playbook

2012, Rated R, 2 hours, 2 minutes

After a stint in a psychiatric hospital, bipolar Pat has no choice but to move back in with his football-obsessed parents. While he tries in vain to reconcile with his wife, Pat meets a woman who's as unstable as he is -- and she changes his life.

Genre: Indie Comedies, Indie Dramas

July 18

The Hobbit: An Unexpected Journey

2012, PG-13, 2 hours, 50 minutes

Beloved hobbit Bilbo Baggins is back in a visually spectacular tale inspired by *The Lord of the Rings* and likewise directed by Peter Jackson. Joining the effort to free the Kingdom of Erebor, Bilbo also faces a fateful encounter with Gollum.

Genre: Fantasy, Action Sci-Fi & Fantasy

July 25

Moonrise Kingdom

2012, PG-13, 1 hour, 34 minutes

Wes Anderson's quirky drama follows the frantic search that ensues in a small New England town when two 12-year-olds fall in love and run away together. As the townsfolk hunt for the vanished kids, a storm causes even more profound communal upheaval.

Genre: Indie Dramas, Indie Comedies

August 1

Beginners

2011, R, 1 hour, 44 minutes

Oliver, a graphic artist, is coming to grips with the imminent death of his father, who, at 75, has one last secret: He's gay. Inspired and confused by his father's determination to find true love at last, Oliver tentatively pursues his own romance.

Genre: Indie Dramas, Romantic Dramas

Continues on page 4...

POPCORN AND A MOVIE

Fridays in July and August will feature a variety of classic, foreign or documentary movies at 12:30 PM with popcorn and cold drinks available.

July 5

This is the Army

1943, NR, 2 hours 5 minutes

America's most beloved popular composer, Irving Berlin, wrote this wartime musical tribute to honor (and fund) the patriotic efforts of American soldiers. Berlin himself appears in full doughboy regalia to sing "Oh How I Hate to Get Up in the Morning," as does singer Kate Smith, who delivers a rousing rendition of Berlin's immortal anthem, "God Bless America."

Genre: Classic Movie Musicals, Classic Comedies

July 12

The Intouchables

2011, R, 1 hour, 53 minutes

Based on a true story, a quadriplegic aristocrat's world is turned upside down when he hires a young, good-humored ex-con as his caretaker. This unlikely duo overcomes adversity of every flavor as they shatter preconceptions of love, life and each other.

Genre: Drama, Foreign Drama

July 19

Forks over Knives

2011, PG, 1 hour, 36 minutes

Focusing on research by two food scientists, this documentary reveals that despite broad advances in medical technology, the popularity of animal-based and modern processed foods have led to epidemic rates of obesity, diabetes and other diseases.

Genre: Social/Cultural Documentaries, Science Doc.

July 26

Sarah's Key

2010, PG-13, 1 hour, 51 minutes

Paris, 1942: To protect her brother from the police arresting Jewish families, a young girl hides him away, promising to come back for him. Sixty-seven years later, her story intertwines with that of an American journalist investigating the roundup.

Genre: Foreign Dramas

Continues on page 4...

Thursdays at the Movies, cont'd.
August 8

Dark Shadows

2012, PG-13, 1 hour, 53 minutes
Tim Burton's take on the cult gothic soap follows a centuries-old vampire as he returns to his now-crumbling estate to meet his modern descendants. But what he finds is a house full of secrets and shadows.

Genre: Supernatural Horror

August 15

A Little Bit of Heaven

2011, PG-13, 106 minutes
Marley Corbett has always preferred to keep her romances relaxed and fun with no risk of commitment. But after she learns she has terminal cancer and becomes Dr. Julian Goldstein's patient, they both discover that love can change everything.

Genre: Romantic Dramas

August 22

One for the Money

2012, PG-13, 1 hour, 31 minutes
Janet Evanovich's spunky heroine, Stephanie Plum, is adrift after getting a divorce and losing her job. To make ends meet, she becomes a bounty hunter, with her first big case revolving around a high school boyfriend who may be falsely accused.

Genre: Action Comedies

August 29

Safe Haven

2013, PG-13, 115 minutes
This adaptation of the novel by Nicholas Sparks centers on a mysterious woman who arrives in a small North Carolina town and begins a new life but remains haunted by the terrifying secret that prompted her to travel across the country.

Genre: Romantic Dramas

Fridays at the Movies, cont'd.
August 2

Moby Dick

1956, NR, 1 hour, 55 minutes
Gregory Peck triumphs in his starring role as the obsessed Capt. Ahab in this big-screen version of Herman Melville's classic novel. Ahab longs to hunt down and kill Moby Dick, the great white whale who tore off Ahab's leg years ago. Unfortunately, his maniacal fixation spreads to the crew and ultimately leads to disaster. Genre: Dramas Based on Classic Literature, Classic Dramas

August 9

Beasts of the Southern Wild

2012, PG-13, 1 hour, 33 minutes
This fantastical drama follows a little girl named Hushpuppy who lives in a dilapidated pocket of homes in the Mississippi Delta. When her father falls ill and natural disasters strike, Hushpuppy sets off to find her long-lost mother.

Genre: Indie Dramas, Drama

August 16

The Well Diggers Daughter

2011, NR, 1 hour, 46 minutes
Pascale, a widowed laborer, lives in Provence, raising five daughters alone until his eldest daughter returns home to help care for her sisters. But a young pilot and the approaching shadow of World War I change Pascale's hopes for the future.

Genre: Foreign, Dramas Based on Classic Literature

August 23

Paint Your Wagon

1969, PG-13, 2 hours, 44 minutes
In this adaptation of the 1951 musical of the same name, California prospectors Ben

Rumson (Lee Marvin) and Sylvester "Pardner" Newell (Clint Eastwood) try to tame their gold fever by sharing Ben's wife (Jean Seberg), and kidnap a stagecoach full of working girls on their way to a new town. To help the rest of the male-dominated town keep their hands off his property, Ben sets up a brothel. As business booms, so does the competition for gold.

Genre: Classic Westerns, Musicals

August 30

What ever happened to Baby Jane?

1962, NR, 2 hours, 15 minutes
In this Grand Guignol chiller, Hudson sisters Jane (Bette Davis) and Blanche (Joan Crawford), both aging actresses, share a rotting Los Angeles mansion, where Jane, once a vaudeville headliner, remains lost in her deranged childhood fantasies.

Genre: Classic Thrillers



Siena Farms Vegetable Pickup

Once again, Siena Farms, a Community Supported Agriculture (CSA) farm in Sudbury, has generously offered to save surplus vegetables for donation to the Senior Center. Fresh vegetables will be available for pickup at the Senior Center on Thursdays after 12 noon. The vegetables are first-come, first-serve but we ask that you take only what you will eat yourself. We hope to share the vegetables with as many of you as possible!

FROM THE SENIOR CENTER S.H.I.N.E.
COUNSELORS

**New Medicare Program for Durable Medical
Equipment and Diabetic Testing Supplies**

Effective July 1, Medicare will have a new program for Durable Medical Equipment in our area. There will also be a new National Mail-Order Program for diabetic testing supplies. If you have **Original Medicare** (not a Medicare Advantage HMO or PPO plan), these changes will apply to you.

Some of the items covered under this new Durable Medical Equipment program are:

- *Oxygen and oxygen equipment
- *Standard (power and manual) wheelchairs and scooters
- *Hospital beds
- *Walkers

If you are already renting certain medical equipment or receiving oxygen, you may have to switch your supplier. In certain circumstances you may be able to keep your supplier. Make sure Medicare will continue to pay for your item to avoid any disruption of service!

To have Medicare pay for **diabetic testing supplies** delivered to your home, you will need to use a Medicare national mail-order supplier. If you don't want to use mail-order, you can go to a local pharmacy *that accepts Medicare assignment* and you will get the same low mail-order cost.

To find a Durable Medical Equipment or National Mail-Order Program supplier, you can go to www.medicare.gov/supplier or call 1-800-MEDICARE (1-800-633-4227).

Assistance is also available from the SHINE Medicare counseling program. Our trained SHINE volunteer counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at (978) 443-3055 to schedule an appointment. You may also reach a SHINE counselor by telephone. 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.

NEW! **Canasta!**
Wednesdays at 1:30



Cool off in our air conditioning and join our new Canasta group. Keeps your noggin' nourished!

Understanding Hubble
Date Change – Please Note!

The **Understanding Hubble DVD** start date has changed to Monday, July 15 at 9:30 AM, instead of Monday, July 8.



**Red Sox History
with Herb Crehan**
Wednesday, August 14
1:30 PM

Don't miss the Red Sox' number one fan, and author of many books on the Red Sox, Herb Crehan, as he shares the joys and frustrations of being a fan along with Red Sox history beginning with his experience going to a game at age 7 and seeing Dom DiMaggio and Ted Williams play. Sign up early as this will be popular – call the Senior Center at (978) 443-3055. Free.

Registration for Fall Classes
begins on Friday, July 19

History of the United States – 1912-1950s

*Spanish Art and Its Origins
with Don Oasis* (\$25 donation to "Friends of Sudbury Seniors" is suggested)

Drawing Workshop on Calligraphy


*Just Added:
America and Iraq with Gary Hylander*
Sept. 16, 30; Oct. 14 at 1:00 PM; \$15



Teen Tech Hours

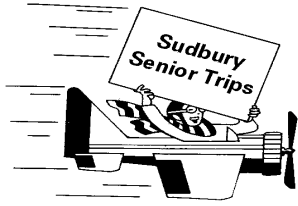
Teen Tech will continue over the summer! Drop in to ask questions about your cell phone, computer, laptop, ipad, ipod or about using Facebook or Skype. Dates will be available soon. Call us at (978) 443-3055 to find out more.

JULY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00-2:30 I&R Hours <i>No Understanding Hubble</i> 10:30 Fit for the Future (at LSRHS) NO Better Bones NO Tai Chi	8:30-10:30 BP Clinic 9:00 Cribbage NO YOGA 12:00 Lunch 12:30 Bridge	9:00-2:30 I&R Hours 9:30 <i>The World was Never the Same (3)</i> NO Fit for the Future 12:00 Lunch 12:30 Quilting (1) 1:30 <i>Canasta - NEW</i>	Fourth of July Holiday  Senior Center Closed <i>Look for the Senior Center-Bridges Together-Sudbury Schools Float!</i>	9:00-2:30 I&R Hours 9:30-11:30 Bingo NO Fit for the Future 12:30 Friday at the Movies: <i>This is the Army</i> NO Watercolors today
8	9	10	11	12
9:00-2:30 I&R Hours <i>NO Understanding Hubble</i> today due to Van Driver Training 10:30 Fit for the Future (at LSRHS) 10:00 Stamp Club 1:00 Better Bones (8) 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (5) (Sudbury Pines room) 10:00-1:00 SHINE 11:00 Health Talk – <i>Sun Smarts</i> 12:00 Lunch 12:30 Bridge	9:00-2:30 I&R Hours 9:30 <i>The World was Never the Same (4)</i> 10:30 Fit for the Future (at LSRHS) 12:00 Lunch 12:30 Quilting (2) 1:30 <i>Canasta</i>	9:30 Thursday Crafters 10:30 <i>Music Appreciation (1)</i> 12:00 Pizza and 12:30 Movie: <i>Silver Linings Playbook</i> 1:00-4:00 SHINE 12-3 Siena Farms Veg. Pickup	9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Fit for the Future (at LSRHS) 12:30 Friday at the Movies: <i>The Intouchables</i> Informal Watercolors
15	16	17	18	19
9:00-2:30 I&R Hours 9:30 <i>Understanding Hubble (1)</i> 10:30 Fit for the Future (at LSRHS) NO Better Bones 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage NO YOGA 10:00-12:00 Legal Clinic 12:00 Lunch 12:30 Bridge 3:00 Council on Aging	9:00-2:30 I&R Hours 10:30 Fit for the Future (at LSRHS) 12:00 Summer Barbecue NO Quilting	9:30 Thursday Crafters 10:00 <i>From Iceland to Italy on a Bicycle</i> 12:00 Pizza and 12:30 Movie: <i>The Hobbit</i> 1:00-4:00 SHINE 12-3 Siena Farms Veg. Pickup	9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Fit for the Future (at LSRHS) 12:30 Friday at the Movies: <i>Forks over Knives</i> Informal Watercolors
22	23	24	25	26
9:00-2:30 I&R Hours 9:30 <i>Understanding Hubble (2)</i> 10:30 Fit for the Future (at LSRHS) 1:00 Better Bones (1)	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (1) 10:00-1:00 SHINE 12:00 Lunch 12:30 Bridge	9:00-2:30 I&R Hours 9:30 <i>The World was Never the Same (5)</i> 10:30 Fit for the Future (at LSRHS) 12:00 Lunch 12:30 Quilting (3) 1:30 <i>Canasta</i>	9:30 Thursday Crafters 10:30 <i>Music Appreciation (2)</i> 12:00 Pizza and 12:30 Movie: <i>Moonrise Kingdom</i> 12-3 Siena Farms Veg. Pickup	9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Fit for the Future (at LSRHS) 12:30 Friday at the Movies: <i>Sarah's Key</i> Informal Watercolors
Special Van trip 29	30	31		
9:00-2:30 I&R Hours 9:30 <i>Understanding Hubble (3)</i> 10:30 Fit for the Future (returns to Senior Center Van Houten Room) 1:00 Better Bones (2) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (2) 12:00 Lunch 12:30 Bridge	9:00-2:30 I&R Hours 9:30 <i>The World was Never the Same (6)</i> 10:30 Fit for the Future (at Senior Center Van Houten Room) 12:00 Lunch 12:30 Quilting (4) 1:30 <i>Canasta</i>	Would you like to receive our newsletter via email? You can join our email subscription list at www.sudbury.ma.us . Look for "subscribe" in the upper right corner.	I&R Hours – Information and Referral Specialist – Anne Manning is available to answer questions and provide resources.

AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<i>Emergency Call List - Would you benefit from a phone call during weather or other emergencies? Call the Senior Center at 978-443-3055 for more information.</i>			No Tap Dance 9:45 Thursday Crafters 12:00 Pizza and a movie: <i>Beginners</i> 12-3 Siena Farms Veg. Pickup	9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Fit for the Future In Van Houten room 12:30 Friday Afternoon Movie: <i>Moby Dick</i> 1:00 Informal Watercolors
5	6	7	8	9
9:00-2:30 I&R Hours 9:30 <i>Understanding Hubble</i> (4) 10:30 Fit for the Future Will be in Van Houten Room 1:00 Better Bones (3) 2:15 Tai Chi (1) <i>in Van Houten Room</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (3) (Sudbury Pines rm.) 12:00 Lunch 12:30 Bridge	9:00-2:30 I&R Hours 9:30 <i>The World was Never the Same</i> (7) 10:30 Fit for the Future (Van Houten rm.) 12:00 Lunch 12:30 Quilting Class (5) 1:30 <i>Canasta</i>	No Tap Dance 9:45 Thursday Crafters 10:30 <i>Music Appreciation</i> (3) 12:00 Pizza and a movie: <i>Dark Shadows</i> 12-3 Siena Farms Veg. Pickup	9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Fit for the Future (Van Houten rm.) 12:30 Friday Afternoon Movie: <i>Beasts of the Southern Wild</i> 1:00 Informal Watercolors
12	13	14	15	16
9:00-2:30 I&R Hours 9:30 <i>Understanding Hubble</i> (5) 10:00 Stamp club 10:30 Fit for the Future 1:00 Better Bones (4) 2:15 Tai Chi (2) <i>in Van Houten Room</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (4) (Sudbury Pines rm.) 12:00 Lunch 12:30 Bridge	9:00-2:30 I&R Hours 9:30 <i>The World was Never the Same</i> (8) 10:30 Fit for the Future In Van Houten room 12:00 Lunch 12:30 Quilting Class (6) No <i>Canasta</i> today 1:30 <i>Red Sox Talk!</i>	No Tap Dance 9:45 Thursday Crafters 12:00 Pizza and a movie: <i>A Little Bit of Heaven</i> 12-3 Siena Farms Veg. Pickup	9:00-2:30 I&R Hours 9:30-11:30 Bingo NO Fit for the Future 12:30 Friday Afternoon Movie: <i>The Well Diggers Daughter</i> 1:00 Informal Watercolors
19	20	21	22	23
9:00-2:30 I&R Hours 9:30 <i>Understanding Hubble</i> (6)(last) 10:30 Fit for the Future (Van Houten rm.) 1:00 Better Bones (5) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (5) (Sudbury Pines rm.) 11:00 Health Talk: <i>Cataracts</i> 12:00 Lunch 12:30 Bridge	9:00-2:30 I&R Hours 9:30 <i>The World was Never the Same</i> (9) (last) 10:30 Fit for the Future (Van Houten rm.) 12:00 Lunch 12:30 Quilting Class (7) (last) 1:30 <i>Canasta</i>	No Tap Dance 9:45 Thursday Crafters 12:00 Pizza and a movie: <i>One for the Money</i> 10:30 <i>Music Appreciation</i> (4) 12-3 Siena Farms Veg. Pickup	9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Fit for the Future (Van Houten rm.) 12:30 Friday Afternoon Movie: <i>Paint Your Wagon</i> 1:00 Informal Watercolors
26	27	28	29	30
9:00-2:30 I&R Hours 10:30 Fit for the Future (Van Houten rm.) NO Better Bones 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage NO YOGA 12:00 Lunch 12:30 Bridge	8:30 Fit for the Future 9:00-2:30 I&R Hours 10:30 Fit for the Future (Van Houten rm.) 12:00 Lunch 12:30 Informal Quilters 1:30 <i>Canasta</i>	9:30 Tap Dance starts on September 5 9:45 Thursday Crafters 12:00 Pizza and a movie: <i>Safe Haven</i> 12-3 Siena Farms Veg. Pickup	9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:30 Fit for the Future (Van Houten rm.) 12:30 Friday Afternoon Movie: <i>Whatever Happened to Baby Jane?</i> 1:00 Inf. Watercolors



We are lucky to be having such nice weather right now. Sunny and warm with just enough rain to keep our rivers full so we can keep our lawns and plants healthy as well as ourselves. It is also a nice time to think about taking some trips to some other areas of our beautiful New England. As you will notice I have, whenever possible tried to keep our trip costs down. Unfortunately, we have had to cancel some trips as we did not have enough folks to cover our transportation costs which have risen quite a bit this year.

Dreamgirls/Lake Winnepesaukee

Our July 10th trip to Lake Winnepesaukee to see “Dreamgirls”, a fast-paced glitzy musical that follows the careers of some young superstars of the 80’s, (The Dreams) is sure to be quite a nice summer experience. It should have us all wanting to sing along with them since many of us will know most of the tunes. Then, after having spent a few hours sitting or walking along the beautiful lake, maybe bringing your own lunch to eat there or eating and shopping in some of the quaint shops at ‘Mills Falls’ directly across the street from the lake, we will head a few miles down the road to the beautiful theatre for our afternoon show. The cost for this trip is only \$52.50.

* Unfortunately, this lovely trip is also in jeopardy as we still need quite a few more people to sign up for it by the end of June or we will

have to cancel it.

Lobster Fest – Sold Out!

Our August 14 Lobster Fest at the Log Cabin in Holyoke is completely sold out with a long wait list. We have had to stop taking any more names on the wait list as the company tells me that the restaurant is completely sold out.

La Cage aux Folles

Our September 25th musical production “La Cage Aux Folles” cost \$78.00, at the beautiful North Shore Music Theatre will be expecting our deposit by the end of June. This show like most of the productions put on by this theatre should be a sellout. This show was a Tony Award Smash hit on Broadway and inspired the popular movie “the Birdcage”. I have asked to have 40 spaces in the “prime area” held for us until the middle of August. If you are planning to join us and want to sit in this area please sign up as soon as possible. By the way, this is one of my favorite theatres. We will also be spending a few hours in the morning at the Woburn Mall with time to shop at Appleseeds (10% discount for our group) and have a bit of lunch.

Albuquerque Balloon Fest – Notice!

All Albuquerque travelers should have all final payments in by June 27th. If you are sharing a room (2) your final cost will be \$1,439 each. If you are taking a single room, your final cost will be \$1,754.

You may pay by check (send to Carmel O’Connell at the Senior Center; include your name and the name of the trip on the outside) or mail directly to *Conway Tours* at 10 Nate Whipple Highway-Cumberland, R.I. 02864. If using a credit card, please call Conway Tours at (800) 888-4661. Joanne x129 or Cindy x130 will be glad to assist you.

For the people on our Albuquerque Wait List, Collette has a very nice trip going there at the same time as ours. The cost is a few hundred more but there is an extra day and a few other extras on their trip. I have used them many times and I can assure you they are a great company. If you are interested, call me at home (978-443-8320) for more information.

December Pops

We plan to start signing up for our December Pops in late August or early September. I am looking into offering people the opportunity to sit in the orchestra either at tables or regular seats (no promises, but let me know if you might be interested). I will, of course, be offering our regular third balcony seating at a much lower cost. Look for “Pops” flyers on our bulletin board in mid-August.

Carmel

Matter of Balance Series

We are in the process of trying to schedule a Matter of Balance series of classes for the summer. Look for more information on the Senior Center webpage and in the newspaper or just call us to ask about it at (978) 443-3055. Matter of Balance is a program to improve balance and confidence and reduce risk of falls. This program has proven to improve safety and health.

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 3:00 PM to schedule a ride for the *next* 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 our out-of-town trips at the end of each month.

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 8:30-10:30 AM**. **Free** blood sugar testing is also provided each **Tuesday from 8:30-9:30**. 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

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.

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

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 install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$60 is requested to cover the cost of the lockbox, 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 and Wednesdays at noon. Please call to make a reservation for either day **by 11:00 AM on Monday**. A voluntary donation of **\$3.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town 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 **\$3.00** a meal is suggested. Please call BayPath Elder Services at (508) 573-7200 to ask about starting service.

Tai Chi

Mondays, 2:15 PM

July 8 – July 29; no class on July 22

-3 weeks for \$13.50

August 5 – August 26

-4 weeks for \$18

Beginners are welcome in the first session, as introduction to the Yang style form will be repeated. Class will take place in the Senior Center Van Houten room until September – unless otherwise noted. Class minimum is 4 students.

Yoga for Living Well

Tuesdays, 9:20 and 10:40 AM for the summer.

July 23 – August 20; no class July 16

5 week sessions; \$35 per session.

Class minimum is 8 students.

Please register *at least one week in advance* of the class starting date. Class will be held in the Senior Center Sudbury Pines room for the summer.

Register for fall session beginning on July 19. Fall session will begin on September 10.

**Zumba and Tap Dance
will return in September!**
Fit for the Future

Mondays, Wednesdays, Fridays

10:30 AM

\$2 Drop-in



Summer Schedule: Fit for the Future meets at the Senior Center Van Houten Room from June 17-24; and the LS High School Gym from June 26-July 26; and then returns to the Senior Center Van Houten room from July 29-August 30. There will no class on July 3 and 5, and August 16.

Better Bones

5 week session for \$35

July 22-August 19, Mondays at 1:00 PM



Improve your strength and balance; minimum of 8 students. Class will be held in the Senior Center Van Houten rm. *Please* register at least one week in advance of class start date.

Register as of July 19 for Fall class on September 9.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

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

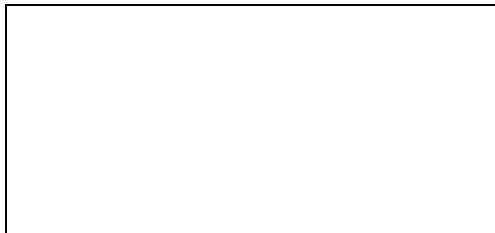
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Sudbury, Massachusetts 01776-1681

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

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

Webpage: www.sudbury.ma.us/departments/seniorcenter

Summer Barbecue Wednesday, July 17 12 noon



With Gary Landgren on piano

*Meal and Entertainment
Sponsored and catered by*

*Heritage Assisted Living
of Framingham*

*Call us at 978-443-3055 to reserve
your spot. Space is limited!*

Highlights in July and August:

The World was Never the Same - DVD class
Wednesdays at 9:30 AM

Understanding Hubble - DVD class
Mondays at 9:30 AM

Music Appreciation with Sivan Etedgee
Thursdays, 10:30 AM; 7/11, 7/25, 8/8, 8/22

Sun Smarts with Board of Health Nurse
Tuesday, July 16 at 11:00 AM

From Iceland to Italy on a Bicycle!
Thursday, July 18 at 10:00 AM

Red Sox History with Herb Crehan
Wednesday, August 14 at 1:30 PM

All You Need to Know about Cataracts
Tuesday, August 20 at 11:00 AM

Matter of Balance – schedule to be
determined; call or check our webpage

Teen Tech – schedule TBD; call or check our
webpage, see above