

## Music Appreciation – Part II

Tuesdays, July 8, 22 and August 5, 19  
10:30 AM - \$30 or \$10/class



Have you ever wanted to learn about classical music, but did not know where to begin? In this continuation of the series from last summer, 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
- Discuss recordings, videos and live performances

Instructor and pianist **Sivan Etedgee** 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. This program is offered in partnership with Sage Educational Services.

Please register and pay for this series by Monday, July 7.

## The Golden Age of Television

Thursday, July 10, 10:00 AM - \$10



The "golden age" of television generally refers to the proliferation of original and classic dramas produced for live television during America's postwar years. In this lecture, look at the origins, history and decline of live TV anthology series, including Kraft Television Theater, Studio One and Playhouse 90. And remember the luminaries who got their start during the golden age, including writers Paddy Chayefsky and Rod Serling; directors Robert Altman and Sidney Pollack; and actors Paul Newman and Andy Griffith. Watch clips from some of the greatest productions of the golden age, including "Marty," "Requiem for a Heavyweight" and "No Room for Sergeants."

Dr. Brett M. Rhyne is a playwright and screenplay writer, a newspaper and news website editor and reporter, and a teacher of journalism and communication on the college level. He has also produced video, created ceramic art and painted with oils. Brett lives in Chestnut Hill with his twin sons, Benjamin and Elijah.

Please register and pay the \$10 fee by Monday, July 7. The fee holds your space.

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## The Statue of Liberty

Tuesday, July 15, 10:00 AM - \$10



The Statue of Liberty is an international icon, a symbol recognized around the world. Yet, most people do not know the story behind the statue. This talk will explore how and why the statue was built, what the original symbolism of the statue meant, and what the statue means to millions of people today. Along the way, we will meet some of the colorful characters who were involved in creating this symbol of our nation, and learn some interesting facts about Lady Liberty.

G. A. Di Gregorio, the Artifactual Scholar, is an historian, archaeologist, and educator with a passion for telling the stories of our past. He has presented numerous historical lectures and discussions on a variety of topics in American, European, and World history. Mr. Di Gregorio is a Visiting Lecturer in the History Department at Bridgewater State University (Bridgewater, MA) and an Instructor in the Anthropology Department at Wheaton College (Norton, MA). Additionally, he has several years of experience as a Park Ranger with the National Park Service and as a professional archaeologist. This program is offered in partnership with Sage Educational Services.

*Please register and pay for this class by Monday, July 7.*

Join Sudbury Board of Health Nurse Phyllis Schilp

## Skin Cancer Prevention and Early Detection

### Know Your Risks

Wednesday, July 23, 11:00 AM



Nearly all skin cancers are preventable by limiting unprotected exposure to the sun. Most skin cancers can be treated successfully if detected early – even melanoma. Join us for a presentation on what to look for, how to do a self-exam and how to protect yourself. As always, Phyllis will bring delicious, healthy snacks for her talk. Please call (978) 443-3055 to sign up for this important and informative talk!

## New! MetroWest Caregivers Website

Created by BayPath Elder Services

Thursday, July 24

10:00 AM

Do you want to look up the local assisted living residences? Find out which ones are in towns near Sudbury? You can find out at the new MetroWest Caregivers website! This website is for anyone looking for resources in the MetroWest area, including Sudbury, Wayland, Marlborough, Framingham, Northborough and more. Douglas Flynn, Program Manager at BayPath Elder Services, who is the creator of the website, will be here to explain the website and all of its features, while showing you the different ways to look up information.

Please register for this talk by **Wednesday, July 16** by calling (978) 443-3055.

*Resources!*

## SUDBURY SENIOR SCENE

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### SUDBURY SENIOR CENTER

### CONTACT INFORMATION:

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

Webpage: [www.senior.sudbury.ma.us](http://www.senior.sudbury.ma.us)

Friends:

[www.friendsofsudburyseniors.org](http://www.friendsofsudburyseniors.org)

**Fall Lifelong Learning Class**

**Registration Begins on Monday, July 21 at 9:00 AM**

**U.S. History: The Years in Our Memory  
1950-2001**

Wednesdays from 9:30-11:00 AM  
September 17-November 19

During the 1950's, it would have been hard to predict that a tumultuous decade of revolution from within would follow. During the 1960's, the Civil Rights Movement, the Women's Movement, and often violent protests against the unpopular Vietnam War caused many Americans to question the very core of their beliefs in the American way of life. The 1970's brought Nixon and Watergate, followed by a peaceful political revolution in the 1980's with the election of Ronald Reagan. Other topics included in this final section of our U.S history overview are The New Frontier and the Great Society, The Rise of Mass Media, Environmentalism, Religion in 20<sup>th</sup> Century America, The New World Order, and Clinton's America.

Join us this fall as our study of American history concludes with the second half of the 20<sup>th</sup> Century—a fascinating look back from the perspective of post 9/11 occurrences. This lecture series from The Teaching Company features distinguished historian Patrick N. Allitt, Professor of History at Emory University. As in the past, each lecture will be augmented by a volunteer moderator who will provide additional information and lead discussion on the topic of the day. Please call the Senior Center at (978) 443-3055 to sign up. Space is limited.

*Continuing this summer...*

**Masterworks of American Art  
DVD Series**

Wednesdays, 9:30-10:30 AM  
June 11 – September 3, No class July 16

Encounter the brilliant paintings of the homegrown masters who documented the birth of our nation from its colonial roots up to the brink of World War I and the birth of Modernism. Professor William Kloss is an independent art historian and scholar who lectures and writes about a wide range of European and American art. He was educated at Oberlin College, where he earned a B.A. in English and an M.A. in Art History. Please register for this class by calling the Sudbury Senior Center at (978) 443-3055.

Excerpted from "The Great Courses" class description.

**Fall Lifelong Learning Class**

**Registration Begins Monday, July 21 at 9:00 AM**

**The Evolution of German Art  
with Don Oasis**

5 Wednesdays, 1:30 PM  
September 17-October 22; no class October 15

Dr. Donald Oasis will present a course on the Evolution of German Art. Presentations are on Power Point and will last from 60-90 minutes. Handouts will be given at each talk and your questions and comments are encouraged.

The earliest artists examined are Lucas Cranach and Albrecht Durer. We examine them in comparison to their southern European colleagues. Next we discuss landscape artist Altdorfer and the portraitist, Hans Holbein, both of whom are well known. Holbein's paintings of potentially attractive and fertile wives for Henry VIII probably affected the history of England. The Romantic school evolved in the 19th century led by David Caspar Friedrich and Adolph Menzel. This school is still much in favor today.

As the 20th century unfolds, Modernism comes to the scene referring to an aesthetic approach dominant in European art and literature in the 19th century. Germany responds with the Expressionist art of Munch, Marc, Max Beckmann and a myriad of others. Our final session deals with Joseph Bueys and Anselm Kieffer who are representational arts. Please join the presentations and discussions. A \$25 donation to the *Friends of Sudbury Seniors* would be appreciated.



**Siena Farms  
Vegetable Pickup  
Thursdays in July/August  
Starts at 11:30 AM  
*First come, first served***

Siena Farms, a CSA (Community Supported Agriculture) organic farm in Sudbury, which provides veggies to many Boston fine restaurants, has generously offered to save surplus vegetables for donation to the Senior Center. Donations will be separated into bags for individual families so as to share what is donated with as many of you as possible! Please respect our guidelines on the amounts for each family. Thank you!

**Legal Clinic**

Tuesdays, July 22, August 19

10:00AM – 12:00PM

Schedule your free 20 minute appointment with our volunteer Elder Law Attorneys. Call the Senior Center at (978) 443-3055 for more information.

**SUMMER MOVIES****Thursdays (Oscar nominees)****Pizza (12pm) and Movie (12:30pm)**

Please order pizza by 10:00 AM and do register for the movie as well.

7/3 *Blue Jasmine* PG13 1 h, 38 m7/10 *American Hustle* R 2 h, 18 m7/17 *Gravity* PG13 1 h, 31 m7/24 *Frozen* animated PG 1h, 42m7/31 *Her* R 2 h, 6 m8/7 *Despicable Me 2* animated 98m8/14 *Dallas Buyers Club* R 1 h, 57 m8/21 *12 Years a Slave* R 2 h, 14 m8/28 *August: Osage County* R 2h, 1m**Fridays****Movie and Popcorn (12:30pm)**

Please sign up so we know how many are attending.

7/11 *The Magic Flute (opera)* 2h, 31m7/18 *50 First Dates 2004* 1h, 39m7/25 *Saving Mr. Banks 2013* 2h, 5m8/1 *Grand Budapest Hotel* R 1h, 40m8/8 *The Book Thief 2013* 2h, 11m8/15 *Star Trek: Into Darkness* 2h, 12m8/22 *Ernest and Celestine* PG 1h, 20m

-Grandchild friendly!

8/29 *La Centerentola (opera)* 2h, 31m

\*For detailed descriptions of movies, please visit the Senior Center

webpage [www.senior.sudbury.ma.us](http://www.senior.sudbury.ma.us)

or pick up a flyer at the Senior Center.

**Watercolors**

**Summer Mini-Session**  
**5 Fridays, 1:00-3:00 PM**  
**July 11-August 8 - \$25**



Join our delightful Friday afternoon Watercolors class with Instructor Sandy Wilensky. Sudbury Residents may register immediately, all others on July 1.

**Receive your Newsletter**  
**via email and Save**  
**Paper and Postage!**

You can receive our newsletter via email! Sign up yourself by going to the Town of Sudbury website at [www.sudbury.ma.us](http://www.sudbury.ma.us). Click on "Subscribe" in the upper right corner. Enter your email address and confirm it. Then choose "Senior Center – General Information" and submit. Thank you for saving paper and postage! Note: Your address will be removed from the regular mailing list, unless you email a specific request to continue receiving the paper copy of the newsletter to [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). Any questions, call (978) 443-3055.

**Or Pick up the Newsletter at the Senior Center**

If you would like to save the Friends the postage costs, you can opt to pick up the newsletter when you are at the Senior Center. You may get the newsletter sooner this way.



**Current Events**  
**Thursdays, 10:00 AM**  
**July 3, 17, August 7, 21**

During the summer, while Facilitator Richard Nesmith is away for the summer, members are taking turns facilitating the meeting. **Please Note:** Meeting dates are tentative, please call (978) 443-3055 for information.

**Friends!**

The Friends of Sudbury Seniors donates time and raises funding for special programs or needs of the Senior Center. They are always looking for new members to bring fresh ideas. For more information, please visit their website at: [www.friendsofsudburyseniors.org](http://www.friendsofsudburyseniors.org).

**PBS Nova**

Mondays, July 28, August 18  
 10:00 AM

Join us for "The Bible's Buried Secrets" a landmark 2 hour special and "Quest for Solomon's Mines" to go along on Nova/National Geographic expeditions to look for new clues to King Solomon's Mines (1 hour). Thank you Lydia Hughes!

**Substitute**  
**COA Van Drivers Needed**

The Senior Center is looking for amiable substitute Van Drivers for our wheelchair-accessible van to help out when van drivers are on vacation or ill. Training is required. Substitutes are paid \$10.25/hour. For more information, please call Debra Galloway, Senior Center Director, at (978) 443-3055.

**Scrabble and Other Games**

Summer offers opportunities for playing games, including Scrabble, on days when classes are not scheduled. We have several people interested in playing Scrabble on Monday afternoons at 1:00PM. Please call and leave your name and number if you are interested.

**Connection Circle**  
**Thursdays, 2:00-3:00 PM in**  
**July/August, no meeting July 3**  
**Schedule is tentative – please call!**



**Means Tested Senior Tax Exemption  
Help Sessions**

Monday and Thursday, July 14 and 17, 10AM-12PM  
Monday, August 11, 9AM-12PM

If you are considering applying for the Means Tested Senior Tax Exemption and need help, come to one of our Help Sessions. If your property taxes exceed 10% of your income, you may qualify. The assessed value of your home must be less than \$700,000, you must be 65 years of age, and any co-owner must be 60+ years of age. In order to apply, you must submit a completed copy of your Mass. State Income Tax Schedule CB (Circuit Breaker) Credit 2013, even if you did not file it; and a copy of your 2013 Federal Income Tax Form 1040/1040A or 1040EZ (pages 1 and 2). The application is due by Thursday, August 28 at the Assessors Office. Please call to register at (978) 443-3055. Space is limited.

**Information and Referral**

Our Information Specialist, Anne Manning, is available for consultation in person, on the phone, or via email, Mondays, Wednesdays and Fridays from 8:30AM-3:00PM. Anne provides information and resource information on home care, financial assistance, bereavement, caregiving, housing and more. Please feel free to call her to ask questions or set up an appointment at (978) 443-3055 or email her at [manninga@sudbury.ma.us](mailto:manninga@sudbury.ma.us).

**SHINE – Medicare Counseling**

Tuesdays, July 1, 15 and 29, August 12 and 26  
1:00-4:00 PM



Questions about your Medicare health insurance or your drug insurance coverage? A trained, unbiased volunteer SHINE Counselor is available for consultation at the Senior Center. Please call (978) 443-3055 to set up an appointment.

**Looking toward Fall: Alzheimer’s Walk, a Parkinson’s Walk and Announcements**

**Alzheimer’s Walk – COA TEAM**  
**Sunday, September 28, 10:30AM**  
**Quinsigamond Community College**  
**Worcester, MA**

The Sudbury Council on Aging would like to sponsor a group to do the Alzheimer’s Walk in September. If you are interested in participating, please leave your name and phone number at the Senior Center. You will be contacted about a plan for the walk.

**Moving Day Boston - Walk for Parkinson’s**  
Walk to support National Parkinson’s Foundation at Artesani Park in Brighton on Saturday, October 11<sup>th</sup>, 2014 from 9:00AM to 12 Noon.  
More info at [www.movingdayboston.org](http://www.movingdayboston.org).

**ANNOUNCEMENTS**

**Senior Center Wish List**

We need donations of newer laptops for use by various instructors when they teach here. Contact Debra Galloway, Director, at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or (978) 443-3055.

Games? Puzzles? We are looking for quality games and unopened puzzles to be donated for our games cabinet.

**Location of Classes**

Please check with Front Desk on class location, as some may need to change after newsletter publication. We appreciate your patience!

**PLEASE NOTE:**

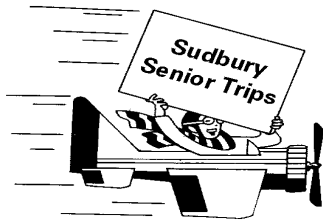
Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please feel free to call us at (978) 443-3055 to verify any programming information.

# JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>Room Abbreviations</b> (SP) - Sudbury Pines (VH) – Van Houten (I&R) – Information and Referral Office (L) - Lounge	8:30-10:30 BP Clinic 8:00-11:45 SPS Meeting (SP) 9:00 Cribbage <i>No Yoga today</i> 12:00 Lunch 12:30-3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (7)</i>	9:00-3:00 I&R Hours 9:30 <i>Masterworks of American Art DVD (4)</i> Fit for the Future – Sept. 10:30 <i>Senior Aerobics (VH)</i> 12:00 Lunch <i>Zumba back. in September</i> 1:00 Canasta (VH) 1-2:30 <i>Bereavement Group (SP) (2)</i>	<i>Tap Dance returns Sept.</i> 9:30 Thursday Crafters 10:00 Current Events 11:30 <i>Siena Farms Pickup –first come, first served</i> 12:00 Pizza and a 12:30 Movie: <i>Blue Jasmine</i> <i>No Connection Circle</i>	<b>Independence Day Holiday</b>  Senior Center Closed
7	8	9	10	11
9:00-3:00 I&R Hours No Fit for the Future 10:30 <i>Senior Aerobics (VH)</i> 1:00 Scrabble/Games 1:00 Better Bones (3) (VH) 2:15 <i>Tai Chi (1) (VH)</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (5) 10:30 <i>Music Appreciation (1)</i> 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (8, last)</i>	9:00-3:00 I&R Hour 9:30 <i>American Art DVD (5)</i> Fit for the Future – Sept. 10:30 <i>Senior Aerobics (VH)</i> 12:00 Lunch 1:00-3:30 Canasta (L) 1-3:30 Quilting (1) (VH) 1-2:30 <i>Bereavement Group (SP) (3)</i>	9:30 Thursday Crafters 10:00 <i>Golden Age of Television (SP)</i> 11:30 <i>Siena Farms Pickup</i> 12:00 Pizza and a 12:30 Movie: <i>American Hustle</i> 2:00 Connection Circle	9:30-11:30 Bingo 9:00-3:00 I&R Hours No Better Bones No Fit for the Future 12:30 Friday Movie: <i>The Magic Flute opera</i> 1:00 Watercolors (1)
14	15	16	17	18
9:00-3:00 I&R Hours 10:00-12:00 <i>Senior Tax Exemption Help (VH)</i> 10:00 Stamp club 10:30 <i>Senior Aerobics</i> No Fit for the Future 1:00 Scrabble/Games 1:00 Better Bones (43) (VH) 2:15 <i>Tai Chi (2) (VH)</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (6) 10:00 <i>Statue of Liberty Talk (SP)</i> 12:00 Lunch 12:30-3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (1)</i> 3:00 COA Meeting	<i>My Fair Lady Trip</i> 9:00-3:00 I&R Hours <i>Masterworks of American Art continues next week</i> No Fit for the Future 10:30 <i>Senior Aerobics (VH)</i>  12:00 <i>Summer Barbecue!</i> No Canasta this week 1-3:30 Quilting (2) (VH) <i>No Bereavement Group</i>	10:00-12:00 <i>Help with Senior Tax Exemption (I&amp;R office)</i> 9:30 Thursday Crafters 10:00 Current Events 11:30 <i>Siena Farms Pickup</i> 12:00 Pizza and a 12:30 Movie: <i>Gravity</i> 2:00 Connection Circle	9:30-11:30 Bingo 9:00-3:00 I&R Hours No Better Bones No Fit for the Future 12:30 Friday Movie: <i>50 First Dates</i> 1:00 Watercolors (2)
21	22	23	24	25
9:00-3:00 I&R Hours 10:30 <i>Senior Aerobics (VH)</i> No Fit for the Future 1:00 Scrabble/Games 1:00 Better Bones (5) (VH) 2:15 <i>Tai Chi (3) (VH)</i>  <i>Registration for Fall programs begins today!</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (7) 10:30 <i>Music Appreciation (2)</i> 10:00-12:00 Legal Clinic 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (2)</i>	9:00-3:00 I&R Hours 9:30 <i>Masterworks of American Art DVD (6)</i> 10:30 <i>Senior Aerobics (VH)</i> 11:00 <i>Skin Cancer Prevention- BoH Nurse Talk</i> 12:00 Lunch 1:00 Canasta (L) 1-3:30 Quilting (3) (VH) 1-2:30 <i>Bereavement Group (SP) (4)</i>	9:30 Thursday Crafters 10:00 <i>New Caregiving MetroWest Website</i> 11:30 <i>Siena Farms Pickup</i> No Pizza today 12:30 Movie: <i>Frozen (PG)</i> <i>-Grandchild Friendly- please register!</i> 2:00 Connection Circle	9:30-11:30 Bingo 9:00-3:00 I&R Hours No Better Bones No Fit for the Future 12:30 Friday Movie: <i>Saving Mr. Banks</i> 1:00 Watercolors (3)
28	29	30	31	
<i>Special Van Trip</i> 9:00-3:00 I&R Hours 10:00 <i>PBS Nova- The Bible's Buried Secrets</i> No Fit for the Future 1:00 Scrabble/Games 1:00 Better Bones (1) (VH) 2:15 <i>Tai Chi (4) (VH)</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (8) 12:00 Lunch 12:30-3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (3)</i>	9:00-3:00 I&R Hours 9:30 <i>Masterworks of American Art DVD (7)</i> No Fit for the Future 12:00 Lunch 1-3:30 Quilting (4) (VH) 1:00 Canasta (L) 1-2:30 <i>Bereavement Group (SP) (5)</i>	9:30 Thursday Crafters 11:30 <i>Siena Farms Pickup-I<sup>st</sup> come, I<sup>st</sup> served</i> 12:00 Pizza and a 12:30 Movie: <i>Her</i> 2:00 Connection Circle	SHINE – Serving the Health Insurance Needs of Elders – health insurance/Medicare information and guidance

# AUGUST 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please note that we try very hard for accuracy in our newsletter and calendar, but occasionally make mistakes!</i></p>	<p><i>Connection Circle schedule is tentative, please call to confirm</i></p>	<p><i>You can add yourself to the email list on the Town of Sudbury website. Look for "Subscribe" in the top right corner. To sign up for the Senior Center newsletter, click in the box next to "Senior Center General Info".</i></p>		<p style="text-align: right;"><b>1</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30-11:30 Bingo</b>  <b>No Better Bones</b>  <b>No Fit for the Future</b>  <b>12:30 Friday Movie: Grand Budapest Hotel</b>  <b>1-3:00 Watercolors (4)</b></p>
<p style="text-align: right;"><b>4</b></p> <p><b>Foxwoods Trip</b>  <b>9:00-3:00 I&amp;R Hours</b>  <b>No Fit for the Future</b></p> <p><b>1:00 Better Bones (2) (VH)</b>  <b>1:00 Scrabble/Games</b></p> <p><b>2:15 Tai Chi (5) (VH)</b></p>	<p style="text-align: right;"><b>5</b></p> <p><b>8:30-10:30 BP Clinic</b>  <b>9:00 Cribbage</b>  <b>9:20/10:40 Yoga (1)</b>  <b>10:30 Music Appreciation (3)</b>  <b>12:00 Lunch</b>  <b>12:30-3:30 Bridge</b>  <b>1:15 Tai Chi for Healthy Living (4)</b></p>	<p style="text-align: right;"><b>6</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30 Masterworks of American Art DVD (8)</b>  <b>No Fit for the Future</b>  <b>12:00 Lunch</b>  <b>1:00 Canasta (L)</b>  <b>1:00-3:30 Quilting (5, VH)</b>  <b>1-2:30 Bereavement Group (SP) (6)</b></p>	<p style="text-align: right;"><b>7</b></p> <p><b>9:30 Thursday Crafts</b>  <b>10:00 Current Events</b>  <b>11:30 Siena Farms Pickup, 1<sup>st</sup> come, 1<sup>st</sup> served</b>  <b>No Pizza today</b>  <b>12:30 Movie: Despicable Me 2 please register early!</b>  <b>2:00 Connection Circle</b></p>	<p style="text-align: right;"><b>8</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30-11:30 Bingo</b>  <b>No Better Bones</b></p> <p><b>No Fit for the Future</b></p> <p><b>12:30 Friday Movie: The Book Thief</b>  <b>1-3:00 Watercolors (5, last)</b></p>
<p style="text-align: right;"><b>11</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:00-12:00 Senior Tax Exemption Help (VH)</b>  <b>No Fit for the Future</b>  <b>1:00 Scrabble/Games</b>  <b>1:00 Better Bones (3) (VH)</b>  <b>2:15 Tai Chi (6) (VH)</b></p>	<p style="text-align: right;"><b>12</b></p> <p><b>8:30-10:30 BP Clinic</b>  <b>9:00 Cribbage</b>  <b>9:20/10:40 Yoga (2) (SP)</b>  <b>12:00 Lunch</b>  <b>12:30 Bridge</b>  <b>1:00-4:00 SHINE</b>  <b>1:15 Tai Chi for Healthy Living (5)</b></p>	<p style="text-align: right;"><b>13</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30 Masterworks of American Art DVD (9)</b>  <b>No Fit for the Future</b>  <b>12:00 Lunch</b>  <b>1:00 Canasta</b>  <b>1:00-3:30 Quilting (6, VH)</b>  <b>1-2:30 Bereavement Group (SP) (7)</b></p>	<p style="text-align: right;"><b>14</b></p> <p><b>9:30 Thursday Crafts</b>  <b>11:30 Siena Farms Pickup, 1<sup>st</sup> come, 1<sup>st</sup> served</b>  <b>12:00 Pizza and a</b>  <b>12:30 Movie: Dallas Buyers Club</b>  <b>2:00 Connection Circle</b></p>	<p style="text-align: right;"><b>15</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30-11:30 Bingo</b>  <b>No Better Bones</b>  <b>No Fit for the Future</b>  <b>12:30 Friday Movie: Star Trek: Into Darkness</b></p> <p><b>No Watercolors</b></p>
<p style="text-align: right;"><b>18</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>10:00 PBS Nova-Quest for Solomon's Mines</b>  <b>No Fit for the Future</b>  <b>1:00 Scrabble/Games</b>  <b>1:00 Better Bones (4) (VH)</b>  <b>2:15 Tai Chi (7) (VH)</b></p>	<p style="text-align: right;"><b>19</b></p> <p><b>8:30-10:30 BP Clinic</b>  <b>9:00 Cribbage</b>  <b>9:20/10:40 Yoga (3, last)</b>  <b>10:00-12 Legal Clinic</b>  <b>10:30 Music Appreciation (4)</b>  <b>12:00 Lunch</b>  <b>12:30-3:30 Bridge</b>  <b>1:15 Tai Chi (6)</b></p>	<p style="text-align: right;"><b>20</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30 Masterworks of American Art DVD (10)</b>  <b>No Fit for the Future</b>  <b>12:00 Lunch</b>  <b>1:00 Canasta</b>  <b>No Quilting</b>  <b>1-2:30 Bereavement Group (SP) (8, last)</b></p>	<p style="text-align: right;"><b>21</b></p> <p><b>9:30 Thursday Crafts</b>  <b>10:00 Current Events</b>  <b>11:30 Siena Farms Pickup, 1<sup>st</sup> come, 1<sup>st</sup> served</b>  <b>12:00 Pizza and a</b>  <b>12:30 Movie: 12 Years a Slave</b>  <b>2:00 Connection Circle (tentative)</b></p>	<p style="text-align: right;"><b>22</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30-11:30 Bingo</b>  <b>No Better Bones</b></p> <p><b>No Fit for the Future</b>  <b>12:30 Friday Movie: Ernest and Celestine Animated, grandchild friendly!</b>  <b>No Watercolors</b></p>
<p style="text-align: right;"><b>25</b></p> <p><b>Special Van Trip</b>  <b>9:00-3:00 I&amp;R Hours</b></p> <p><b>Fit for the Future and Better Bones return in September</b>  <b>1:00 Scrabble/Games</b>  <b>2:15 Tai Chi (8) (VH)</b></p>	<p style="text-align: right;"><b>26</b></p> <p><b>8:30-10:30 BP Clinic</b>  <b>9:00 Cribbage</b>  <b>No Yoga today</b></p> <p><b>12:00 Lunch</b>  <b>12:30-3:30 Bridge</b>  <b>1:00-4:00 SHINE</b>  <b>1:15 Tai Chi for Healthy Living (7)</b></p>	<p style="text-align: right;"><b>27</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30 Masterworks of American Art DVD (11)</b></p> <p><i>Fit for the Future returns next week!</i>  <b>12:00 Lunch</b>  <b>1:00 Canasta</b></p>	<p style="text-align: right;"><b>28</b></p> <p><b>9:30 Thursday Crafts</b>  <b>11:30 Siena Farms Pickup, 1<sup>st</sup> come, 1<sup>st</sup> served</b>  <b>12:00 Pizza and a</b>  <b>12:30 Movie: August: Osage County</b>  <b>2:00 Connection Circle (tentative)</b></p>	<p style="text-align: right;"><b>29</b></p> <p><b>9:00-3:00 I&amp;R Hours</b>  <b>9:30-11:30 Bingo</b>  <b>No Better Bones</b>  <b>No Fit for the Future</b>  <b>12:30 Friday Movie: La Centerentola opera</b>  <b>No Watercolors – Next session starts on September!</b></p>



Before we know it summer will be over. So let's all enjoy it while we can. Of course you can have even more fun if you go on one of our Sudbury Senior one day excursions.

The first one coming up on July 16<sup>th</sup> is our wonderful trip to the beautiful Kennebunkport area. One of our frequent "trippers" said, "I always try to get up there at least once each summer." What better way to do that than to join us for maybe a lobster or clam roll at the Lobster Shack (just recently featured on Channel 5) or one of the other well-known restaurants on the main street. Maybe also, a visit to that well-known jewelry shop at the foot of the bridge. Then off to the "Arundel Playhouse" in the afternoon to see Lerner and Lowe's perennial favorite "**My Fair Lady**". Trip cost \$65.00 includes transportation and the play. Early signup assures you of your choice of motor coach seating.

Our August 4<sup>th</sup> **Foxwoods** trip will be coming up before you know it. Please try to sign up early to ensure that the trip can be a go. Cost is still only \$26.00.

Our last summer trip is one that many of you said you were anxious to go on. Our **Lobster Boat** trip in Ogunquit on August 14. We can only take 40 passengers as that is the boat's capacity. Who knows maybe some of you will turn out to be "REAL lobster Men or Women". This trip combines the

beauty of the Maine shoreline with a REAL lobstering experience." There will be time afterward for lunch on your own and dare I say "shopping" or walking. My favorite is Barnacle Billy's but there are several other very good places" to try.

Even though our numbers are not high our Panama Canal trip, October 20 –November 3 (\$2449-\$3399) is a go. But sign-up time will be running out soon. If you are interested pick up a flyer from our Trip rack and read all about it. Then call me for more information regarding signup etc...

We are considering an October Fest at Wright's farm in October or "An Andrew Sister's Tribute" at Whites of Westport in November but have not firmed anything up yet. Please check our bulletin board for more information or call the Senior Center at (978) 443-3055.

ENJOY,



*Carmel*

### Home Repair Help

If you need repairs to your home and are having difficulty paying for it, you might be eligible for the Small Grant program administered by the Sudbury Planning and Community Development Department. If you are the only occupant, your income must be \$65,870 or lower, and your home must be assessed at \$583,400 or lower. Please call the Senior Center (978) 443-3055 or the Planning Dept. (978) 639-3387 for more information.

### Robert Frost Farm Trip with Tour Leader Stephen Collins

Tuesday, September 30  
9:30 AM-3:30 PM

Stephen Collins will travel with us on our bus to the Robert Frost Farm in Derry, NH, approximately 1 hour drive from Boston. During the drive to the Farm, Collins will recite many of Frost's beloved poems and talk about Frost's life and times. Once there, the Park Ranger will take us on a guided 45 minute tour of this National Historic Landmark. The Robert Frost Farm was home to Robert Frost and his family from 1900-1911. On the drive back, Collins will continue to recite his poetry and answer questions about Robert Frost's life, or let us rest if that is our wish.

The trip will cost \$45 including the bus fare and Collins' fee. The check should be made out to *Sudbury Senior Activities* and must accompany your registration. It needs to be received by August 1.

We shall each pay for our own lunch by cash or credit card at the near-to-Frost Farm excellent Colosseum Restaurant. We can order a \$20 *prix fixe* luncheon consisting of a salad, one entrée (chicken or eggplant *parmigiana*; spaghetti and meatballs made with sirloin steak, or linguine with clam sauce), cannoli and a beverage (tea, coffee or a cold drink); or else we can order from the menu.

Stephen's classes on Robert Frost, Edna St. Vincent Millay, and Shakespeare, as well as his one-man shows on Walt Whitman, Robert Frost, and William Shakespeare, receive accolades from his students and audiences. So do his tours.

Call (978) 443-3055 for information.



# 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 2:00 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 information and 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 3:00**.

**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.

**Sand Buckets:** Volunteers will deliver a bucket of sand for you to use on your walks and driveway, free. Call the Senior Center, at (978) 443-3055. Let us know where you'd like the bucket to be placed.

**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 suggested. Menus can be found each month posted on the Town website and in the Senior Center.

**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.

***Summer Fitness –Please note there will be some changes in location/time of classes...***

**Yoga for Living Well**

Tuesdays, August 5, 12, 19

9:20 or 10:40 AM - **3 weeks for \$21**

(payment due at registration)

Discover the joys of Hatha yoga, while building strength, increasing flexibility and improving balance. Bring a mat/towel/water. Class is in Sudbury Pines room for summer.

**Tai Chi-Mondays, 2:15 PM**

July 7-August 25, **8 weeks - \$36**

Tai Chi is well known for improving balance and reducing stress.

Please register and pay by **Wednesday, July 2.**

**Tai Chi for Healthy Living**

8 Tuesdays, 1:15 PM - **\$10\***

July 15 – September 2

Special Tai Chi class designed for those who need to move into exercise more gently, with an emphasis on improving balance. *\*Supported by the Mass. Executive Office of Elder Affairs.*

**Better Bones, Senior Strength**

-Mondays, 1PM; July 28 – August 18

**4 weeks for \$28** (payment due at registration)

**-Friday's class returns in September**

Build strength, improve balance, feel good! Please bring a mat, towel, 2 free weights, and water.

**Senior Aerobics w/Susan at the Senior Center**

**Mondays/Wednesdays at 10:30 AM – 7 classes**

July 2, 7, 9, 14, 16, 21, 23 - **\$18 paid at signup.**

Class will be held in **Van Houten Room**; Min. 4 students, max. 12 students. Keep fit for the summer!

**Zumba/Tap Dance Classes**

***Return in September***

Classes are on hiatus until September 10, 11

**Fit for the Future (aerobics/strength)**

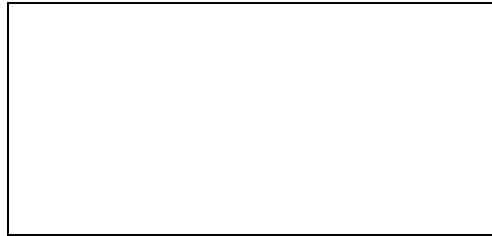
***Returns in September***

Class is on hiatus in July/August, restarts on Wed., September 3.

A monthly publication from the  
SUDBURY SENIOR CENTER AND  
SUDBURY COUNCIL ON AGING  
40 Fairbank Road  
Sudbury, Massachusetts 01776-1681  
on the web at:  
<http://senior.sudbury.ma.us>

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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

## Summer Barbecue

Wednesday, July 16

12:00 Noon

BBQ sponsored by: *Traditions of Wayland*

Entertainment: *Billy Novick Duo*



*Register early! Space is limited.*

*Sudbury residents only may register until June 30. All others on July 1st.*

## GRANDPARENTS! Cool off with a movie then visit the Ice Cream Truck!



**Bring the grandkids!**

**Movies:**

### Frozen

PG  
1 h, 42 m  
Thursday, July 24, 12:30 PM

### Despicable Me 2

PG  
1 h, 38 m  
Thursday, August 7, 12:30 PM

*The ice cream truck will visit after the movie. Each registered person will receive an ice cream.*

*You must sign up by the day before the movie before 4:00 PM. Please indicate number of persons. Space is limited. (Note: This is not a pizza day.)*



See also  
popcorn &  
movie on  
August 22