



Summer at the Movies

Come sit in air conditioned comfort at the Senior Center this summer. We'll be showing **free** movies: travelogues of America on Mondays and Academy Award nominated films on Thursday in July and August.

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

Thursdays: Academy Awards nominees. The film is **free**, pizza is available for **\$1.25** a slice (call by 11 that morning). Pizza at 12:00, film starts at **12:30**.

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

Monday Travelogue at 1:00

July 12: *Lighthouses of North America* Visit some of the most famous lighthouses in the United States in this breathtaking film, which takes viewers coast to coast and delves into the history of these fascinating structures.

July 19: *Hidden Hawaii* Explore the tropical wonders of Hawaii's pristine Papahānaumokuākea Marine National Monument, where rare aquatic plants and animals thrive in crystal-clear waters. Underwater footage brings the beauty of these islands to life.

July 26: *Great Alaska Train Ride Adventure* This two-part travelogue takes sightseers to unspoiled areas via the Alaska Railroad. Watch orcas, otters and sea lions and go to Fairbanks, with a stop at Denali National Park.

August 2: *Yosemite, The World's Most Spectacular Valley* Yosemite is one of America's most awe-inspiring national parks. Take a lavish look at the park and its history, with images of the landscape, wildlife and recreation.

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

July 1: *Crazy Heart* (Rated R) When a reporter interviews Bad Blake (Oscar winner [Jeff Bridges](#)) - an alcoholic, seen-better-days country music legend - they connect, and the hard-living crooner sees a possible saving grace in a life with Jean and her young son.

July 8: *Invictus* This drama, based on real-life events tells the story of what happened after the end of apartheid when newly elected president Nelson Mandela used the 1995 World Cup rugby matches to unite his people in South Africa. Stars Morgan Freeman as Mandela and Matt Damon (both Oscar nominated).

July 15: *The Messenger* (Rated R) An injured U.S. soldier is paired with by-the-book Capt. Tony Stone (Oscar nominee Woody Harrelson) to notify families of killed soldiers. At odds at first, the two find common ground while facing life's variety of battles.

July 22: *An Education* A girl's (Oscar nominee Carey Mulligan) Oxford-bound teen life is undistinguished in 1961 London until she's given a different kind of education after being immersed in the beguiling but hazardous world of a cultured and secretive much-older man.

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*From all of us at the
Sudbury Senior Center,
have a happy summer!*

⇒ Turn the page for **more** travelogues and Academy Award-nominated films.

Summer at the movies continued . . .

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

August 9 *Idaho, an Aerial*

Tapestry Follow the flow of the mighty Snake River and enjoy the diversity of Idaho locales, revealing the unique personality of a state's stunning vistas, rushing rivers and famous ski slopes.

August 16 *Living Edens:*

Yellowstone Yellowstone is a place of extraordinary landscapes and geysers. Created by the largest volcanic explosions in the planet's history, Yellowstone has become an unparalleled wildlife sanctuary and perhaps the best place on the planet to see wolves and grizzly bears hunting elk.

August 23 *Grand Canyon* If you've never seen the Grand Canyon, this is the next best thing. Discover why the canyon never fails to impress time and time again. Hike into and out of the canyon, see it by sunset and marvel at the glory of it all. Special for our Canyonlands trippers!

August 30 *Sedona, The Spirit of Wonder* Take a journey through the rich history of Native American tribes near Sedona, Arizona and their culture. Original Indian flute music accompanies a wonderful visual experience that journeys back in time.

August 26 *Up* Grandparents and grandkids alike will enjoy this charming animated adventure. After a lifetime of dreaming of traveling the world, a 78-year-old homebody (voiced by [Ed Asner](#)) flies away on an unbelievable adventure, with Russell, an 8-year-old scout, unexpectedly in tow. Together, the unlikely pair embarks on a thrilling odyssey full of jungle beasts and rough terrain. Bring your grandchildren, or just come to enjoy the movie yourself. Free ice cream after the movie!

Academy Awards Thursdays; Pizza at 12:00, film free at 12:30

July 29 *Up in the Air* (Rated R)

Ryan Bingham ([George Clooney](#)) racks up miles flying around the country firing employees on behalf of companies. But he faces losing the job he savors to a recent college grad.

August 5 *The Last Station* (Rated R)

Set during the last year of Russian novelist Leo Tolstoy's life, this biopic explores the fractious relationship between Tolstoy (Oscar nominee Christopher Plummer) and his wife. Paul Giamatti co-stars.

August 12 *The Hurt Locker* (Rated R)

Winner of the Best Picture Oscar! The film follows one of the U.S. Army's elite explosive ordnance disposal teams operating in the ferocious war zone of Iraq. As the squad identifies and dismantles bombs, they must also contend with the frayed nerves and internal conflicts.

August 19 *A Single Man* (Rated R)

This stream-of-consciousness, 1960s-era drama centers on a day in the life of George Falconer (Colin Firth, in an Oscar-nominated role), an English-born, Los Angeles college professor reeling from the recent death of his lover of 16 years.

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MISSION STATEMENT

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

★ Please save this issue. ★

We do not publish a separate August issue.

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**From Monet to Van Gogh: A History of Impressionism
Continues Wednesdays at 2:00**

July 7-August 18

(Please note: The July 20 class will be on Tuesday)

FREE

Our class on the history of impressionism with Professor Richard Brettell continues. The series is presented on DVD from The Teaching Company. (We show two thirty-minute segments each Wednesday.) The series introduces the style, subject, and function of Impressionist painting by artists including Monet, Renoir, Cassatt, Cézanne, Toulouse-Lautrec, Gauguin, Cassatt, van Gogh and more.

Dr. Brettell is a Professor of Aesthetic Studies at The University of Texas at Dallas, and the author of several books on the subject.

The series comes from The Teaching Company. The DVDs are being provided courtesy of Alice Byington. Please do call to register, but the series is free.

July 7: Cezanne and Pissarro in Pontoise & Berthe Morisot

July 14: The Third Exhibition & Edgar Degas

July 20 (Tuesday): Gustave Caillebotte & Mary Cassatt

July 28: Manet's Later Works & Departures

August 4: Paul Gauguin & The Final Exhibition

August 11: The Studio of the South – Van Gogh and Gauguin & Henri Toulouse-Lautrec

August 18: The Nabis & *La Fin*



Get a Lock Box!

If you were all alone in your house and had a medical emergency, could the emergency technicians get in to help you . . . or would they have to break down the door?

You can avoid damage to your house and speed up help to you by getting a lock box. It's a small safe on the outside of your house, with a key to your house inside. Only the fire department has a key to the box! Call the Senior Center at 978-443-3055 for more info. A **\$60** donation is requested.

The American Mind
Wednesdays, 9-30-11:15
September 22-November 17

Americans pride themselves on being doers rather than thinkers. Ideas are naturally suspect to such a people. But ideas are at the root of what it means to be American, and today's habits of thought practiced by citizens throughout the United States are the lineal descendants of a powerful body of ideas that traces back to the first European settlers and that was enriched by later generations of American thinkers.

Behind this nation's diverse views on religion, education, social equality, democracy, and other vital issues is a long-running intellectual debate about the right ordering of the human, natural, and divine worlds. In their own times, such great thinkers as Jonathan Edwards, Thomas Jefferson, Abraham Lincoln, William James, Martin Luther King Jr. and many others engaged in lively and often contentious debate that helped mold American institutions and attitudes. Their approach was frequently honed by ideas from abroad—from Locke, Hume, Kant, Darwin, Marx, Freud and Gandhi, among others.

This stimulating conversation that made the United States what it is today is the subject of *The American Mind*, a series of 36 DVD lectures that offers a broad survey of American intellectual history featuring distinguished historian Allen C. Guelzo, well known to recent participants in the American history courses offered each fall at the Sudbury Senior Center. The first half of the series

over 9 weeks) will begin with *The Technology of Puritan Thinking* and end with *Lincoln and Liberal Democracy*. Lectures (followed by discussion) will be held on **Wednesday** mornings beginning **September 22**. The registration fee is **\$20** per semester, which includes the cost of expenses and refreshments. There is no text.



Mini-series in watercolors
Fridays, July 9-August 13
1:00 (6 weeks)

You've always wanted to try watercolors; now's your chance. Our very popular watercolor instructor, Cynthia Durost, will offer a mini-series in July and August . . . six classes to whet your appetite for more.

Our classes are usually offered to Sudbury residents first, but this summer series is open to people from other towns as well, and you don't even have to be a senior to join.

The catch is that the class size is limited to 17, so early registration is recommended. The series is **\$40**, payable at the time of registration.

A list of all the materials you'll need to get started is available at the front desk when you register.

The class blends people who have some painting experience with those who are just getting started, and everyone has a great time!



Solomon Pond Mall trips
Thursdays, July 8 and August 12

If you are a Sudbury senior or a Sudbury resident with a disability, you may want to try our monthly van trips to the Solomon Pond Mall.

Pick-ups are at your house, and you'll be returned to your door when the trip is over, all for a fee of **\$2.00** round trip.

Space is limited, so reserve early by calling the MWRTA at 1-508-820-4650.



Looks like it's going to be a scorcher . . .

Summers are great, but excessive heat and humidity can take a toll on your health.

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

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

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Hearing Issues

“Mom, why has Dad gone into the living room away from the rest of the family?” “He can’t hear you when everyone is in here talking. It’s too frustrating and confusing. He’d rather just avoid it.”

Hearing loss is the most common sensory disorder in the United States, affecting more than 36 million people. It is highly prevalent in older adults, but also affects about 1/3 of people 40-49 years old who suffer from some hearing loss. Even mild hearing loss can weaken one’s ability to understand speech in a situation with background noise or many people talking.

Hearing loss has the potential to lead to social isolation, depression and a loss of quality of life. Many persons with hearing loss find other’s patience is tried by the request to repeat things; or they themselves are not comfortable asking for things to be repeated. The hard of hearing person may see the frustration of a family member and begin to avoid social situations to minimize embarrassment and negative perceptions. Losing hearing is a profound change – communication can become difficult in many situations of daily life.

Denial of hearing loss or its effects on life is common as individuals seek to avoid the negative social stigma. The stereotype of older adults with hearing loss includes being troublesome, slow-witted and tiresome. With denial, individuals may continue to hold onto completely normal feelings, such as grief and/or anger about the loss. However, these feelings may then be directed toward the physician or toward the hearing aid that they now need to wear.

Support can be valuable in encouraging acceptance and then finding ways to move on and adapt. Counselors or other support specialists are trained to assist in this effort. Additionally, individuals with hearing loss may find help by educating themselves with books, websites and other sources. An excellent resource for those with hearing loss and their families and friends is *The Savvy Consumer’s Guide to Hearing Loss* by Karen Rockow, PhD., funded by the Mass. Commission for the Deaf and Hard of Hearing. For further information, visit the [Hearing Loss Association of America](#) website or call the Mass. Commission for the Deaf and Hard of Hearing at (617) 740-1600 or TDD (617) 740-1700, or call Debra Galloway at (978) 443-3055.

ads



JULY 2010




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<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>			9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Crazy Heart</i>	9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 1:00 Watercolors (12)
5	6	7	8	9
<p><i>Senior Center Closed</i> <i>in Honor of</i> <i>Independence Day</i> <i>on Sunday</i></p> <p><i>No van service</i></p>	8:00-9:00 BP Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic <i>No yoga</i> 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge	9:00 Cribbage 9:30-2:30 I&R Hours <i>No Fit for the Future</i> 12:00 Lunch 12:30 Informal Quilters 2:00 Impressionism (6)	<p><i>Solomon Pond Mall Trip</i> <i>Two Shows Trip</i></p> 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Invictus</i>	9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours <i>No Fit for the Future</i> 12:00 Lunch 1:00 Cards 1:00 Watercolors (1)
12	13	14	15	16
9:30-2:30 I&R Hours 10:00 Stamp club 10:30 Fit for the Future at L/S 1:00 Movie: <i>Lighthouses of North America</i>	8-9:00 BP Clinic 9:00 Cribbage 11:00 Yoga (4) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge	9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters 2:00 Impressionism (7)	9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Messenger</i>	9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 1:00 Cards 1:00 Watercolors (2)
19	20	21	22	23
9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 1:00 Movie: <i>Hidden Hawaii</i>	8:00-9:00 BP Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 11:00 Yoga (5) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 2:00 Impressionism (8)	9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Patriotic Barbeque 12:30 Informal Quilters	9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>An Education</i> 3:00 Friends meeting	9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 1:00 Cards 1:00 Watercolors (3)
26	27	28	29	30
<p><i>Special Van Trip</i></p> 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 1:00 Movie: <i>Great Alaska Train Ride Adventure</i>	<p><i>Lobster Bake Trip</i></p> 8:00-9:00 BP Clinic 9:00 Cribbage 11:00 Yoga (6) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge	9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters 2:00 Impressionism (9)	9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Up in the Air</i>	9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 1:00 Cards 1:00 Watercolors (4)

Did you know . . . you don't have to be a Sudbury resident to take part in our programs?



AUGUST 2010




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>7:45 Foxwoods Trip 9:30-2:30 I&R Hours <i>No Fit for the Future</i> 12:00 Lunch 1:00: Movie: <i>Yosemite</i></p>	<p>3</p> <p>8:00-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 3:30 COA Board</p>	<p>4</p> <p>9:00 Cribbage 9:30-2:30 I&R Hours <i>No Fit for the Future</i> 12:00 Lunch 12:30 Informal Quilters 2:00 Impressionism (10)</p>	<p>5</p> <p>9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Last Station</i></p>	<p>6</p> <p>9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours <i>No Fit for the Future</i> 12:00 Lunch 1:00 Cards 1:00 Watercolors (5)</p>
<p>9</p> <p>9:30-2:30 I&R Hours 10:00 Stamp Club 10:30 Fit for the Future at L/S 12:00 Lunch 1:00: Movie: <i>Idaho, an Aerial Tapestry</i></p>	<p>10</p> <p>8:00-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>11</p> <p>9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters 2:00 Impressionism (11)</p>	<p>12</p> <p><i>Solomon Pond Mall Trip</i> 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Hurt Locker</i></p>	<p>13</p> <p>9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 1:00 Cards 1:00 Watercolors (6)</p>
<p>16</p> <p>9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 1:00 Movie: <i>Living Edens: Yellowstone</i></p>	<p>17</p> <p>8:00-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>18</p> <p><i>Cabaret Lulu Trip</i> 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters 2:00 Impressionism (12)</p>	<p>19</p> <p>9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>A Single Man</i></p>	<p>20</p> <p>9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 1:00 Cards</p>
<p>23</p> <p>9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 1:00 Movie: <i>Grand Canyon</i></p>	<p>24</p> <p>8:00-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>25</p> <p>9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters</p>	<p>26</p> <p>9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Up</i></p>	<p>27</p> <p>9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours <i>No Fit for the Future</i> 12:00 Lunch 1:00 Cards</p>
<p>30</p> <p><i>Special Van trip</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future Returns to the Senior Center 12:00 Lunch 1:00 Movie: <i>Sedona, The Spirit of Wonder</i></p>	<p>31</p> <p>8:00-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>			

Did you know . . . you don't have to be a senior citizen to take part in our programs?

JULY LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
June 29	June 30	July 2
Baked Ziti Casserole/ Hamburger Broccoli Fresh Fruit	Cream of Broccoli Chef's Salad/Turkey Cheese, Egg Chocolate Chip Cookie	Roast Chicken/Herb Gravy Mashed Potato Peas and Carrots Whole Wheat Bread Peaches
July 6	July 7	July 9
Sweet & Sour Roast Pork Brown Rice Peas Whole Wheat Bread Applesauce	Turkey Kielbasa, Onions, Peppers Italian Potato Salad Coleslaw Hot Dog Bun Watermelon	Meatball Sandwich/ Tomato Sauce Broccoli Crusty Roll Chocolate Chip Cookie
July 13	July 14	July 16
Chicken Patty Au Gratin Potatoes Broccoli Rye Bread Fruit Punch Arctic Ice	Cream of Carrot/ Crackers Bow Tie Pasta/Tuna & Pea Salad Three Bean Salad Whole Wheat Bread Fresh Fruit	Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Mandarin Oranges
July 20	July 21	July 23
Tomato Chick Pea/ Crackers Salisbury Steak/ Onion Gravy Mashed Potatoes Carrots Rye Bread Animal Crackers	FREE Patriotic Barbeque: <i>Reserve early!</i> 	Chicken and Potato Casserole Broccoli Whole Wheat Bread Peaches
July 27	July 28	July 30
Corn Chowder/ Crackers Chef Salad/Dressing, Egg, Turkey, cheese Dinner Roll Applesauce	Broccoli Bake Stewed Tomatoes Green Beans Multigrain Bread Muffin	Meatloaf/BBQ Sauce Whipped Potato Carrots Rye Bread Peaches

Please note: The full five-day menu for July home delivered meals is available on the Senior Center section of the Sudbury Town website at http://sudbury.ma.us/services/department_home.asp?dept=SeniorCenter
The **August** menus will also be available there by mid-July.



Looking ahead to fall

You know we are always listening to your suggestions and ideas as we look to plan classes that will intrigue, entertain, and inform you. Here is just a small sample of what autumn has in store:

Plate Tectonics: Hal Coyle will present a three-part series on how the earth moves and why volcanoes erupt, beginning in **September**.

Barrymore: Richard Clark, everyone's favorite thespian, will embody John Barrymore to great dramatic effect in **September**, thanks to a grant from the Cultural Council.

Turning Opera into Ballet: By popular demand, musicologist Marina Katseva returns for a four-part series beginning in **October**.

American Art in the New World: Don Oasis returns in **October** with a five-part series on American art up to the Civil War. Semester two of this series will be presented in the spring.

Edward R. Murrow: Norman Finklestein will present a one-session class on this giant of broadcasting in **November**.

Presidential Wives: Gary Hylander's inimitable classroom style will enliven this series beginning in **November**. This will be the first time he has offered this presentation anywhere!

and . . . lots more!!



Fit for the Future at Lincoln/Sudbury

As in summers past, our energetic senior aerobics program has moved to the all-purpose room of the high school for the summer.

There is one class each **Monday, Wednesday and Friday at 10:30**. The cost remains at **\$2.00** a class, and there is no need to sign up ahead of time.

Please note that there will be *no classes* the weeks of **July 4** and **August 1**. The program will return to its regularly scheduled hours and times (Mondays, Wednesdays and Fridays at 11:00 and Wednesdays and Fridays at 8:30 AM) at the Senior Center beginning **Monday, August 30**.



Legal clinic Tuesday, July 20 10:00-12:00

Elder Law Attorney Denise Yurkofsky will offer **free** twenty-minute consultations on legal matters on **July 20**. Appointments are required. Please call 978-443-3055 to schedule yours.



The "Donut Hole" Rebate

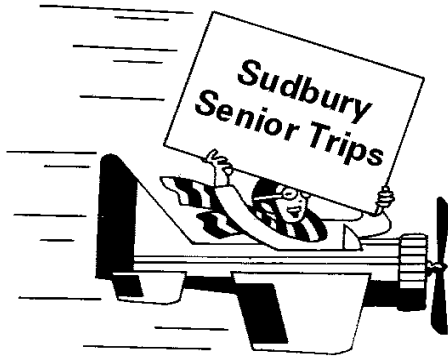
Thanks to Healthcare Reform, the Medicare prescription drug plan "donut hole" or coverage gap will gradually be closed. This year, anyone who reaches the "donut hole" will automatically receive a one-time \$250 rebate check.

You don't need to do anything! A check will be sent to you automatically. The checks will be sent out quarterly. The first group of checks will be sent in June to those who reached the "donut hole" by the end of March.

Beware of Scams! The check comes automatically. There is no fee. There are no forms to fill out. You don't need to pay anyone to help you get the rebate. Do **not** give out your personal information to anyone, especially over the phone! Calls asking for your personal information may be fraud and should be reported to Medicare.

The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call us at 978-443-3055 and ask for an appointment with our Certified SHINE Counselors Kathleen Fitzgerald or Kathleen Woerhling.

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A happy July 4th and also a very happy summer to you all. I don't know about the rest of you but it is my very favorite time of the year to do trips as we do not have to worry about the weather cancelling any of them.

However, not having enough to fill a bus is a worry. With that in mind I must tell you that our **Lobster Bake** trip scheduled for **Tuesday July 27** is in jeopardy, as we must have at least 35 to make it a go when we are not purchasing it from a trip company. At this time we have only 18. So if you have been considering it please sign up now as we must cancel it by June 25 in order to have our deposit refunded. The cost is **\$65** and includes a really great menu with larger lobsters available for a few dollars more. See our trip flyers on the trip rack. I will call those on the list if the trip is cancelled and mail them a refund.

Another bit of bad news is that Best of Times did not get enough people to run our **Pei Wen (Two Shows)** trip to the Venezia Restaurant in Boston on July 6 so *they have moved us to July 8*. Anyone who cannot make the new date should have received a refund by now. If not please call me at 978-443-8320 and I will get one right out to you. The cost is **\$69** and we have room for more.

All the rest of my trip news is GOOD NEWS.

Cabaret Lulu August 18 at the Sturbridge Village Theater, cost **\$67**. The performing company describes this as "an afternoon of fine dining, great music and mystifying magic. Sign up now if you think you may be interested.

Great Trains & Grand Canyon Cost **\$1,949** (pp.dbl.). We still have space. This trip is to one of the most beautiful parts of America. We are also looking for a female roommate for a very nice lady. Call me if interested.

Mohawk Trail & Bridge of Flowers trip, October 13:

Almost sold out. Cost is **\$56**. We hope to see some fabulous foliage on our way. We will also stop at Atkins Farm and lunch at the Salem Cross Inn.

We are now taking sign-ups for both our **Northshore Music Theatre's Chorus Line, November 17**, cost **\$70** and our **December 16 Rockettes** at the Wang Theatre in Boston, cost **\$75**. Flyers with complete details are now in the trip rack.

We are also looking at a very nice 5-6 day trip to the **Tournament of Roses** for the end of **December**. Please let me know if you are interested.

Flyers for our **Florida trip, February 26–March 11, 2011 to Clearwater Beach and Jekyll Island** are now ready. Sign up will be on hold until we get more information about the gulf oil spill. More info in September.

Carmel

Cultural Trips for Fall and Spring

The Cultural Trips group is busy planning its schedule for next season, and *they need your help!*

Go to the Friends website at www.friendsofsudbury seniors.org and click on "Ideas for the 2010-11 Season". There you'll see a list of potential trips for fall and spring. There are choices to be made! For example, would you be more interested in a trip to the **Boston Symphony Orchestra** October 7 to hear the Mahler Resurrection Symphony, or April 14 to hear a program of Sibelius and Beethoven?

Which date would be best for a trip to the **Clark Museum** in Williamstown: September 22, 29 or November 4?

When would you rather go to the **Addison Gallery** at Phillips Academy, February 24 or March 3?

The website has other ideas, too, from a spring trip to **White Flower Farm** in Connecticut, to a play at the **Trinity Repertory Theater** in Providence. All the trips will feature transportation and lunch as well, but prices and other details remain to be settled so in giving your opinion you are not making a commitment.

Please comment through the Friends website, or contact Cay Kuras at mkuras@aol.com or Don Oasis at saratogdon@comcast.net with your comments and suggestions.

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

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

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

HEALTH SERVICES

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

Medical Equipment Loan Closet:

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

CONSULTATION

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

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

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

IN-HOME SERVICES

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

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

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

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

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

NUTRITION

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

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

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

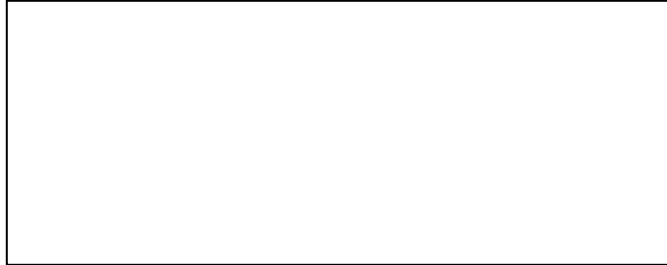
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Sudbury Senior Center

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

Come to the Sudbury Senior Center's

Patriotic Barbeque

Entertainment and patriotic sing-along
with cabaret duo Ben Sears and Brad Conner

Wednesday, July 21

Noon-2:00

Barbeque chicken breast, grill-roasted mixed veggies, potato salad,
Green salad, dinner rolls, and strawberry shortcake

★FREE★ courtesy of Wingate Healthcare

*Space limited to 56 guests: Sudbury residents only reserve until July 9; open to all thereafter
RSVP Required by Wednesday, July 14*