

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE NEW OLDER ADULT



**Weather and Meteorology  
with Meteorologist A.J. Burnett  
Friday, June 1<sup>st</sup>  
1:00 PM  
FREE**

Get a meteorologist's perspective on the Springfield, MA tornado on its first anniversary. Meteorologist A.J. Burnett will present a weather forecast discussion including a look back at the Springfield tornado of last year, and the Worcester tornado of 1953, which continues to have an impact on the area today. Mr. Burnett will also talk about current weather conditions, how they relate to New England, forecast models, what they look like and what they are saying. This is for everyone who enjoys wondering what's next with New England weather!

A.J. is a meteorologist with 16 years in weather forecasting with over 11 years in Boston television. He grew up on Cape Cod where his interest in weather began at the ripe age of three. His childhood mentor was Don Kent, who A.J. watched every chance he could at noon. His passion for weather continues today. He frequently can be found chasing thunderstorms during the summer, and alerting the public to severe weather conditions throughout the year through social media tools.

Burnett studied meteorology at Rutgers University in New Jersey, where he received his degree in 1996. He has been awarded the American Meteorological Society's Television Seal of Approval for excellence in television forecasts and presentations. Sudbury residents may register for this talk as of May 15, after May 29 registration is open to all. Call the Senior Center for more information at (978) 443-3055.

*This program is presented in partnership with Sage Educational Services.*

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

**Progress Report on Tax Relief**

Article Two, our bill designed to provide tax relief to several hundred Sudbury Senior families is wending its way through the legislature. As I'm writing this (May 10<sup>th</sup>) there has been terrific progress on two fronts:

1. Here in Town a committee appointed by the Selectmen worked with the Sudbury Finance Department and the original proponents to fine-tune both the language in the bill and the procedures the Town will follow to make the savings a reality.
2. In the Legislature, the bill was forwarded another step: from the Way and Means Committee to the Committee on Third Reading.

There's still a lot that has to happen to get the bill out of the legislature, signed by the Governor, and then approved again here in Sudbury in a Town Election. But it will be worth the wait.

You may benefit from this "Sudbury Senior Tax Exemption" if you are one of the 200-300 senior property owners in Town who qualify for the State's Circuit Breaker Credit. About 25% of Sudbury Seniors qualify, because their income is modest, their homes aren't huge, and their property tax bill exceeds 10% of income. The circuit-breaker is a credit of up to about \$1,000, and it's a big help.

Unfortunately, with our high property tax bills, several hundred of us *still* pay over 10% of our income in property taxes even after receiving the \$1,000 credit. This is the group the new bill will help, and it will be funded by all the rest of us.

Town Meeting approved Article 2 almost unanimously; agreeing to have everyone's property tax bill increased 0.5% to reduce the taxes on the affected seniors. So, if your tax bill is \$10,000, it may be raised 0.5%, or \$50.00. All that money will go to reduce the taxes of the neediest seniors. The unique thing about this plan is that it doesn't come out of the budget, so it doesn't compete with the schools or other town services. It's a "burden shift"; everyone in Sudbury will pay a little more to help the affected senior property-owners stay in Town.

Keep Tuned!

*Summer Movies*

As we usually do, we will offer two movies each week during the warm summer months. Beginning on June 18<sup>th</sup> and through August, we will have popcorn and a classic movie on Mondays and pizza and a current movie on Thursdays. Please call to let us know that you are coming so that we can be prepared. If you are ordering pizza, you must call before 10:00 AM on pizza/movie day. For more information, please call (978) 443-3055.

COUNCIL ON AGING

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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.*



***Soups On!***  
**Massachusetts Land and Wildlife:**  
**The History of our Landscape**  
 Thursday, June 14

12:00 Soup  
 12:30 Talk

Ron McAdow, Director of Sudbury Valley Trustees, describes the evolution of Massachusetts' landscape and its populations of flora and fauna. He will explain changes stemming from natural causes and those brought on by human occupation, including agriculture, transportation, and water supply. The region of the Concord, Sudbury, and Assabet rivers is emphasized. Illustrations include maps, artworks, photographs of wildlife and other subjects, and charts. Mr. McAdow will also include the rise of the conservation movement, Sudbury Valley Trustees, and the importance of conservation in our area.

Ron has been an active member of Sudbury Valley Trustees since the mid-1980s, and has served as executive director since 2003. His career has included teaching and educational media. He authored a guide to the nature and history of the Concord, Sudbury, and Assabet Rivers, a similar work about the Charles River, and is co-author of Appalachian Mountain Club's *Into the Mountains*. He currently resides in Lincoln.

Soup is served at 12:00 noon, our speaker will begin at 12:30 PM promptly. In order to plan appropriately, we need to know in advance how many will be attending. Please reserve your space (and let us know if you want soup) by calling the Senior Center at (978) 443-3055 before 4:00PM on Wednesday, June 13. FREE.



**History of Egypt**  
**DVD Series**  
**Wednesdays, June 6 – August 29**  
**10:00 AM**  
**FREE**

**Ancient Egypt:** A civilization that lasted 3,000 years – longer than any other on Earth. **The Great Pyramid of Cheops:** The tallest building in the world until well into the 1800s. The Great Pyramid covers 13.5 acres at its base and contains 2.3 million limestone blocks, weighing 5,000 lbs. each, on average. Tens of thousands of men labored to raise this tomb- but they were not slaves; they were free farmers and artisans. The social organization alone of this project humbles most modern achievement.

Your DVD host for this class is Professor Bob Brier. He regularly hosts and contributes to programs on ancient Egypt for The History Channel and The Learning Channel. He has served as Director of the National Endowment for the Humanities "Egyptology Today" Program and has twice been selected as a Fulbright Scholar. He is also the recipient of the David Newton Award for Teaching Excellence. He is the perfect guide to take you through the tombs, mummies, and history of Egypt. Prof. Bob Brier has taught at University of South Carolina and Long Island University.

This DVD series from The Learning Company is loaned to us by Don Sherman. Thank you Don!

We will show the first 24 lectures (2 lectures at a time, 30 minutes each) during 12 weeks beginning June 6 and ending on August 29. Please call the Senior Center at (978) 443-3055 to register.

Please note: The above description contains excerpts from the Teaching Company DVD class description.

## A MESSAGE FROM BOARD OF HEALTH NURSE, ALLISON LATTA

### Join us this summer for *Fit Walk Reloaded!!*

High quality preventive “medicine” does not have to come from a prescription bottle. It is available just outside the door - and it is free! Regular exercise leads to numerous health benefits that are just too well documented to be ignored. According to a Harvard Medical School Special Report even moderate exercise:

- Lessens the likelihood of getting heart disease, the No. 1 killer of both women and men in America. Even if you already have heart disease, exercise lowers your chances of dying from it.
- Lowers blood pressure, a boon for many body systems.
- Helps prevent diabetes by paring off excess weight, modestly lowering blood sugar levels, and boosting sensitivity to insulin.
- Reduces risk for developing colon and breast cancers, and possibly cancers of the endometrium (uterine lining) and lung.
- When combined with calcium, vitamin D, and bone-saving medications if necessary, weightbearing exercise like walking, running, and strength training helps ward off age-related bone loss.
- Helps protect joints by easing swelling, pain, and fatigue and by keeping cartilage healthy.
- May limit and even reverse knee problems by helping to control weight.
- Lifts spirits by releasing mood-lifting hormones and relieving stress.
- May boost your ability to fend off infection.

You can purchase the whole report and others like it at:  
[www.health.harvard.edu](http://www.health.harvard.edu).

So grab a friend this summer and join Allison Latta, RN on Tuesdays at 1:30 PM from June 5 – August 15 for a brisk walk around the Haskell track with stops for stretching and isotonic exercises on the outdoor equipment. Unsure about your balance? Walking sticks are encouraged! Also, be sure to wear good fitting shoes and a hat to prevent sunburn. If the weather is too hot or too wet, we will work on strength, flexibility and balance in the Senior Center. Don't miss this great opportunity to do your body and your spirit a good old fashioned favor!



**Watercolors**  
**6 week Mini-session**  
**Friday, June 29 – August 3**  
**1:00-3:00 PM**  
**\$35**

Our popular Watercolors class will begin a new 6 week session on June 29. A list of materials needed for the class is available at the Senior Center. The cost for the class will be **\$35** for the six week series.

Sudbury residents may sign up beginning June 1; all others may enroll beginning June 14. Please pay when you enroll. For information, please call (978) 443-3055.



**Better Bones/Senior Strength**  
July 9 – August 20  
7 weeks  
1:00 PM  
\$45

The loss of muscle that occurs with age is reversible! In this class, you will increase your bone density, prevent falls and improve balance using free weights, resistance bands and gentle yoga. You will also improve functional muscular strength and endurance and decrease stress, improve your confidence and quality of life.

Designed for the advanced beginner to intermediate level student, in this class you will work in a chair, stand and use a mat on the floor. *Preregistration and payment is required* 1 week in advance of the first class. Sign up at the Senior Center or call for more information at (978) 443-3055.



## Medicare: Free Preventive Services

As part of the Affordable Care Act (health care reform), Medicare continues to expand the number of free preventive services available. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Last year, an estimated 32.5 million Medicare beneficiaries used one or more of these free benefits.

The goal is to help people stay healthy by encouraging prevention. These services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Flu and pneumonia shots

Some of the newly available annual services at no cost are:

- Alcohol misuse screening and counseling
- Cardiovascular screening
- Depression screening
- Obesity screening and counseling

For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a SHINE counselor.

The Senior Center's trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number.

*Save the Date...*

### **Summer Barbecue and Fabulous Fenway: A Musical Hundredth Birthday Salute to Boston's Beloved Ballpark**

Wednesday, July 11  
12 noon

Boston's favorite song duo Ben Sears and Brad Conner will take you out to the ballgame for a musical nine innings celebrating Fenway Park!

*Coming this fall...*



### **A HISTORY OF THE UNITED STATES 1865 TO 1912**

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

America industrialized rapidly after the Civil War and by 1900 was one of the world's three leading industrial powers (along with Germany and Britain). Its citizens already had the adventurous outlook, tradition of hard work, and entrepreneurial initiative that are vital to successful industrialism. Learn about this exciting period in American history this fall.

This DVD lecture series from The Teaching Company features distinguished historian Patrick N. Allitt, Professor of History at Emory University. The course will be held on Wednesday mornings from 9:30 to 11:00 AM, with a break in between the lecture and the discussion period.

Look for more information in our July/August newsletter. Please call the Senior Center at (978) 443-3055 to sign up. Space is limited.


### **SOAR 55** (Service Opportunities After Reaching 55)

SOAR offers a professional, thoughtful and individualized way to match your interests and skills to the right volunteer opportunity. Please contact SOAR 55 Volunteer Coordinator, Lois Levick at the Framingham Public Library at 508-532-5570, ext. 4353, or at [llevick@minlib.net](mailto:llevick@minlib.net). For more information, visit the website at [www.ncscweb.org/programs/soar55](http://www.ncscweb.org/programs/soar55).



# JUNE 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><i>If you'll be away</i> for a month or more, please let us know. The Post Office will not forward your newsletter, and we have to pay double when it is returned to us. <i>Thanks for your help!</i></p>		1
<p>9:00-2:30 I&amp;R Hours 11:00 Fit for the Future</p> <p>1:00 Better Bones (5)</p> <p>2:00 <i>Atticus</i></p> <p style="text-align: right;">4</p>	<p>8-9:00 BP Clinic 9:00 Cribbage 9:20 Yoga /10:40 Yoga (3) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 <i>Fit Walk #</i></p> <p>4:00 COA Board</p> <p style="text-align: right;">5</p>	<p>9:00 Cribbage 9:00-2:30 I&amp;R Hours 10:00 <i>History of Egypt DVD</i> (1) 11:00 Fit for the Future 12:30 Informal Quilters 1:00 Zumba 55+ (4)</p> <p style="text-align: right;">6</p>	<p>9:00-12:00 SHINE</p> <p>9:45 Thursday Crafters</p> <p>10:00 <i>Milestones in the History of Aviation</i></p> <p>1:00 Watercolors Make-up class</p> <p style="text-align: right;">7</p>	<p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 11:00 Fit for the Future</p> <p>1:00 Watercolors (9)</p> <p>1:00 <i>Weather and Meteorology</i></p> <p style="text-align: right;">8</p>
<p>9:00-2:30 I&amp;R Hours 10:00 Stamp club</p> <p>10:00 Fit for the Future**</p> <p>1:00 Better Bones * (6) 1:30 <i>Significant Speeches</i> (3)</p> <p style="text-align: right;">11</p>	<p>8-9:00 BP Clinic 9:00 Cribbage 9:20 Yoga/10:40 Yoga*(4) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 California Trip Meeting 1:30 <i>Fit Walk #</i></p> <p style="text-align: right;">12</p>	<p><i>Hello Dolly Trip</i> 13</p> <p>9:00 Cribbage 9:00-2:30 I&amp;R Hours 10:00 <i>History of Egypt DVD</i> (2) 10:00 Fit for the Future ** 12:30 Informal Quilters</p> <p style="text-align: right;">13</p>	<p>9:00-12:00 SHINE</p> <p>9:45 Thursday Crafters</p> <p>12:00 Soups On: <i>Massachusetts Natural History with Ron McAdow</i></p> <p style="text-align: right;">14</p>	<p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo</p> <p>10:00 Fit for the Future**</p> <p>1:00 Watercolors (11)</p> <p style="text-align: right;">15</p>
<p>9:00-2:30 I&amp;R Hours 10:00 Fit for the Future**</p> <p>12:30 Popcorn and Movie: <i>South Pacific</i></p> <p>1:00 Better Bones * (7)</p> <p style="text-align: right;">18</p>	<p>8-9:00 BP Clinic 9:00 Cribbage 9:20 Yoga/10:40 Yoga *(5) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p> <p>1:30 <i>Fit Walk #</i></p> <p style="text-align: right;">19</p>	<p>9:00 Cribbage 9:00-2:30 I&amp;R Hours 10:00 <i>History of Egypt DVD</i> (3) 10:00 Fit for the Future**</p> <p>12:30 Informal Quilters</p> <p style="text-align: right;">20</p>	<p>9:00-12:00 SHINE</p> <p>9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Iron Lady</i></p> <p style="text-align: right;">21</p>	<p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo</p> <p>10:00 Fit for the Future at Lincoln Sudbury High School (L/S) **</p> <p>1:00 Watercolors (12)</p> <p style="text-align: right;">22</p>
<p><i>Special Van Trip</i> 5</p> <p>9:00-2:30 I&amp;R Hours 10:00 Fit for the Future at L/S**</p> <p>12:30 Popcorn and Movie: <i>Witness for the Prosecution</i></p> <p>1:00 Better Bones * (8)</p> <p style="text-align: right;">5</p>	<p>8-9:00 BP Clinic 9:00 Cribbage 9:20 Yoga/10:40 Yoga * (6) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 <i>Fit Walk #</i></p> <p style="text-align: right;">26</p>	<p><i>Dino at Foxwoods Trip</i> 27</p> <p>9:00 Cribbage 9:00-2:30 I&amp;R Hours 10:00 <i>History of Egypt DVD</i> (4) 10:00 Fit for the Future at L/S**</p> <p>12:30 Informal Quilters</p> <p style="text-align: right;">27</p>	<p>9:00-12:00 SHINE</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza 12:30 Movie: <i>Hugo</i></p> <p style="text-align: right;">28</p>	<p>9:00-2:30 I&amp;R Hours 9:30-11:30 Bingo 10:00 Fit for the Future at L/S**</p> <p>1:00 Watercolors (1)</p> <p style="text-align: right;">29</p>

\*Yoga in Sudbury Pines room, Better Bones in Van Houten room, unless Room 2 is available.

\*\* Fit for the Future will be changing time and location as of June 11. There will three 10:00 AM classes each week. They will be at the Senior Center until June 18. From June 22 – July 27, and Aug. 13 – 24, the classes will be at Lincoln-Sudbury High School.

# Fit Walk participants will meet in the Senior Center in the event of inclement weather.

**TUESDAY LUNCH**

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

- June 5 – American Chop Suey**
- June 12 – Soup and Salad**
- June 19 – Penne with Bolognese sauce**
- June 26 – Roast Pork w/ mashed potatoes**

**HOME DELIVERED MEALS MENU**

The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website at [www.senior.sudbury.ma.us](http://www.senior.sudbury.ma.us).

**Monday Afternoon Classic Movies**  
12:30 PM

- June 18 – *South Pacific* – 1958 – 157 minutes (we are scheduling this one again, as our last DVD was not playable)
- June 25 – *Witness for the Prosecution* – 1957 – 116 minutes

**Movie and Pizza**  
**Two Thursdays, June 21<sup>st</sup> and June 28<sup>th</sup>**

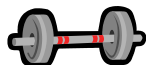


**June 21**  
***The Iron Lady***  
105 minutes  
Meryl Streep provides a subtle and nuanced portrait of Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership. Directed by: Phillida Lloyd

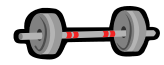


**June 28**  
***Hugo***  
127 minutes  
When his father dies, 12-year-old orphan Hugo takes up residence behind the walls of a Parisian train station. Directed by: Martin Scorsese

***Please call (978) 443-3055 by 10:00 that morning if you are coming!*** And, please let us know if you want pizza (\$1.25/slice).  
  
Pizza will be served at **12 noon**, the movie follows at **12:30 pm**.



**Fit for the Future at Lincoln Sudbury High School**

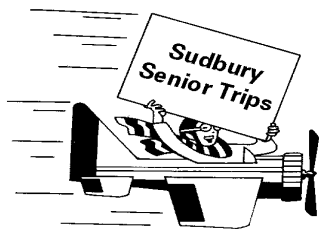


As in summers past, our energetic senior aerobics program will be changing location and schedule for the summer months. Beginning **June 11<sup>th</sup>** the class will be offered in the Senior Center Van Houten room\* until Friday, **June 22<sup>nd</sup>** when the class will be offered in the Lincoln-Sudbury High School multi-purpose room.

In the summer, there is one class each **Monday, Wednesday** and **Friday** at **10:00**. 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 class the weeks of July 30<sup>th</sup> and August 6<sup>th</sup>. The program will return to its regularly scheduled hours and times at the Senior Center gym beginning Monday, August 27<sup>th</sup>.

*\*Please check with the Front Desk on the location of the class for that day.*



June is "busting out all over" and so is this beautiful weather we are so lucky to be having. Although rain was predicted down South for our Azalea trip, we saw only a few drops one day (while on the bus). To answer your question: "Yes", most of the Azaleas had passed but there were plenty of other flowers and The International Tattoo was probably one of the best things that most of us had ever seen. It was absolutely WONDERFUL. I would not mind going to see it next year.

### **New Policy**

Presently our new policy for Trips is to initially stop at 26 passengers and then take a 'wait list' until we reach 36. At that time we will call the wait list and if all on it still want to go we will then reopen the trip for more people, if possible. This is necessary because we need at least 36 in order to cover the cost of the large motor coach. We realize that times are hard, so we are trying to work around this.

### **Hello Dolly**

Our "Hello Dolly" trip, June 13th is presently sold out at 26 and we have started a wait list. We will let you know if or when our number reaches the required 36. This is going to be a wonderful production with excellent seats. Cost is \$67.00. We hope that we will be able to accommodate additional passengers, but we cannot guarantee that we will still be able to purchase additional tickets.

### **Dino Remembered**

Our "Dino Remembered" trip, June 27 (cost \$53.00) at Foxwoods Casino is definitely going to be only a 26 passenger trip as the motor coach company is already sold out of their regular size motor coaches for that date. Presently, we still need 8 more passengers for the trip to be a GO. Please sign up as soon as possible if you plan to go either to the Dino show or just to have an extra-long Casino day. Cost for Casino only is \$24.00. Deadline for payment is **June 1<sup>st</sup>** - we cannot guarantee that *we will still be able to purchase additional tickets after this date.*

### **Ogunquit Theatre**

The Ogunquit Theatre trip, featuring that wonderful perennial favorite "South Pacific" done only as the Ogunquit Theatre can do it, will be Thursday, July 12<sup>th</sup> (not July 11<sup>th</sup> as previously listed). We will have a morning stop in Kennebunkport to see the Bush Compound and the Wedding Cake house, do some shopping and have lunch on our own in downtown Kennebunkport. Cost for this trip is \$73.00.

### **Schooner Lannon**

This is our very special sail on the Schooner Lannon, August 14, (cost \$79.00) including lunch at the Gloucester house. (Please note: the wrong price was in the April Newsletter.) This trip will only be able to take passengers as long as the schooner has space. Unfortunately, we were not able to take advantage of the option to book the whole vessel. We suggest that you sign up as soon as possible as they tell us their sailings fill up early.

Time permitting, we will make a short stop to stroll around Rockport and maybe have an ice-cream.

### **Lobster Bake**

Our August 22 Lobster bake (cost \$82.95) is a Best of Times trip and has no minimum or maximum number of people needed for it to be a go. Both the food and entertainment should be really great. Also, this is the last trip this year to use your Best of Times credit.

### **Guys and Dolls**

You may book our Northshore Music theatre "Guys and Dolls" trip any time after June 15. See our flyer for details (cost is \$67).

### **Learn about California Trip**

Come to our informational meeting at the Senior Center on **June 12 at 1:30 PM** to learn about a 9 day trip up the beautiful coast of California. This trip will be from October 18 to October 26 and will take us from San Diego to San Francisco with many wonderful sights and excursions along the way such as Hearst Castle, The Mission at Capistrano, Yosemite National Park and much more. Cost is \$2599 DBL occup. and includes airfare. A representative from our tour company will show a film of the trip and answer questions. You may sign up with a deposit for the trip at that time. This promises to be a really fabulous adventure. Colorful flyers are available on our trip rack. *Please call (978) 443-3055 to let us know if you are planning to come to this meeting.*

*~ Carmel*



## SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 3:30 PM.** On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2** each way for 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 8:00-9:00** and **noon to 1:00.** **Free** blood sugar testing is also provided each **Tuesday from 8:00-9:00.** No appointment is necessary.

### **Medical Equipment Loan Closet:**

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

### CONSULTATION

**Information and Referral:** Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:00 to 2:30.**

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

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

### IN-HOME SERVICES

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

**In-Home Fix-It Program:** Seniors who can no longer (or should not) do small repair tasks at home can get **free** volunteer assistance with 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 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 \$65 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 at noon. Please call to make a reservation **by 10:00 AM on Monday.** A voluntary donation of **\$2.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town website.

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



## **Atticus**

*Free*

*Portrayed by Richard Clark*  
**Monday, June 4**  
**2:00 PM**

Atticus Finch steps from the pages of “To Kill a Mockingbird” and brings to life the tragedy and triumph of Harper Lee’s classic novel. As a loving father, compassionate friend and uncompromising attorney, Atticus represents the divine spark in the human spirit as he leads a cast of other unlikely heroes in this story. Character actor, Richard Clark, has spent over 30 years in New England regional theater and New York Theater. He is a graduate of Clark University and has studied at the American Academy of Dramatic Art, The Actors Connection and the Actor’s Loft in New York.

This program is supported in part by a grant from the Sudbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Please call (978) 443-3055 to register or for more information.



## **Milestones in the History of Military Aviation**

Thursday, June 7  
 10:00 AM *Free*

Do you remember, the Hellcat, Monoplane, the biplane or maybe the Piper Cub? Neil Kaufman of Sudbury, an aviation buff and a builder of military plane replicas will be here to share with you his passion for aviation and history. Many of his replicas will be on display and he will discuss the relevant history for each. The 4 eras of aviation history represented will be: World War I, the transition from World War I, World War II and post-World War II.

Please call the Senior Center to sign up for this presentation at (978) 443-3055.

THE  
SUDBURY  
SENIOR

# SCENE

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**SUDBURY SENIOR CENTER AND  
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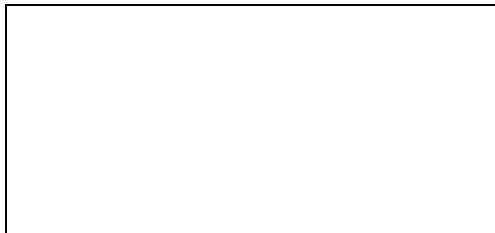
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**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

**E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)**

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

**General Information Line:** 978-639-3275

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

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



***Weather and Meteorology***

***Meteorologist A.J. Burnett***

**Friday, June 1<sup>st</sup> at 1:00 PM**

***Free***

**“Atticus”**

**Portrayed by Actor Richard Clark**

**Monday, June 4<sup>th</sup> at 2:00 PM**

***Free (see page 10)***

