



NASA Mission Control with H. David Reed
Thursday, June 6
1:00 PM

Learn about the real time operations of NASA Mission Control during the Apollo Lunar Landing Missions. Our speaker, H. David Reed was a joint recipient of the Presidential Medal of Freedom for his efforts in the safe return of the crippled Apollo 13 spacecraft and as a result of his contributions to the manned space flight program he was honored with the naming of a crater on the moon after him. His contributions to the Space Program have been depicted in various movies and are recorded in numerous books.

Mr. Reed was born in Scottsbluff, Nebraska, and raised in Billings, Montana. He graduated from the University of Wyoming with a Bachelor's degree in Mechanical Engineering with an Aeronautical option in 1964.

Please join us for this inside look at NASA at a most exciting time! Please call to let us know that you are attending at (978) 443-3055. Many thanks to Pat Mullen for facilitating the connection with Mr. Reed.

Classical Music Appreciation
Thursdays, July 11, 25, August 8, 22
10:30 AM
\$5 each class



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

Please register and pay in advance! For information, call 978-443-3055.

INSIDE
THIS ISSUE

Message from the COA Chair	2
Medicare 101	2
Tick Talk	3
Canasta Interest?	3
Soup's on!	3
Canasta?	3
Sub Van Drivers	3
Watercolors	4
Hubble	4
World was Never the Same	4
Coming this Fall!	4
Senior Community Work Program News	5
Berthe Lessard	5
Calendar	6
Movies	7
Trips	8
Stamp Club	8
Services List	9
Fitness Classes	10
NASA	12

A MESSAGE FROM INCOMING COUNCIL ON AGING CHAIR, JACK RYAN

It is not possible to thank Dave Levington (outgoing Chair) enough for all he has given to the Town of Sudbury and its seniors. His contributions in the way of vision and action with respect to senior housing, senior tax relief and even a new community center are immeasurable. And there is so much more he has done, both tangible and intangible. However, term limits applicable to the Council on Aging require that Dave step down from the COA. Rest assured, however, that Dave will stay very much involved in all things Senior for the Town of Sudbury.

This past Town Meeting was a significant success for Sudbury Seniors. First, there was the vote to amend the Zoning Bylaw to increase the maximum allowable number of one-bedroom units in Senior Residential Developments and Incentive Senior Developments, presented by Dave. Then there was the vote to fund a feasibility study for a new multigenerational community center which would expand and enhance our current Senior Center.

In addition, the COA is working to provide assistance to all seniors wishing to apply for the new Senior Tax Relief program.

There are more exciting efforts to come and we will keep you apprised of all of them.

Jack Ryan

SHINE (Serving the Health Insurance Needs of Elders) Program Talk

Medicare 101

Thursday, June 27 – 7:00 PM
Location: Goodnow Library

Are you new to Medicare or thinking about retiring? This program will provide a basic overview of Medicare and related programs to help you make educated and informed decisions about health care coverage. It will provide answers to some of the most frequently asked questions about Medicare including:

- How and when should I sign up for Medicare?
- If I'm still working after I turn 65, do I still need Medicare?
- What are the different 'parts' of Medicare and what do they cover?
- What is a Medicare 'supplement' and why do I need one?
- Do I need to sign-up for the Medicare prescription drug plan if I don't take any medication?

This workshop is designed for the person who is new to Medicare and is offered by two of the Senior Center's SHINE Counselors, Kathleen Woerhling and Sue Foley. SHINE Counselors offer unbiased information and counseling on all things Medicare. This talk is being offered at the Goodnow Library program room at 7:00 PM. To register, please call or email the Senior Center at (978) 443-3055 or senior@sudbury.ma.us.

COUNCIL ON AGING

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Marianne Büttner

S.H.I.N.E. COUNSELORS

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Health Talks with Phyllis Schilp,
Sudbury Board of Health Nurse

Tick Talk!

Tuesday, June 25
11:00 AM



Sudbury is known for its rural character, including many wooded areas, and wildlife; unfortunately, this also means there are lots of ticks! Our Sudbury Board of Health Nurse, Phyllis Schilp will be here to present you with information about Lyme disease and other tick-borne diseases. Phyllis will share slides and information about ticks, signs and symptoms of tick-borne illnesses, diagnosis and treatment and most important prevention! Her talk is part of a public health educational initiative to educate high incidence communities on tick-borne illnesses. The goal of this initiative is to increase awareness, teach about signs and symptoms, and urge people to seek early diagnosis. Join us at this fun, informative talk so that you can be prepared and aware!

In July, the topic will be "Sun Smarts".

Canasta and other Card Games?

Are you interested in getting together to play canasta? We have a few players who would like to sharpen their skills. Let us know if you'd like to be on our interest list, and we'll call you when we set up a time for a group. Call the Senior Center at 978-443-3055.



**Substitute
Van Drivers
Needed**

Do you enjoy driving, have experience with large vehicles and have a calm and friendly demeanor? Are you looking for a fulfilling way to make a few extra dollars? Join us as a substitute Van Driver! We have a few substitutes already, we just need another to fill in occasionally.

You must have a valid license, clear driving record and CORI check. Rate of pay is \$10 per hour. Please submit your resume and application to the Sudbury Senior Center. You may call Director Debra Galloway with any questions at 978-443-3055.



Soup's On!
Remaining Independent at Home
Thursday, June 13

Soup: 12:00
Talk: 12:30

Are you planning to stay in your home as you grow older? As part of the normal aging process, our abilities to manage some daily activities can diminish. Changes or assistance may be necessary to enable you to live safely and independently at home. Please join us to learn first-hand some of the many tips which can help you remain active and age safely at home.

Topics to be addressed:

- **Home safety assessment**
- **Use of adaptive equipment**
- **Evaluating lighting**
- **Safe driving as you age**

Dixie Emond from Visiting Rehab Services will share information from the American Occupational Therapy Association about how to use a home safety assessment to help you stay safe and independent in your home.

Please sign up by Wednesday, June 12 at 4:00 PM; don't forget to let us know if you are coming for the soup!

Eagle Scout Project

Local Boy Scout Peter Finnegan has proposed an Eagle Scout Project that will benefit the Senior Center! Peter will lead a group of Scouts from his troop in building an accessible picnic table and benches for the grass outside the Senior Center. Look for his project as he and his fellow Scouts start it at the end of May.

Thank you Peter!



This summer...

Watercolors

Fridays, 1:00 PM

4 week session

June 21, 28, July 19, 26

\$25



Maximum 17 students. Sudbury residents only may register until June 4; all others may register as of June 5.

A Repeat Performance...



Understanding Hubble

Mondays at 9:30

July 8 – August 12

A number of people requested a repeat showing of the *Understanding Hubble* DVD class. We will offer it again for 6 weeks, two 30 minute classes each week. Please sign up by calling the Senior Center at (978) 443-3055.



Please note:

The Current Events Group is taking a break for the summer and will return in September!

IMPORTANT INFORMATION REGARDING FALL REGISTRATION:

Please be aware that all registration for Fall programs begins on Friday, July 19.

Continuing this summer....



The World Was Never the Same: Events that Changed History Wednesdays at 9:30 AM June 19 – August 21, no class July 17

History is made by great individuals, great ideas and great events. We will continue this popular DVD series with discs 4-6 over the summer months. Two 30 minute classes will be shown each week. Please register by calling the Senior Center at (978) 443-3055. Free.

Sneak Preview for this Fall!



A History of the United States 1912-1950 Wednesdays 9:30-11:00AM September 11 – November 20 \$20

Although we will not be taking registrations until July 19, we are sharing a sneak peek at one of our most popular fall classes. This DVD class from The Teaching Company looks at a most important and crucial period in the history of the United States: the period from World War I through the 1950's.

***Registration begins on July 19.*

Sneak Previews for this Fall!

How Spanish Art Developed Wednesdays September 25-November 6 1:30 PM \$25

Who and what stimulated this development in a land where the artists were not united and the inquisition and anti-intellectualism reigned supreme? We will start by exploring the Middle Ages.

The two most important art influences were Titian, the Venetian master whose style was emulated, and Rubens whose subject matter, mostly Catholic topics, was often copied. The Spanish masters that we will discuss are Velasquez, Murillo, Zubarán, and El Greco.

Handouts will be available at each talk. A \$25 donation to the *Friends of Sudbury Seniors* would be appreciated.

***Registration begins July 19.*

Drawing Class Returns... with *Lessons in Calligraphy* Wednesdays 10:00-12:00 September 18 – October 23 \$25

We will explore the "how to's" of Calligraphy ~ how to write with a Calligraphy pen and create beautiful letters; how to combine these lovely letters into well-spaced words and from there, maybe even create some Illumination (decorating areas around the letters).

***Registration begins on July 19.*

We say *Bon Voyage* to Peg Whittemore

Peg Whittemore, longtime Senior Community Work Program Coordinator, takes the leap to retirement! For an active and engaged person like Peg, retirement will certainly not be very “retiring”.

The Sudbury Senior Community Work Program has been a model for other towns since Peg took over in 1999 from the previous coordinators. Her time in service included a marked increase in participants in the program. The program began with just 10 slots and there are currently 50 slots which offer participants an \$800 discount in property tax for 100 hours of work in many town departments.

Peg showed great administrative mastery when the original way the program ran was changed by consequence of a ruling by the Internal Revenue Service that abatements are considered income. Her analytic and mathematical skills were put to the test and were more than a match for the changes that were necessary.

Peg also had a wonderful ability to match candidates with the available jobs in the various departments showing consideration for all parties involved. Adding to the success of the program were her mediation skills between participants and departments.

During it all, she consistently treated everyone with dignity and respect as befits a corporate professional who, in her own career in life sciences, utilized an integrative managerial style to achieve optimal effects with a minimum of heartache and hassle. Firm, diligent, clear-eyed, and determined to abide by the laws governing this program, she fielded every challenge presented, and came through for the town and its residents.

A true one-of-a-kind - we will miss her and wish her well in her new adventures! Thank you Peg!

**Welcome to Our New Coordinator,
Marianne Büttner**

We are pleased to announce that our new Senior Community Work Program Coordinator is Marianne Büttner. Marianne comes to us with excellent experience as an educator for 25 years, an Administrative Assistant with the Centre Congregational Church of Brattleboro, Vermont, as well as former Director of the Brattleboro Music School. We know she will do a great job, please join us in welcoming Marianne!

IN MEMORIAM

Berthe Lessard 1910-2012

If I could describe all the work Berthe Lessard did to make this Senior Center a reality, you might be amazed. She drove people to and from meetings; attended relevant meetings as a COA board member; and had a voice in every important vote that came up from 1983-89.

After she left the COA, she became active in the Friends. She was our leading fund raiser mostly because she ran highly organized bake sales. One afternoon at our brand new Senior Center, I asked if she would have worked as hard knowing the result? She looked me in the eye and calmly responded that she would have worked twice as hard. It was with great pride when we honored her in 2010 as Sudbury's oldest resident on her 100th birthday.

Donations in her memory may be made to the *Friends of Sudbury Seniors*.

Donald Oasis

FISH

Friends in Service Helping

One of our largest groups of volunteers provides rides to medical appointments, when family and friends are not available.

To request a ride, please leave a voicemail at the FISH phone number – 978-443-2145 – with your name, address, phone and medical appointment date, time and location. The FISH Coordinator on duty will call you back to verify your information.

If you would like to be included in this illustrious group of FISH volunteers, leave a message for Volunteer Coordinator, Ed Gottmann at 978-443-3055. You drive only when you are able!

JUNE 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00-2:30 I&R Hours 9:30-11:30 <i>Drawing</i> (6) 10:30 <i>The World Was Never the Same</i> (5) 11:00 Fit for the Future 1:00 Better Bones (4) 2:15 Tai Chi (5)	4 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) 11:00 <i>FitWalk</i> (4 of 6) 12:00 Lunch 12:30 Bridge 3:00 COA Meeting	5 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Class	6 9:30 Tap Dance 9:45 Thursday Crafters 1:00 <i>NASA Talk by David Reed</i> 1:00-4:00 SHINE	7 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Pitch Perfect</i> 1:00 Watercolors (7)
10 9:00-2:30 I&R Hours 10:00 Stamp club 10:30 <i>The World Was Never the Same</i> (6) (makeup) 11:00 Fit for the Future 1:00 Better Bones (5) 2:15 Tai Chi (6)	11 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 11:00 <i>FitWalk</i> (5 of 6) 12:00 Lunch 12:30 Bridge	<i>Those Shining Lives Trip</i> 12 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Class	13 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Soups On: <i>Remaining Independent at Home</i>	14 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Act of Valor</i> 1:00 Watercolors (8)
17 9:00-2:30 I&R Hours 10:30 Fit for the Future* 1:00 Better Bones (6)* 2:15 Tai Chi (7)* <i>All Fitness classes in Senior Center rooms this week, unless posted otherwise.</i>	18 8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (3) * Note: <i>Yoga time and location change to Sudbury Pines rm.</i> 10:00-1:00 SHINE 11:00 <i>FitWalk</i> (6 of 6) 12:00 Lunch 12:30 Bridge	19 9:00-2:30 I&R Hours 9:30 <i>The World Was Never the Same DVD Discs 4-6 (I)</i> 10:30 Fit for the Future* (in <i>Van Houten room.</i>) 12:00 Lunch 12:30 Informal Quilters	20 No Tap Dance 9:45 Thursday Crafters 12:00 Pizza and a... 12:30 Movie: <i>Lincoln</i> 1:00-4:00 SHINE	21 9:30-11:30 Bingo 9:00-2:30 I&R Hours 10:30 Fit for the Future* 12:30 Friday Afternoon Movie: <i>Salmon Fishing in the Yemen</i> 1:00 Watercolors (1)
24 9:00-2:30 I&R Hours 10:30 Fit for the Future 1:00 Better Bones (7)* 2:15 Tai Chi (8) * <i>Fitness classes in Senior Center rooms this week; Fit for Future moves to L-S High School on Wed., 6/26.</i>	<i>Special Election</i> 25 8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (4)* (in <i>Sudbury Pines rm.</i>) 10:00-1:00 SHINE 11:00 <i>Tick Talk</i> 12:00 Lunch 12:30 Bridge	26 9:00-2:30 I&R Hours 9:30 <i>The World Was Never the Same</i> (2) 10:30 Fit for the Future (at LSRHS Multipurpose Rm.) 12:00 Lunch 12:30 Informal Quilters	27 No Tap Dance 9:45 Thursday Crafters 12:00 Pizza and a 12:30 Movie: <i>The Odd Life of Timothy Green</i> ----- 7:00 <i>Medicare 101 - at Goodnow Library</i>	28 9:30-11:30 Bingo 9:00-2:30 I&R Hours 10:30 Fit for the Future (at LSRHS Multipurpose Rm.) 12:30 Friday Afternoon Movie: <i>Queen of Versailles</i> 1:00 Watercolors (2)

*Please check with Front Desk for Room location.

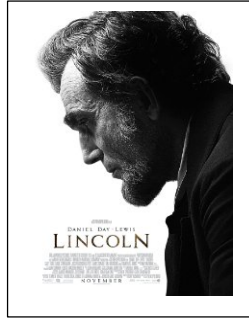
Please note YOGA TIME CHANGE to 9:20 and 10:40 AM on June 18 and moves to the Senior Center Sudbury Pines room.

Also, note FIT FOR THE FUTURE TIME CHANGE to 10:30 AM on June 17 and moves to the Lincoln Sudbury Regional High School (LSRHS) Multipurpose Room as of June 26.

**Movie and Pizza
Thursday, June 20**

Lincoln

2012
Rated: PG-13
2 ½ hours



Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln's cabinet regarding the war and abolition.

Starring: Daniel Day-Lewis, Sally Field, David Strathairn, Joseph Gordon-Levitt.

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 PM**, the movie follows at **12:30**.

**Movie and Pizza
Thursday, June 27**

The Odd Life of Timothy Green

2012
Rated: PG
1 hour, 44 minutes



When Cindy and Jim Green are told they can't have a baby, they bury a box filled with wishes for their dream child. That night, a mysterious young boy appears who brings magic to their lives -- and to the entire town of Stanleyville.

Starring: Jennifer Garner, Joel Edgerton, C.J. Adams.
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 PM**, the movie follows at **12:30**.

Happy 40th Birthday, SOAR 55!

For 40 years, SOAR 55 has mobilized, trained, placed and supported adults, age 55 and over, to contribute their skills and experience in volunteer service in the MetroWest area. SOAR 55 volunteers have been at the forefront of a volunteer movement that honors the remarkable talents that this generation has to offer.

For information
www.ncscweb.org/programs/soar55 or call
Lois Levick at 508-532-5570 ext. 4353.

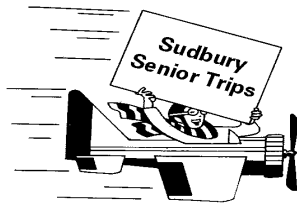
Fridays at the Movies - 12:30 PM

June 7 – ***Pitch Perfect*** – PG-13 – 2012 – intense competition between three a cappella groups - musical comedy

June 14 – ***Act of Valor*** – R – 2012 – 1 hour, 50 minutes – Navy Seals rescue CIA agent from terrorist group - gritty, violent, thrilling

June 21 – ***Salmon Fishing in the Yemen*** – 2011 – PG-13 – sheik tries to bring fly-fishing to Middle East - romantic comedy

June 28 – ***Queen of Versailles*** – PG – 2012 – family who made a fortune and lost it all in 2008 recession while building palace home - documentary



Thank goodness that summer is finally here. It can last until next spring as far as I am concerned. I am sorry that I had to cancel what would have been a great take-in "Thoroughly Modern Millie" at the beautifully renovated Stoneham Theatre. As motor coaches are now so expensive we must have 29 people in order to rent a mini-coach and at least 38+ for a full-size one. Time and distance also enters into the price.

Those Shining Lives

Hopefully, we will be able to go on the "Those Shining Lives" June 12 Show at the lovely Stoneham theatre. We still need more participants but we are keeping our fingers crossed. "Shining Lives" is the true story of the hardships suffered by some young ladies of the 20's who worked in a Watch Factory and the bravery of 4 of their co-workers who stood up to their bosses. As this is "Senior Day" at the Theatre, cost for this trip is only \$41.00 and includes both the ticket and the motor coach fare. We will make an "on your own" lunch stop at a nearby Mall before the show. Departure time -10:30 AM - Return -5:30 PM. (We may have some of our Concord and Marlborough friends join us.)

Dreamgirls

We have 2 very exciting shows planned for our summer months. On July 10, we will be bussing up to Meredith N.H. to beautiful Lake Winnepesaukee. There will be time to stroll or have a picnic lunch

in the beautiful park in front of the lake. You may also enjoy the shops on the other side of the street which includes the "Mill Falls", a quaint eatery and shopping spot. In the afternoon we will enjoy the Broadway Musical "Dreamgirls". This musical follows the show business career of a young female singing trio "The Dreams". It won 6 Tony awards in 1981. Its fast pace, glitzy costumes and catchy musical numbers are sure to enthrall you. Trip cost is \$52.50 and includes the theatre and motor coach. Departure - *8:30AM Return-approx. 6PM
** *Please note time change.*

Lobster Feast/Patsy Cline

Our second summer experience is our August 14th Lobster Feast and "Patsy Cline Tribute Show" at the Log Cabin Restaurant in Holyoke, MA. Featuring Janice Dee who looks and sounds like Patsy Cline. In addition to steamed lobster, barbecued chicken, country ribs, clam chowder, potato, cornbread, hors d'oeuvres, dessert, coffee and tea, you will be treated to a complimentary glass of wine. A cash bar will also be available. You're "Crazy" if you miss this show. Departure -10:30 AM. Return - approx. 4:30 PM.

La Cage

We will shortly be sending our deposit to the North Shore Music Theatre for our scheduled September 25, La Cage Aux Folles Show, cost is \$78.00 per person. This Tony Award smash hit musical of 1978 is the story of two gay men who find themselves in a

quandary when one of their sons announces his impending marriage to the daughter of a very conservative politician. "What to do?" Join us and find out. We will have prime seating at the theatre and will make our usual morning stop at the Appleseed's Outlet in Woburn for shopping and lunch (on our own). Departure time - 10:15 AM. Return-approx. 6:00 PM.

Please Note:

Further information for the people on our October Balloon Festival trip will be in our July-August Newsletter. Sorry, this trip is sold out with a wait list. Information and sign up date for our Holiday Pops trip will also be in our July-August Newsletter.

Enjoy the weather, *Carmel*
Senior Trips Coordinator

THANKS!

From the STAMP CLUB

Another thanks from the members of the Senior Center Stamp Club, to those who regularly drop off stamps they have saved from their incoming mail. The folks at the Town Clerk's office have been especially thoughtful in passing on the stamps they receive there.

[If you would like to start saving stamps for the Club, the best way is to cut out the corner of the envelope or card, leaving a margin around the stamp so it is not damaged. Any USA, and any foreign country is appreciated.]

The group is ready to assist those who have "discovered" a collection in the back of a closet, and would like to determine some kind of a value, or perhaps get back into the stamp collecting hobby again.

Meetings are the second Mondays of each month, at 10:00 AM.

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 3:00 PM to schedule a ride for the *next* day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2** each way for our out-of-town trips at the end of each month.

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:30-10:30 AM**. **Free** blood sugar testing is also provided each **Tuesday from 8:30-9:30**. No appointment is necessary.

Medical Equipment Loan Closet:

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

CONSULTATION

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

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

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

IN-HOME SERVICES

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

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

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

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

Lock Boxes: The Senior Center can install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$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 and Wednesdays at noon. Please call to make a reservation for either day **by 11:00 AM on Monday**. A voluntary donation of **\$3.00** a meal is requested. Menus can be found each month 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.

Yoga for Living Well

Tuesdays, 9:40/11AM for June 4 and 11;
then 9:20 and 10:40 AM for the summer.
June 4 – July 9, no class July 2;
July 23 – August 20; no class July 16

Two 5 week sessions; \$35 per session.
Class minimum is 8 students.

Please register *at least one week in advance* of the class starting date. If the class does not have 8 students, it will be cancelled. Class will be held in the Senior Center Sudbury Pines room as of June 18.

Tai Chi

Mondays, 2:15 PM
July 8 – July 29 and August 5 – August 26
\$18 per session; two 4 week sessions

Beginners are welcome in the first session, as introduction to the Yang style form will be repeated. Class will take place in the Senior Center Van Houten room as of June 17.

Fit for the Future

Mondays, Wednesdays, Fridays

11:00AM from June 3-14; 10:30AM from June 17-28
\$2 Drop-in

As the Fairbank Gym is used for Summer Camp during the summer months, beginning June 17, Fit for the Future will transition into the Senior Center Van Houten Room until June 26, when it will be held at Lincoln-Sudbury Regional High School Multi-purpose room. As of July 29, the class moves back to the Senior Center space.

Better Bones

July 22-August 19, no class July 15
Strength and Balance

5 week session for \$35; Minimum of 8 students.
Class will be held in the Senior Center Van Houten rm.

Please note:

Zumba 55+ and Tap Dance will return in September!

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

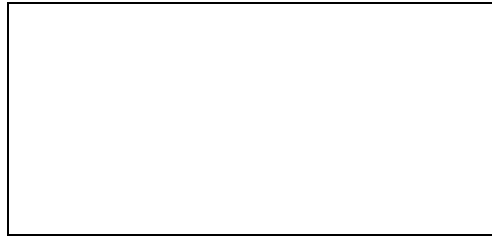
**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

40 Fairbank Road
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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

NASA Mission Control with David Reed

**Thursday
June 6 at 1:00 PM**



**Please register by calling the Senior Center at
(978) 443-3055. Space is limited!**