

**Hedy Lamarr**  
Hollywood's Sultry Inventor  
(1914-2000)  
**Thursday, June 5**  
**1:30 PM**  
**\$5**



Upon hearing the name Hedy Lamarr, whom do you see? A smoldering, bejeweled temptress, perched on velour cushions, in the 1949 Hollywood classic *Samson and Delilah*? Or, a demure and professionally clad inventor, deep in the throes of *Ingenuity*, embarking on scientific ideas that were generations ahead of her time? Join actress and historical interpreter, Judith Kalaora, as she introduces you to a woman clouded in a fantasy world that only Tinseltown can create. Watch, as this young Jewish, Austrian refugee transforms to become the most beautiful woman in the world, all the while, inventing technology that has changed how we live today.

Judith Kalaora is a professional actress, historical interpreter, and educator. She holds a Bachelor of Fine Arts from Syracuse University and attended the Globe Education Program of Shakespeare's Globe Theatre in London, England. Judith works as a consultant and guide for Boston Chocolate Tours/Taste of Chocolate. The program is offered in partnership with Sage Educational Services.

Please register and pay in advance. Space is limited.



**Masterworks of American Art**  
**DVD Series**  
**Wednesdays, 9:30-10:30 AM**  
**June 11 – August 27**



In this sweeping survey, you encounter the brilliant paintings of the homegrown masters who documented the birth of our nation from its colonial roots up to the brink of World War I and the birth of Modernism. As you examine this vital artistic tradition in its historical, cultural, and political contexts, you discover how appreciating the legacy of American art is crucial to fully understanding the story of our great nation. Professor William Kloss is an independent art historian and scholar who lectures and writes about a wide range of European and American art. He was educated at Oberlin College, where he earned a B.A. in English and an M.A. in Art History. Please register for this class by calling the Sudbury Senior Center at (978) 443-3055.

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**CPR for Friends and Family**

**Friday, June 6**  
**12:30 – 3:00 PM**  
**\$20**



Would you like to learn basic CPR skills, and know how to save a life? Join instructor Lily Gordon for a class that will use videos, printed materials and demonstrations on mannequins representing infants, children and adults to teach proper techniques for performing CPR. You'll also learn to use an automated defibrillator, and how to deal with someone who is choking. Everyone will receive a *CPR for Family and Friends* manual and a course attendance card. Lily Gordon is certified as a CPR instructor by both the American Red Cross and the American Heart Association. The cost is **\$20**, and class size is limited to 12 (minimum 8 students). Call the Senior Center at 978-443-3055 to sign up.

**Means Tested**  
**Senior Tax Exemption**  
**Information Session**

With Cynthia Gerry, Town Assessor

**Thursday, June 12**  
**11:00 AM**



Don't put your 2013 Tax Return in the basement just yet, you may need it to apply for Sudbury's "Means Tested Senior Citizen Tax Exemption". If your property taxes exceed 10% of your income, you may qualify. The assessed value of your home must be less than \$700,000, you must be 65 years of age, and any co-owner must be 60+ years of age. In order to apply, you must submit a completed copy of your Mass. State Income Tax Schedule CB (Circuit Breaker) Credit 2013, even if you did not file it; and a copy of your 2013 Federal Income Tax Form 1040/1040A or 1040EZ (pages 1 and 2). Cynthia Gerry, Sudbury's Assessor, will be here to explain how this new (last year) Exemption works and to answer all your other questions about Senior Tax Exemptions and Deferral. Please call to register at (978) 443-3055. Space is limited.

**Watercolors, Oh My!**

Have you noticed our beautiful display of watercolors in the Van Houten room? Sandy Wilensky, our Watercolors Instructor, along with her students, framed and hung watercolors from their recent work in the Friday Watercolors class.

What a gorgeous display of creative art! Thank you Sandy for your extra work on this project! And thank you students for sharing your art!



**Tai Chi**  
**For the Summer**

We offer two Tai Chi classes: *Tai Chi* and *Tai Chi for Healthy Living*. Both classes will continue over the summer.

**Tai Chi** – Mondays at 2:15 PM – May 19-July 28; \$36

**Tai Chi for Healthy Living** – Tuesdays at 1:15 PM; next session begins in July, see July newsletter for more information.

**Coolidge at Sudbury  
Information and Donuts!  
June 11, 9:00- 11:30 AM**

Representatives from Peabody Properties, Inc., marketing and leasing agent for *The Coolidge at Sudbury* – a brand new affordable apartment community on Boston Post Road (Rte. 20) in Sudbury, will be on hand during the *MasterWorks of American Art DVD Series* on June 11th to provide information and updates on *The Coolidge at Sudbury* project and coffee and donuts to all.

These brand new affordable apartment homes will feature a community gathering space with kitchen, cozy library, fitness center, billiards room, outdoor grilling area and front veranda. In addition, the community is pet friendly and smoke-free with on-site management, residents services, two elevators and on-site parking. Stop by to get the latest information! You may also call them at 978-443-0002 or visit their website at [www.TheCoolidgeAtSudburyApts.com](http://www.TheCoolidgeAtSudburyApts.com).

**Connection Circle  
Thursdays, 2:00-3:00 PM  
June 5, 12, 19, 26**



Join our new women's discussion group! Share interests, memories and pieces of your life stories. Kim Schwartz, a 30 year Sudbury resident, has experience leading groups and is looking forward to meeting some new neighbors! This is an ongoing group. Please call (978) 443-3055 to sign up or with questions!



**Coin Collecting  
with Joe Andrews  
Monday, June 16  
10:30 AM**



Find out what your coins are worth! Joe Andrews has been collecting and appraising American coins for more than 30 years. Joe will talk about the history of coin collecting and coin collecting today. He will also offer brief free appraisals! Please sign up for this event at (978) 443-3055, space is limited.

*Special Thanks to*

*Sudbury Pines Extended Care* for sponsoring this fun and interesting event!

**Sharpen your Driving Skills!  
AAA Presents  
Driver Improvement  
for the Older Wiser Driver  
Monday, June 9  
10:30 AM-3:00 PM**

A 4-hour program that discusses changes seniors need to consider in maintaining safe driving skills. This workshop also explores the reasons our driving skills deteriorate as we age and ways we can accommodate or overcome these changes. Practical advice is offered on how individuals can compensate for these changes and drive safer for a longer amount of time! Aging is inevitable, but growing older doesn't have to mean giving up an active lifestyle.

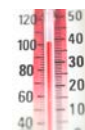
Please register by calling the Sudbury Senior Center at (978) 443-3055. If you would like to order lunch, please pay \$8 when you sign up. We will order lunch from a local restaurant – choices available when you register.

**STAMP CLUB SAYS THANKS**

The members of the Senior Center Stamp Club want to thank those who save their in-coming stamps and drop them off at the front desk. Most of you are anonymous. Many times there is just the stamp that someone is looking for. Those that are not needed are given to charity.

Anyone who has an old stamp collection tucked away in the attic is invited to stop by at the monthly meeting of the Club. Several members of the group have the experience to help those folks in deciding what to do with their hidden "treasures". Meetings are the second Monday of every month at 10:00 AM (June 9 this month).

**Mercury Collection  
Saturday, June 14  
11:00 AM – 1:00 PM**



Bring in your old mercury filled thermometers and receive a new digital fever thermometer (while supplies last). You may also drop off other mercury containing items and we will make sure they are properly and safely disposed of.

Try something new...

### 15 Minute Chair Massage



Monday, June 9, 1-3:00PM  
Thursday, June 19, 1-3:00PM

Massage Therapist Doug Dowd, LMT, will be here to relieve some of that tension in your neck and shoulders. Cost is \$15 for 15 minutes. You must register in advance. Please bring your cash or check to your appointment and pay the Therapist directly. Make sure to be on time! Checks should be made out to *MassageVisits*. Sign up by calling (978) 443-3055. (Van Houten room)

### Legal Clinic

Tuesday, June 10  
10:00AM – 12:00PM



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



### Siena Farms Vegetable Pickup Thursdays, 12:30-3:00 PM Starting June 26

Once again, Siena Farms, a CSA (Community Supported Agriculture) organic farm in Sudbury, has generously offered to save surplus vegetables for donation to the Senior Center. Fresh vegetables will be available for pickup at the Senior Center on a first-come, first-serve basis. Donations will be separated into bags for individual families so as to share what is donated with as many of you as possible! Please respect our guidelines on the amounts for each family.

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

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

### FitWalk!

6 week walking club - continues  
June 3, June 10  
Tuesdays  
11:00 AM



Sudbury's Board of Health Nurse, Phyllis Schilp, R.N., will lead a fun and enjoyable 1 mile walk across the street from the Senior Center at Haskell Field. Please bring comfortable walking shoes, clothes appropriate for the weather and a water bottle. Sign up by calling the Senior Center at (978) 443-3055. *Group will meet at the Senior Center.*

### ART: Re-use & Fuse Plastic Bags with CB

Thursday, June 12, 1:00-4:00PM  
\$10

Sudbury artist Cathleen "CB" Bradley will lead this fun and engaging workshop. You will be amazed at what you can create with plastic bags! Please pay and register in advance at the Senior Center.



### Board of Health Nurse Talk Stroke Prevention Tuesday, June 17 11:00 AM

Phyllis Schilp, R.N., will be here to help you understand more about stroke – its prevention, treatment and recovery. As well as stroke risk factors, prevention measures, how to recognize the symptoms of stroke and how to respond. Please sign up for this important topic by calling the Senior Center at (978) 443-3055. Phyllis always brings a delicious and healthy snack for her talks!



### 4<sup>th</sup> of July Float!

Join the Sudbury Council on Aging as they put together a Float for the 4<sup>th</sup> of July parade! Call (978) 443-3055 for more information.

### Substitute COA Van Drivers Needed

The Senior Center is looking for amiable substitute Van Drivers for our wheelchair-accessible van to help out when van drivers are on vacation or ill. Training is required. Substitutes are paid \$10.25/hour. Van hours are typically 8:30 AM -3:30 PM. For more information, please call Debra Galloway, Senior Center Director, at (978) 443-3055. Complete the online employment [application](#) and submit to Sudbury Senior Center, 40 Fairbank Rd., Sudbury, MA.

## A NOTE FROM INFORMATION AND REFERRAL SPECIALIST, ANNE MANNING

**Bereavement Support Group**

When a life ends, the living are left to grieve. This is often a painful process. While there are some common feelings and experiences associated with grieving, it is also a highly personalized journey. Evidence shows that participating in a bereavement support group can help facilitate the healing process. I welcome you to join our bereavement group to be held at the Sudbury Senior Center from 1:00-2:30pm on Wednesdays for eight weeks. I will be facilitating this group with a staff member from Parmenter Hospice. There is no fee to participate in this group, but registration is required by Wednesday, June 11. We need 8-10 people to register before this group can begin. Come to listen, share and learn. We are hoping to begin this group on Wednesday, June 25 at 1:00 PM.

Please call, Anne Manning, Licensed Mental Health Counselor by Wednesday June 11<sup>th</sup> to register. Anne can be reached directly at 978-639-3268.

**Information and Referral**

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

**Looking toward Fall, a Parkinson's Walk and Announcements*****Sneak Peak at Fall 2014...***

Please note: **Registration** for Fall programs begins on **Monday, July 21**. Please pay as you register.

***U.S. History: The Years in Our Memory, 1950-2000***; Wednesdays from 9:30-11:00 AM; September 17-November 19

***Evolution of German Art with Don Oasis***; 5 Wednesdays, 1:30 PM; September 17-October 22; no class October 15.

***Community Information – shared by Sudbury resident Joel Goldstein:***

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

**ANNOUNCEMENTS****Special Thanks!**

To St. Elizabeth's Church for letting the *Fit for the Future* class use their space on April 23 and 25.

**Senior Center Wish List**

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



**4<sup>th</sup> of July Float!**

Would you like to ride on the Sudbury Council on Aging Float in the 4<sup>th</sup> of July parade this year? They are promising shade and music, along with lots of fun! Call (978) 443-3055 and leave a message, one of our Float Coordinators will call you back.

**PLEASE NOTE:**

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

# JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00-2:30 I&R Hours 11:00 Fit for the Future  1:00 Better Bones (7)  <u>No Tai Chi</u>	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 10:00 <i>More Random Accidents</i> (5) 11:00 FitWalk (5) 12:00 Lunch 12:30-3:30 Bridge <u>No Tai Chi today</u> 1:00-4:00 SHINE 3:00 COA Meeting	9:00-2:30 I&R Hours 9:30 <i>Alex the Great (18, last)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00-3:30 Quilting (3) (VH) 1:00-3:30 Canasta 1:00-3:00 Mah Jongg (4) (SP)	9-4 SHINE 9:30 Tap Dance 9:30 Thursday Crafters 10:00 <i>Current Events with Guest Facilitator from the Group</i>  1:30 <i>Hedy Lamarr!</i>  2:00 Connection Circle	9:00-2:30 I&R Hours 9:30-11:30 Bingo 9:30 Better Bones (8) 11:00 Fit for the Future 12:30-3:00 <i>CPR for Friends and Family</i> (SP) 1:00-3:00 Watercolors (2) (VH)
9	10	11	12	13
9:00-2:30 I&R Hours 10:00 Stamp club 10:30-3:00 <i>Drivers Ed</i> 11:00 Fit for the Future 1:00 Better Bones (8) <u>No Tai Chi</u> 1:00-3:00 <i>Chair Massage – you must preregister by June 6, payment due at time of service</i> (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 10:00 <i>More Random Accidents</i> (6, last) 10-12 Legal Clinic 11:00 FitWalk (6, last) 12:00 Lunch 12:30-3:30 Bridge <u>No Tai Chi for Healthy Living</u>	9:00-11:30 <i>Coolidge at Sudbury Information Table</i> 9:00-2:30 I&R Hours 9:30 <i>Masterworks of American Art DVD (1)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00-3:30 Quilting (4) (VH) 1:00-3:30 Canasta 1:00-3:00 Mah Jongg (5)	9:30 Tap Dance 9:30 Thursday Crafters 11:00 <i>Means-Tested Senior Tax Exemption and other Tax Relief – Cynthia Gerry</i> 1-4:00 ART Project with CB Bradley 2:00 Connection Circle	9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (1) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Secondhand Lions</i> 1:00-3:00 Watercolors (3)  ----- Mercury Collection Sat., June 14, 11am-1pm
16	17	18	19	20
9:00-2:30 I&R Hours 10:30 <i>Coin Collecting</i> 11:00 Fit for the Future (FG) 1:00 Better Bones (1) (FG) 1:00 <i>Moses Trip Meeting</i> 2:15 Tai Chi (2) (FG)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) 11:00 <i>Nurse Health Talk on Stroke Prevention</i> 12:00 Lunch 12:30-3:30 Bridge 1:00-4:00 SHINE 1:15-2:15 <i>Tai Chi for Healthy Living</i> (5)	9:00-2:30 I&R Hours 9:30 <i>Masterworks of American Art DVD (2)</i> 11:00 Fit for the Future (FG) 12:00 Lunch 12:00 Zumba 1:00-3:30 Quilting (5) (VH) 1:00-3:30 Canasta 1-3:00 Mah Jongg (6) (SP)	9:30 Tap Dance 9:30 Thursday Crafters 10:00 <i>Current Events with Guest Facilitator</i> 1-3:00 <i>Chair Massage – you must preregister by June 17</i> (VH) 2:00 Connection Circle	9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (2) 11:00 Fit for the Future (FG) 12:30 Friday Afternoon Movie: <i>Pay It Forward</i>  1:00-3:00 Watercolors (4)
23	24	25	26	27
9:00-2:30 I&R Hours 11:00 Fit for the Future* 1:00 Better Bones (2) * 2:15 Tai Chi (3) *  *Note: Check on Fitness Class locations this week.	8:30-10:30 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (5)* 12:00 Lunch 12:30-3:30 Bridge 1:15-2:15 <i>Tai Chi for Healthy Living</i> (6)(SP)	9:00-2:30 I&R Hours 9:30 <i>Masterworks of American Art DVD (3)</i> 11:00 Fit for the Future (VH)* No Zumba 12:00 Lunch 1:00-3:30 Canasta (VH) 1:00-2:30 <i>Bereavement Group</i> (tentative) (SP)	<i>Moses Trip</i> No Tap Dance 9:30 Thursday Crafters 12:00 Pizza and a... 12:30 Movie: <i>Captain Phillips</i> 12:30-3:00 <i>Siena Farms Veg. Pickup</i> 2:00 Connection Circle	9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (3) (VH) 11:00 Fit for the Future (VH) 12:30 Friday Afternoon Movie: <i>Unfinished Song</i> 1-3:00 Watercolors (5)
30		Room Abbreviations: Senior Center Rooms: VH – Van Houten Room SP – Sudbury Pines Room	FG – Fairbank Gym	
9:00-2:30 I&R Hours 11:00 Fit for the Future (VH) No Better Bones 2:15 Tai Chi (4)				



**LUNCH**



**Tuesdays and Wednesdays at 12 noon**

BayPath Elder Services provides a hot lunch on Tuesdays and two lunch choices on Wednesdays at noon; as well as a hot home delivered meal 5 days each week. All are funded by the federal Title IIIIC nutrition program. A \$3.00 donation per meal is suggested.

Please sign up for lunch for either day at the Center by Monday morning at 11:00 AM. To receive home delivered meals, please call BayPath Elder Services at (508) 573-7200.

A monthly menu is posted at the Senior Center and on the Senior Center webpage at [www.sudbury.ma.us/departments/seniorcenter](http://www.sudbury.ma.us/departments/seniorcenter).

**Menu for Tuesdays and Wednesdays in June**

- June 3 – Lasagna w/Basil Meat Sauce
- June 4 – Chicken Breast/Apricot Glaze
- June 10 – Chicken Breast Picatta/Couscous
- June 11 – Turkey Cranberry Salad
- June 17 – Tomato Florentine Soup/Fish Sticks
- June 18 – Roast Beef/Au Jus/Mashed Potatoes
- June 24 – Split Pea Soup, Breaded Chicken
- June 25 – Beef Bolognese Ziti

**Movie and Pizza  
Thursday, June 26**

***Captain Phillips*  
2013  
Rated: PG-13  
2 h, 14 m**



A drama, based on the true story of Captain Phillips who was taken hostage by Somali pirates and rescued by the U.S. Navy.

Stars: Tom Hanks, Barkhad Abdi, Barkhad Abdirahman

**Pizza at 12:00 Noon; Movie at 12:30 PM**  
Please order your pizza by 10:00 AM; and *please arrive by 12:15 PM at the latest*, if you have ordered pizza!

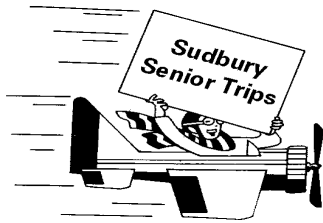
***Fridays at the Movies - 12:30 PM***

Please call to let us know that you are coming at (978) 443-3055. We will contact you should the schedule change.

6/13 – *Secondhand Lions* (2003), PG, 1 h, 47 m; *timid teen spends summer with eccentric great-uncles on Texas farm, family drama.*

6/20 – *Pay It Forward* (2000), PG-13, 2 h, 3 m; *Trevor responds to a school assignment to help 3 people, who will then help 3 people, and so on, romantic drama, feel-good.*

6/27 – *Unfinished Song* (2012), PG-13, 1 h, 33 m; *husband of terminally ill wife, finds joy in unconventional church choir, comedy/drama.*



I guess we can't complain about our recent spring weather. Let's hope that summer will be just as pleasant. Hopefully, the two trips that I have planned for the summer will be a GO. I have had several comments on them. Some of you had asked me to do the Arundel Theatre this year as you had heard about it and were anxious to go there. I must admit that I am curious too. It is in a barn and is in a lovely part of Maine. The Lobster Boat excursion has gathered even more comments. We will need you to sign up as soon as possible if you are interested so that we do not lose our deposits.

Please note that there is a minimum for our trips to be a GO as motor coach rentals range between \$800 and \$1,000+. There must be 26 of us to be able to hire the mini coach. The regular size coach can usually go with 38 or more.

☹ Unfortunately, by the time you are reading this we have had to cancel **The Secret Garden** Trip (May 28<sup>th</sup>) due to lack of enough sign-ups to be able to cover the cost of the motor coach.

**Our Moses Trip**, June 26-28, is doing very well and is a definite GO. We now have 32 passengers and only 8 spaces left. I have been hearing "GLOWING" reports from those who have already been there. It really is a MUST SEE. Also, this date is the only one that has the well-known and very popular Kutztown Fair as an added

attraction on the way home. Trip cost is \$445 double, \$495 single. Final payment was due May 23. If you have not yet paid and are using your charge card, please call John at Tours of Distinction (800) 426-4324. You may also mail your checks directly to: *Tours of Distinction*, P.O. Box 1011, 7A Pasco Drive, East Windsor, CT 06088-1011. Checks (only) may also be brought to the Senior Center. We will have a group meeting on June 16 at 1:00 PM to finalize our trip plans and to answer any questions that you may have.

Our trip to the **Arundel Theatre** is scheduled for July 16. The trip cost is \$65 and includes the play and the transportation. We will have a morning stop in Kennebunkport for lunch on our own at one of the great eateries on the main street and time to do a little browsing or sightseeing, too. Remember that our favorite costume jewelry shop is just at the foot of the bridge there? We will depart from there at 1:30 for the short ride to the Arundel Theatre for what should be a wonderful performance of *My Fair Lady*. Exact departure and return times will be in the July Newsletter.

Our last trip for the summer is our **August 14<sup>th</sup> Lobstering Trip**, costing \$55. This trip combines the beauty of the Ogunquit shoreline with a lobstering experience. You will see traps hauled and lobsters caught. For those of you who don't know, you will learn to distinguish between male and female lobsters. There will be

time for lunch and exploring on your own in Ogunquit. Departure and return times will be in the July newsletter. We can only take the first 40 sign-ups on this trip due to the capacity of the boat.

☺ I am happy to announce that our **Panama Canal Cruise**, Oct. 20-Nov. 3, 2014, costing \$2,449 per person (ocean view); \$3,399 per person (balcony) is a GO. This trip should be quite an experience. The second deposit (\$1,200) was due May 23, with a final payment due June 22, payable directly to *Tours of Distinction* (see above). If anybody else is interested in this trip, please call me for more information or pick up a flyer on the trip rack at the Center.

Information on any other fall trips that may be planned will be in our July-August newsletter. Any ideas that you may have will be appreciated (especially for a December Holiday trip).

Have a wonderful, wonderful summer,

*Carmel*

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#### **CRAFTS AND JEWELRY GROUP**

Thursdays, 9:30-11:30 AM

Would you like to meet others who are interested in creating things? Perhaps you like to make teddy bears, create jewelry or knit vests... join the Thursday Crafters group! Meet your neighbor and swap ideas. Call (978) 443-3055 for more information or just drop in! (P.S. The Crafters will hold a Craft and Grandma's Attic Fair on November 8 to benefit the *Friends of Sudbury Seniors*.)

**Please note: We are also looking for Crafts/Jewelry Group Leaders.** Please call or email us if you are interested at (978) 443-3055, or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).



# SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

## TRANSPORTATION

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

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

## HEALTH SERVICES

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

## **Medical Equipment Loan Closet:**

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

## CONSULTATION

**Information and Referral:** Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide 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.

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

**Lock Boxes:** The Senior Center can install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$60 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

## NUTRITION

**Meals on Site:** A full lunch is served at the Senior Center on Tuesdays and Wednesdays at noon. Please call to make a reservation for either day **by 11:00 AM on Monday**. A voluntary donation of **\$3.00** a meal is suggested. Menus can be found each month posted on the Town website and in the Senior Center.

**Home Delivered Meals:** A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$3.00** a meal is suggested. Please call BayPath Elder Services at (508) 573-7200 to ask about starting service.

*Join us! Please note some changes in location/time of classes...*

### **Yoga for Living Well**

Tuesdays, May 27 – July 22, no class on July 1  
8 weeks for \$56 (payment due at registration)

Discover the joys of Hatha yoga, while building strength, increasing flexibility and improving balance. Bring a mat/towel/water.

#### **Class Times/Room Changes in July & August**

**-May 27-June 17, 9:40 or 11:00AM - Gym**

**-June 24-July 22 to 9:20 or 10:40AM –**

**Sudbury Pines Room**

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

Mondays, Wednesdays, Fridays at 11:00AM;  
\$2, drop-in. Bring your hand weights/water & exact change.

#### **Please note changes for summer:**

**-June 23-30 -class will be in Van Houten Rm.**

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

*For Tai Chi information, please see Page 2.*

### **Better Bones, Senior Strength**

**-Mondays, 1PM; June 16-July 21; no class June 30**  
5 weeks for \$35 (payment due at registration)

**-Fridays at 9:30AM; June 13, 20, 27**

3 weeks for \$21; **no Friday class July and August**

#### **Class moves to Van Houten room on June 27.**

Build strength, improve balance, feel good! Please bring a mat, towel, 2 free weights, water. Try free class on 6/9.

### **Zumba**

Wednesdays, 12:00 – 1:00 PM; June 4, 11, 18

3 weeks for \$9 or \$4 drop-in; bring water & enthusiasm!

Class is on hiatus for July/Aug., restarts on Sep. 10.

### **Tap Dance**

Thursdays, 9:30-10:30AM

\$15 for 3 classes; June 5, 12, 19; Pay as you register.

Class is off for rest of the summer, restarts on Sep. 11.



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

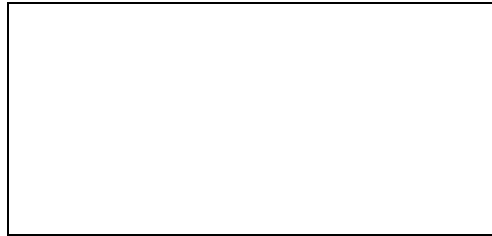
**Mondays/Wednesdays at 10:30 AM**

July 2, 7, 9, 14, 16, 21, 23 in Van Houten Room; \$18 paid in advance. Min. 5 students, max. 12 students.

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

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Sudbury Senior Center      Phone: 978-443-3055      Fax: 978-443-6009      E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)  
Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Monday through Friday, 8:30 AM to 3:30 PM

Save the Date!

# Summer Barbecue

## Wednesday, July 16

### 12:00 Noon



Sponsored by: *Traditions of Wayland*

On the menu:

**BARBECUE CHICKEN BREAST**  
**POTATO SALAD, GREEN SALAD, CORN ON THE COB, SPECIAL DESSERT**

*Register early! Space is limited.*

### June Highlights:

- ❖ Hedy Lamarr on June 5
- ❖ CPR on June 6
- ❖ Senior Tax Relief on June 12
- ❖ ART with CB on June 12
- ❖ Chair Massage on June 9 or 19
- ❖ Mercury Collection on June 14
- ❖ Coin Collecting on June 16

