

Summer at the Movies

This summer, join us for one or two movies a week! On **Mondays**, sit back with a dish of **free** popcorn and a cold drink, and watch classic movie musicals from the past. On **Thursdays**, order a slice of pizza by **10:00** that morning (**\$1.00** a slice) and watch a critically acclaimed recent film. The line up of Thursday films begins below. The list for Monday begins on page 2. In either case, please let us know you're coming, so we prepare enough food. Happy viewing!

***Brokeback Mountain* July 6** This award-winning movie depicts a twenty-year sexual, romantic, and emotional relationship between two men in the American West. The film stars [Heath Ledger](#), [Jake Gyllenhaal](#), [Anne Hathaway](#), [Michelle Williams](#), and [Randy Quaid](#).

***The New World* July 13** The story of the Virginia Company, the colonizing of Jamestown, Captain John Smith, and Pocahontas in a beautifully filmed new production, starring [Colin Farrell](#), [Christopher Plummer](#), [Wes Studi](#), [August Schellenberg](#), and [Raoul Trujillo](#).

***The Producers* July 20** [Nathan Lane](#) and [Matthew Broderick](#) reprise their stage roles as Max Bialystock and Leo Bloom, a scheming theatrical producer and his mousy CPA who hit upon the perfect plan to embezzle a fortune: raise far more money than you need to produce a sure-fire Broadway flop and then (since no one will expect anything back), Max and Leo can pocket the difference.

***An Unfinished Life* July 27** Set against the rugged ranchlands of Wyoming, this is the story of a modern-day Western family, as stoic as they are divided, learning the true meaning of forgiveness. [Robert Redford](#) stars as Einar Gilkyson, a tough-skinned, retired rancher who long ago turned his back on memories. Still in shock from his only son's death, Einar has let his ranch fall into ruin along with his marriage . . . until the very person he blames for his son's accident comes to town: his daughter-in-law Jean ([Jennifer Lopez](#)).

***Capote* August 3** *Capote* follows Truman Capote ([Philip Seymour Hoffman](#) in this Oscar-winning role) on his odyssey to create the landmark bestseller *In Cold Blood*. With his New York sense of style and urbane wit Capote attempts to charm the locals and work his way into the story behind some gruesome murders. He's soon shocked to find himself forming a friendship with one of the killers, Perry Smith.

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Have a great summer!

Thursday movie line-up continued . . .

Good Night and Good Luck August 10 In the early 1950's, Senator Joseph McCarthy of Wisconsin exploited fears of the threat of Communism. CBS reporter Edward R. Murrow and his producer Fred W. Friendly took a stand and challenged McCarthy. Their actions took a great personal toll on both men, but helped to bring down one of the most controversial senators in American history.

Bee Season August 17 Unless you're familiar with the novel by Myla Goldberg, *Bee Season* will take you by surprise. This isn't a simple story of one child's efforts to become a spelling bee champ. Instead, this film is an intense, complex drama that mixes the worlds of spelling bees and religion, packing an emotional punch as we witness the slow deconstruction of one small family. The film stars [Juliette Binoche](#) and [Richard Gere](#)

Syriana August 24 This political thriller unfolds against the intrigue of the global oil industry. From the players brokering back-room deals in Washington to the men toiling in the oil fields of the Persian Gulf, the film's multiple storylines weave together to illuminate the human consequences of the fierce pursuit of wealth and power. The film stars [George Clooney](#), [Matt Damon](#), and [William Hurt](#).

Monday Movie Classics

On The Town July 10 This wacky musical comedy traces the exploits of a trio of sailors on 24-hour leave in New York City as they search for fun and romance. Gene Kelly, Frank Sinatra, Jules Munshin, Ann Miller, Vera-Ellen and Betty Garrett paint the Big Apple even redder while singing *New York, New York*, *Come Up to My Place*, *You're Awful* and more.

The King and I July 17 All the qualities that made Rodgers and Hammerstein's Broadway smash *The King and I* a memorable stage experience are faithfully translated to the big screen in this story of widowed British schoolteacher ([Deborah Kerr](#)), who accepts a commission to educate the children of the Siamese king ([Yul Brynner](#)). [Rita Moreno](#) excels as the King's slave Tuptim.

Oklahoma July 24 Set in the early 1900s, this musical is partially about events as "Indian Territory" becomes the state of Oklahoma. Curly ([Gordon MacRae](#)) is a stubborn cowboy who has trouble admitting his feelings to Laurey ([Shirley Jones](#)). The story is also set around Ado Annie trying to choose between Will, who has strong feelings for her, and a peddler, who's playing the field and doesn't really want to marry her. This classic was the first stage play to use the musical numbers to further the story line.

continued on next page

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.*

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Monday movie classics continued

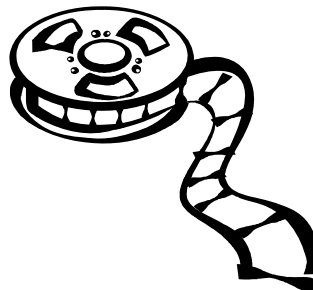
***Carousel* July 31** Billy ([Gordon MacRae](#)) is sent down "from above" for one day to try and make amends for mistakes he made while he was living. Billy worked at a carnival running the carousel, which is where he met Julie ([Shirley Jones](#)). The carny owner fires him because of jealousy, and he and Julie get married. Billy gets into bad habits when he can't find a job and they are forced to live with Julie's cousin Nettie after Julie is fired from her factory job for staying out late with Billy. When Julie tells him she's pregnant, he feels compelled to somehow find a way to support his family, but the only option seems to be falling back into crime with his old pal Jigger.

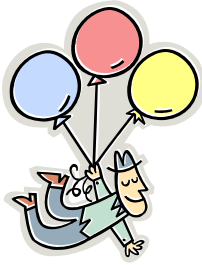
***Seven Brides for Seven Brothers* August 7** This movie is based on the short story *The Sobbin' Women*, by [Stephen Vincent Benét](#). The film is particularly known for the unusual choreography by [Michael Kidd](#), which makes dance numbers out of such mundane frontier pursuits as chopping wood and barn raising. It stars [Howard Keel](#). All of the brides are played by dancers, including [Jane Powell](#) as Milly, and [Julie Newmar](#) as Dorcas.

***South Pacific* August 14** During World War II, can a girl from a small American town ([Mitzi Gaynor](#)) find happiness with the mature French planter ([Rossano Brazzi](#)) she got to know one enchanted evening? Or should she just wash that man out of her hair? Bloody Mary is the philosopher of the island and it's hard to believe she could be the mother of Liat who has captured the heart of Lt. Joseph Cable USMC. While waiting for action in the war in the South Pacific, sailors and nurses put on a musical comedy show. War gets closer and the saga of Nellie Forbush and Emile de Becque becomes serious drama.

***West Side Story* August 21** Maria ([Natalie Wood](#)) is a Puerto Rican girl who falls in love with Tony, an American boy, against the advice of friends on both sides of their cultural gap. Based on *Romeo and Juliet*, this movie integrates song, dance and narrative and raised the standards by which musicals are judged. New York provides the setting for this urban romance/tragedy.

***Mary Poppins* August 28** Intergenerational event: bring your grandchildren! Nominated for thirteen Academy Awards (a record for movie musicals), this film's mixture of live action and animation as well as its memorable songs make it a thoroughly entertaining movie spectacle, with stellar performances by a host of veteran character actors alongside [Julie Andrews](#)'s Oscar-winning turn as the title character. It's Supercalifragilisticexpialidocious!





**Sudbury Day
Saturday September 16**

This year's theme is *Journey to the Equator*, featuring food, entertainment, information, and children's activities from cultures around the world.

Start Sudbury Day off right with a delicious **pancake breakfast** to benefit the FISH volunteer transportation program from 8:00 to 10:30 in the Fairbank Community Center. The breakfast will feature the world famous gristmill pancakes, sausages, and Starbuck's coffee, and there will be a raffle to benefit FISH.

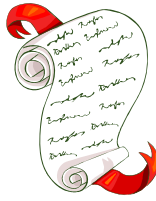
Then it's on to the exhibits at the town center from noon to 5:00 PM.



**Podiatry Clinic
Wednesday, July 19
9:00 – 11:00**

Dr. Bryant Tarr of Sudbury Podiatry will be at the Senior Center **Wednesday, July 19** from **9:00 to 11:00**.

Please call Dr. Tarr directly for an appointment at (978) 443-4878. Payment arrangements are made with Dr. Tarr.



Donations in memory of ...

The Friends of Sudbury Seniors are accepting donations in memory of those especially important individuals who contributed so much of their time and energy in earlier years to making the Senior Center the lively, special place it is.

When donations are made in memory of these individuals, their name is included on a special illuminated honor roll hand lettered by Eileen Reutlinger, and embellished with gold leaf.

The document is one of the treasures of the center, and is on display in the Sudbury Pines Room.

If you'd like to donate, make your check out to the *Friends of Sudbury Seniors*, and send it to the Friends c/o the Senior Center, 40 Fairbank Road. Be sure to indicate who you would like to honor. Let's make sure that those who went before us are remembered always.



Our music sampler continues:

**Great Broadway
Songwriters:**

**Jerome Kern Cole Porter
July 11 July 18
1:00-2:15**

Ben Sears and Brad Conner, a cabaret duo and theatre historians, will use lectures/discussions, video clips, vocal performances, and piano demonstrations to share the works of Jerome Kern and Cole Porter, featuring *Cover Girl*, *You Were Never Lovelier*, *Show Boat*, *Broadway Melody*, *Born to Dance*, and *Kiss Me Kate*.

Theatre historians Sears and Conner are noted recording artists and performers. Ben Sears received his bachelor's degree from Ithaca College and Brad Conner received his bachelor's and master's degrees from West Virginia University.

The cost is **\$10** a session. Please call ahead to let us know you are coming!

These programs are offered in partnership with Framingham State College, The Center for Lifelong Learners.



Legal Clinic

Elder Law Attorney Denise Yurkofsky will offer **free** 20-minute legal consultations for Sudbury seniors on **Tuesday, July 18** from **10:00-12:00**. Call the Senior Center at (978) 443-3055 for an appointment.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Clear Away Clutter

We all like to save things: mementos, souvenirs from a trip, newspaper clippings of recipes or an article about a grandchild. However, sometimes this saving gets out of hand. How does this happen? According to professional organizers, clutter can develop because we feel sentimental about our possessions or we can't make decisions about what to keep. We may put off cleaning up until we can do a really good job at it and make it perfect. Or we may feel the need to save for the future. Whatever the reason, clutter can definitely become a problem. The sooner it's taken care of, the better.

An accumulation of newspapers, souvenirs, knitting or craft projects, or even plastic containers can easily become a safety hazard! There may be an increased risk of fire or difficulty moving from one part of the house to another. And then there's the situation of the lost electric bill or phone bill. Having a lot of paper around can make it hard to keep track of the truly important papers. So what's the solution?

Organizers suggest cleaning up a little at a time, especially if you have a lot of clutter. It is best to clear out a designated area such as a counter or corner first. And once an area is clean, designate it as sacred ground – no more clutter in this spot! What about that pesky mail that keeps piling up? Develop a habit of taking care of the mail each day while sitting near the trash can, disposing of junk and other unnecessary mail immediately. Begin to develop new habits and set up a scheduled weekly clean up time; feel your power to overcome!


When tackling a tough area of the house, try the four box method: a box for things that need to be put away, another box for things to go into storage, a box for things to give away or sell, and the final box for trash! Just make sure to empty the boxes when you're done. Of course, if you have a serious case of clutter, it may be best to have help. You can hire an organizer or a housecleaner to come in and get you started.

Whether you are sentimental about your stuff or waiting for the perfect time to clean up, you can benefit from assessing your situation and beginning to do something about it. Please call me at the Senior Center at (978) 443-3055, if you need a referral to a professional organizer or housecleaner, or need more tips for clearing away the clutter from your home and your life.

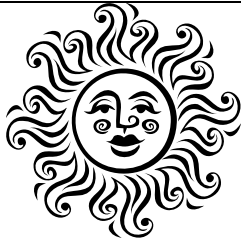


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JULY 2006



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <i>Van trip to Natick Mall/Olive Garden</i> No Fit for the Future for two weeks No I&R hours this week	4 Independence Day  <i>Come to the parade!</i>	5 9:00 Cribbage 12:00 Lunch 12:30 Informal Quilters	6 9-12 SHINE 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>Brokeback Mountain</i>	7 9:00 Cribbage 9:30 Bingo 12:00 Lunch 1:00 Cards 1:00 Watercolors 1
10 <i>Van trip to Ocean State/Kennedy's</i> 10:00 Stamp club 1:00 Better Balance 7 1:00 Movie and popcorn: <i>On the Town</i> 7:00 Middlesex Band Concert, Haskell Field	11 9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00 Jerome Kern	12 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Fruits and Veggies Make Ol' Bodies New 12:30 Informal Quilters	13 8:30 Capt Jack's Lobsterbake Trip 9:30-2:30 I&R Hours 9-12 SHINE 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>The New World</i>	14 9:00 Cribbage 9:30 Bingo 12:00 Lunch 1:00 Cards 1:00 Watercolors 2
17 <i>Van trip to Christmas Tree Shop/Brittney's</i> 10:30 Fit for the Future at LS High 1:00 Better Balance 8 1:00 Movie and popcorn: <i>The King and I</i> 7:00 Beantown Band Concert, Haskell Field	18 8:00-9:00 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Legal Clinic 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00 Cole Porter	19 9:00 Cribbage 9:00 Podiatry clinic 9:30-2:30 I&R Hours 10:30 Fit for the Future at LS High 12:00 Barbeque Cookout 12:30 No Informal Quilters	20 9-12 SHINE 9:30-2:30 I&R Hours 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>The Producers</i>	21 9:00 Cribbage 9:30 Bingo 10:30 Fit for the Future at LS High 12:00 Lunch 1:00 Cards 1:00 Watercolors 3
24 <i>Van trip to Wrentham Mall/TBA</i> 10:30 Fit for the Future at LS High 1:00 Movie and popcorn: <i>Oklahoma</i> 1:00 Balance and Flexibility 1 7:00 Squirrel Hill Olde Tyme Band, Haskell Field	25 9-9:30 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	26 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Northshore Music Theater Trip 10:30 Fit for the Future at LS High 12:00 Lunch with the Town Manager 12:30 Informal Quilters	27 9-12 SHINE 9:30-2:30 I&R Hours 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>An Unfinished Life</i>	28 9:00 Cribbage 9:30 Bingo 10:30 Fit for the Future at LS High 12:00 Lunch 1:00 Cards 1:00 Watercolors 4
31 <i>Van trip to Walmart Hudson/99 Restaurant</i> 10:30 Fit for the Future at LS High 1:00 Movie and popcorn: <i>Carousel</i> 1:00 Balance and Flexibility 2 7:00 Girl Authority concert, Haskell Field				

AUGUST 2006

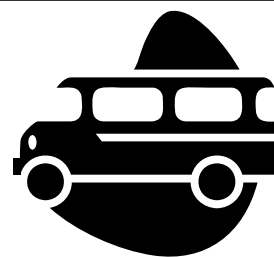
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	2 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at LS High 12:00 Lunch 12:30 Informal Quilters	3 9-12 SHINE 9:30-2:30 I&R Hours 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>Capote</i>	4 9:00 Cribbage 9:30 Bingo 10:30 Fit for the Future at LS High 12:00 Lunch 1:00 Cards 1:00 Watercolors 5
7 <i>Van trip TBA</i> 7:45 Foxwoods Trip 10:30 Fit for the Future at LS High 1:00 Movie and popcorn: <i>Seven Brides for Seven Brothers</i> 1:00 Balance and Flexibility 3	8 9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	9 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at LS High 12:00 Lunch 12:30 Informal Quilters	10 9-12 SHINE 9:30-2:30 I&R Hours 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>Good Night and Good Luck</i>	11 9:00 Cribbage 9:30 Bingo 10:30 Fit for the Future at LS High 12:00 Lunch 1:00 Cards 1:00 Watercolors 6 <u>Saturday August 12</u> 6:30 AM Tanglewood
14 <i>Van trip TBA</i> 10:00 Stamp club 10:30 Fit for the Future at LS High 1:00 Movie and popcorn: <i>South Pacific</i> 1:00 Balance and Flexibility 4 7:00 The Reminisants concert, Haskell Field	15 9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	16 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at LS High 12:00 Lunch 12:30 Informal Quilters	17 9-12 SHINE 9:30-2:30 I&R Hours 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>Bee Season</i>	18 9:00 Cribbage 9:30 Bingo 10:30 Fit for the Future at LS High 12:00 Lunch 1:00 Cards
21 <i>Van trip TBA</i> 1:00 Balance and Flexibility 5 1:00 Movie and popcorn: <i>West Side Story</i> No I&R hours this week	22 8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	23 9:00 Cribbage 12:00 Lunch 12:30 Informal Quilters	24 9-12 SHINE 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>Syriana</i>	25 9:00 Cribbage 9:30 Bingo 12:00 Lunch 1:00 Cards 2:00 Danube Trip Participants' Meeting
28 <i>Van trip TBA</i> 1:00 Balance and Flexibility 6 1:00 Movie and popcorn: <i>Mary Poppins</i>	29 9-9:30 Parmenter Clinic 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	30 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Informal Quilters	31 9-12 SHINE 9:30-2:30 I&R Hours 9:45 Thursday Crafters 10:30 T'ai Chi Practice	September 1 9:00 Cribbage 9:30 Bingo 12:00 Lunch 1:00 Cards

LUNCH MENUS*

A full lunch is served at the Sudbury Senior Center at 12 noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal may be made. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
July 4	July 5	July 7
Closed: Happy 4 th ! 	Veal Parmesan/ tomato sauce Ziti Applesauce	Roast turkey/ gravy Mashed potatoes Green beans Fresh fruit
July 11	July 12	July 14
Cream of broccoli soup Seafood salad Pasta/cucumber salad Fresh fruit	Chicken/red pepper sauce Cauliflower supreme Blueberry cake/ cream cheese frost	Sloppy Joes Brown rice Mexicali corn Mandarin oranges
July 18	July 19	July 21
Salisbury steak/ jardiniere gravy Mashed potatoes Winter squash Tapioca pudding	Special Chicken Barbeque Cookout 	Swedish meatballs/ mushroom sauce Mashed potatoes Spinach Orange-cranberry muffin
July 25	July 26	July 28
Corn chowder Grilled chicken salad Chopped tomato/ pepper salad Fresh fruit	Fish tenders/tartar sauce Wild rice Carrots Pineapple	Roasted chicken/ lemon-mustard sauce Whipped potatoes Green beans Pistachio pudding

*The menus for August will be available at the Senior Center by the last week in July.



Van update

We're expanding the hours and destinations of the Senior Center van!

Thanks to the generosity of the Sudbury town meeting, we have the funding to put the van in service 35 hours a week. This lets us offer more destinations and a longer day of service.

Beginning **July 3**, our van can take you to Framingham, Marlboro, Natick and Wayland. We will be offering a regular trip to the Framingham or Natick Mall on a designated day.

Also beginning July 3, the van will be available for trips as early as 8:00, and continuing until 3:00 in the afternoon. That gives us the chance to get a few more trips into the day.

Please note: Van use is WAY up! Because we are trying to give the most service possible to the most people, we reserve the right to restrict riders to one round trip a day.



Join us for

**Lunch with
Maureen Valente,
Sudbury's Town Manager
Wednesday, July 26
12:00**

Here's a chance to chat in an informal setting with Maureen, here in the Senior Center. Hear the latest on Town projects and let Maureen know what's on your mind about anything to do with how the town runs.

The lunch will feature fish tenders for a suggested donation of **\$2.00**. The good conversation is free!



**Button, button,
who's got the button?**

An intriguing puzzle: a generous donor left a tin of mixed buttons, needles, and other sewing supplies for the Thursday crafts group.

An item of interest was found amongst the buttons. We'd like to talk to the person who donated the button tin! If it is you, please give us a call at 978-443-3055.



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

As we look to the lazy, hazy days of summer, our popular senior aerobics program will once again move to the high school beginning **Monday, July 17**, and continuing Mondays, Wednesdays, and Fridays at **10:30** all summer through **August 18**.

Handicap parking spaces will be available near the door on the lowest level for seniors who need them, and we have special permission for our van to drive right up to the door in order to eliminate walking down the hill.

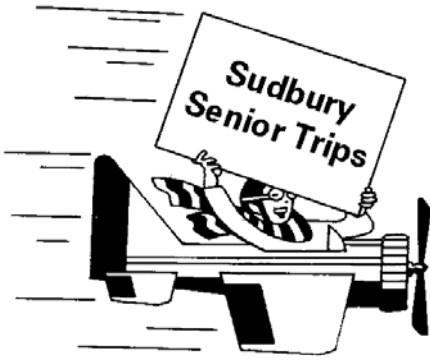
Please note: There will be no Fit for the Future classes **July 3-14**. Lois will be on vacation. There will also be no classes the weeks of **August 21-September 6** due to refinishing of the floor at the High school, and because of Lois' vacation.

**Fruits and veggies . . .
make ol' bodies new**

Mom was right! Eating fruits and veggies does help control diabetes and blood pressure, and reduce the risk for certain diseases.

Come hear Joan Hull, RD, explain why on **Wednesday, July 12** at **12:30**. The talk is free. For lunch before the talk there is a \$2 donation. Advance registration is required.

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As this will be the only newsletter that you receive until our September issue, please keep it to refer to if needed.

Captain Jack's Lobsterbake and Cruise on Thursday, July

13, was sold out but so many wanted to join us that we have added a second motorcoach! All those on our wait list as of June 7 will be able to go, and there is room for a few more, but sign up quickly to be sure to get a space. Cost is **\$61.00**.

Singin' in the Rain at the North-shore Music Theater, **Wednesday, July 26**, is now closed to further bookings, but if you are still interested you can put your name on our wait list for a possible cancellation. Cost is **\$57.00**

Tanglewood Rehearsal

Saturday, August 12: John Williams conducts his award-winning score from the film *Memoirs of a Geisha* with Yo-Yo Ma on the cello, as well as his *Grand Suite from Star Wars*. Departs at 6:30 AM! Pre-rehearsal lecture; bring a bag lunch or purchase food at the concessions on the grounds. Cost: **\$45.00**

Old World Prague and the Blue Danube September 6-17 will be having a final wrap-up meeting for those planning to go with us on **Friday, August 25 at 2:00** in the Senior Center. Please RSVP to Carmel O'Connell at home (978-443-8320) by August 18 if you plan to attend.

Villa Roma, October 9-13, cost \$489.00 pp. - dbl. was filling up fast as I was writing this article in early June. I suggest that you call me either at the Senior Center or at home to check on the present availability for this trip.

NEW: Boars Head Holiday Celebration:* Tuesday, November 28 We have selected what we think is going to be a great holiday trip to the Berkshires for a gala celebration. Cost is **\$69.00** payable to *Sudbury Senior Trips*. We begin with a visit to the Berkshire Museum's *Festival of Trees* where 200 theme-decorated trees will be on display for your enjoyment. Our next stop will be at the elegant Williams Inn for their Boar's Head Procession and sumptuous buffet of seafood, cheeses, fruits, salads, soup, veal, scrod, pork, beef, scallops and a wide array of desserts. This will be followed by a Cabaret featuring singing and swinging to some of your old favorites. Flyers for this trip are now on our new trip rack near the restrooms at the Center.

*This trip will be replacing the Rockettes due to high ticket prices and other costs.

Have a really great summer!

Carmel



News from the Cultural Trip Committee

Portland Art Museum on Monday, September 25: Our motorcoach will whisk us to Portland, where we'll have a guided tour of the museum's fine collection of Homers and Wyeths, and the special exhibit *Paris and the Countryside: Modern life in late 19th Century France*. Then enjoy a hot lunch at the museum. Cost: **\$60**. Meet at the Senior Center at 8:00 AM for an 8:30 departure. Return about 4 PM.

Boston Symphony Orchestra Rehearsal on Thursday, November 2. This innovative trip includes transportation, a lecture, the symphony rehearsal of works by Beethoven and Schoenberg, and a special lunch at Maggianos in downtown Boston. Cost: **\$60.00** Meet at the Senior Center at 8:30 AM for a 9:00 departure. Return about 3 PM.

Enrollment for these trips will begin **Monday, August 14**, but please note: there is a maximum of 25 participants for each of the trips. Reservations are accepted with payment. Please complete a mustard-colored form to submit with your check, made payable to *Sudbury Senior Activities*. Cancellations may be made up to seven days before the trip.

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 **Tuesday** through **Friday** from **8:00 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

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

Sudbury Senior Access:

Subsidized taxi rides from Sudbury to any contiguous town. Books of coupons worth \$25 in rides are for sale for \$12.50 at the Senior Center. Rides are available 5:30-AM to 10 PM weekdays and 5:30 AM to 5:30 PM on weekends.

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 9:00-9:30** and **11:30 to 1:00**. Free blood sugar testing is provided on the **third Tuesday** of each month **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of a wheel chair, walker, shower chair, commode, transfer bench, cane etc., the Senior Center can provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

Information and Referral: Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays** from **9:30 to 2:30**. You may reach her at **(978) 443-3055**.

Legal Clinic: Denise Yurkofsky, an elder law attorney, is available for free private 20-minute consultations with seniors monthly. 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 on Thursdays, 9:00-11:00.

IN-HOME SERVICES

Friendly Visitor Program: Seniors who can't get out to socialize are 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 small jobs like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

Grocery Shopping: Homebound seniors are matched with a volunteer shopper who can make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the cost of the groceries.

NUTRITION

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

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

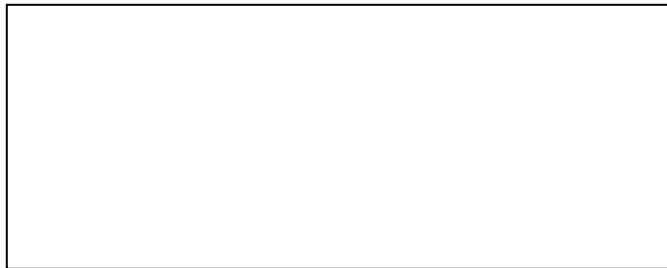
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

http://sudbury.ma.us/services/department_home.asp?dept=SeniorCenter

Change Service Requested



Sudbury Senior Center Phone: (978) 443-3055 Fax: (978) 443-6009 E-mail: senior@town.sudbury.ma.us

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 9:00 AM to 3:00 PM



CHICKEN BARBEQUE COOKOUT

WEDNESDAY, JULY 19

12:00-2:00

MENU:

BARBEQUE CHICKEN

POTATO SALAD

COLE SLAW

ROLLS & BUTTER

WATERMELON & BIRTHDAY CAKE

ENTERTAINMENT:

BROADWAY SHOWSTOPPERS WITH LARRY

NELSON AND HAL KATZMAN

COST: \$2.00 (The price has been kept low through the generosity of the Grace Chapel Community Service Group of Sudbury.)

Please let us know you're coming by Wednesday, July 12, by calling (978) 443-3055.