

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



## Summer at the movies

**Monday Movies: 1:00; free popcorn served**

**Thursday Movies: 12:30; pizza at 12:00**

**Friday WWII films: 1:00; discussion afterward**

*Come on down!* Join us at the Sudbury Senior Center **Mondays** at **1:00** (for classic and thought provoking films), **Thursdays** at **12:30** (for current films) or **Fridays** at **1:00** (for our series of films and documentaries on World War II).

**Monday Movies at 1:00:** Free popcorn, call to reserve a space

**July 9** *Forrest Gump* (2 hrs 22 mins)  
Vietnam, desegregation, Watergate and more are presented from the perspective of a lovably slow-witted character as he finds himself embroiled in situations he can't quite comprehend. [Tom Hanks](#)

**July 16** *Lilies of the Field* (1 hr 24 mins)  
An ex-GI drifter comes across a Southwestern farm inherited by a group of German nuns, befriends them, and builds them a chapel in exchange for a place to stay. [Sidney Poitier](#)

**July 23** *The Terminal* (2 hrs 8 mins) A visitor whose homeland erupts in a fiery coup, is stranded at Kennedy Airport, unauthorized to enter the United States and must improvise his days and nights in the terminal's international transit lounge. [Tom Hanks](#)

**July 30** *Big* (1 hr 42 mins) Through a carnival wishing machine, a 12-year-old boy is transferred into the body of a 35-year-old man. [Tom Hanks](#), [Elizabeth Perkins](#)

**Thursday Movies at 12:30:** pizza for \$1.00 a slice; call by 10:00 that day

**July 12** *The Painted Veil* (2 hrs 5 mins) A love story set in the 1920s about a couple who find an unexpected chance at redemption while on a deadly journey into the heart of China. [Naomi Watts](#), [Edward Norton](#)

**July 19** *Miss Potter* (1 hr 32 mins) A tale charting the life of Beatrix Potter. At a time when most young women of her class aimed only for marriage, Beatrix became an iconic figure. [Renee Zellweger](#), [Ewan McGregor](#)

**July 26** *Music and Lyrics* (1 hr 46 mins) A washed-up '80s pop star gets a chance at a comeback as a diva asks him to write and record a duet with her. [Hugh Grant](#), [Drew Barrymore](#)

**August 2** *Notes on a Scandal* (1 hr 32 mins) Rated R: A new art teacher at a British school becomes the target for an older school teacher. [Judi Dench](#), [Cate Blanchett](#)

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**Monday movies at 1:00** *continued*

**August 6** *Twelve Angry Men* (1 hr 35 mins) By request! In what seems to be an open and shut murder case, twelve jurors slowly begin to take serious interpretation of the "beyond a reasonable doubt" clause and over the course of an hour and a half debate their impending verdict on a hot New York summer day. [Martin Balsam](#), [Lee J. Cobb](#), [E. G. Marshall](#), [Jack Klugman](#)

**August 13** *Sleepless in Seattle* (1hr 45 mins) A radio talk show psychologist has asked her listening audience what they are wishing for this season. A little boy, tuned in from Seattle, calls in his wish, a new wife for his father who has been widowed for a year and a half. [Tom Hanks](#)

**August 27** *Letters from Iwo Jima* (2 hrs 21 mins) Rated R Clint Eastwood directs this story of the battle of Iwo Jima between the United States and Japan during World War II, as told from the perspective of two good friends serving in the Japanese forces, who watch helplessly throughout various battles as their comrades are killed. [Ken Watanabe](#), [Kazunari Ninomiya](#)

**Thursday movies at 12:30** *continued*

**August 9** *Little Miss Sunshine* (1 hr 41 mins) A family treks from Albuquerque to the Little Miss Sunshine pageant in Redondo Beach, California, to fulfill the deepest wish of their 7-year-old, an ordinary little girl with big dreams. Along the way the family must deal with crushed dreams, heartbreaks, and a broken-down VW bus. On their travels the family learns to trust and support each other along the path of life. [Greg Kinnear](#), [Alan Arkin](#)

**August 16** *The Last King of Scotland* (2 hrs 1 min), rated R: During an African medical mission in the 1970s, a Scottish doctor impresses Idi Amin. He becomes the dictator's personal physician until he begins to become aware of Amin's inhumanity and his own part in it. [Forest Whitaker](#)

**August 23** *Charlotte's Web* (1 hr 53 mins) Grandparents, bring your grandchildren to this intergenerational showing. Call to reserve your pizza at \$1 a slice. Ice cream will be available for free after the movie. This is classic tale about a pig and a spider who become friends. Their bond inspires the barnyard animals around them to come together as a family. [Dakota Fanning](#), [Oprah Winfrey](#), [John Cleese](#), [Steve Buscemi](#)

**Community Updates**

The Sudbury Savoyards will present *You're a Good Man Charlie Brown* at the Curtis Middle School **July 27, 28** and **August 3, 4** at 7:30 PM and **July 28, 29** and **August 4, 5** at 2:00 PM. Call 978-443-8811 for tickets or info.

The American legion Post 191 invites seniors to participate in the **July 4** bicycle decorating contest and parade with their grandchildren, to decorate their own scooters or electric wheelchairs, or to ride the American legion float. Call 978-443-8084 for more information.

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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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## World War II Film Series continues . . .

We're continuing our weekly showings of documentaries and films that depict the political, social and tactical situations as the Second World War unfolded.

There will be a chance to view each film or documentary, and a follow-up discussion will be led by Pat Mullen, president of the Council on Aging Board of Directors.

In September, the series will conclude with a field trip to the Museum of World War II in Natick, which houses a fascinating collection of WWII items, including the most extensive collection of Enigma code machines outside of the National Security Agency. The films and discussions are **free**, but please call to reserve a spot.

**Friday, July 13, 1:00:** A documentary and a movie: **The Desert North Africa 1940-1943** Italy invades North Africa only to be stymied by the British; Germany reinforces Italian troops and the battle rages along 600 miles of desert between Egypt and Libya. Bernard Montgomery's "Desert Rats" with the help of the Americans defeat Erwin Rommel's Afrika Korps at El Alamein, preparing the way for an allied victory in Italy. (50 min.) and ***The Desert Rats***: Rommel has the British in retreat on his way to the Suez Canal. All that stands in his way is Tobruk, held by a vastly out numbered force of Australian Troops. Daring raids were launched against Rommel, keeping him off balance as they earn the nickname 'The Desert Rats'. Starring: [Richard Burton](#), [Robert Newton](#), [James Mason](#) (1 hr 28 mins)

**Friday, July 20, 1:00:** ***The Longest Day*** England in June 1944. Unseasonable storms. Allied troops are massed ready for the invasion of France, some already on the boats. The Normandy beaches will be their destination while paratroopers are dropped inland to take key towns and bridges. On the other side of the Channel the Germans still expect the invasion of Calais, and anyway the weather makes them think nothing is likely to be imminent. Starring: [John Wayne](#), [Robert Mitchum](#) and [Henry Fonda](#) (2 hrs 58 mins)

**Friday, July 27, 1:00:** ***A Bridge Too Far*** On 17 September 1944 thousands of paratroopers descended behind enemy lines. Their goal: to secure the bridges across the rivers in Holland so that the Allied army could advance rapidly northwards and skirting around the German defense line. If all went as planned, the war would be over by Christmas, 1944. Unfortunately the plan, named "Operation Market Garden", didn't have the expected outcome. The bridge at Arnhem proved to be 'a bridge too far'. After ten days of bitter fighting the operation ended with the evacuation of the remainder of the 1st British Airborne Division from the Arnhem area. Starring: [Sean Connery](#), [Gene Hackman](#), [Robert Redford](#), [James Caan](#), [Anthony Hopkins](#), [Laurence Olivier](#) (2 hrs 56 mins)

**WWII Film series continues . . .****Friday, August 3, 1:00:**

***Conspiracy*** Nazi Germany, 1942. The Russian Front has bogged down in snow and mud, and the Americans have entered the war. For the first time, defeat is a possibility. In light of this, fifteen high-ranking members from all areas of the Nazi government are brought together. The issue before them is to determine a solution to the Jewish problem . . . a solution that will lead to one of the most horrific episodes in human history. Starring: [Kenneth Branagh](#) and [Stanley Tucci](#), (1 hr 36 mins) and ***The Home Front*** Civilian populations bravely shouldered their duties and suffered overwhelming burdens as their homelands were embroiled in “total war”. (46 mins)

**Friday, August 10, 1:00: The Various Services: *The Air War***

Tasks that appeared to be the most glamorous were often the most dangerous. You were more likely to be killed in the air force/Navy air than any other branch of service. Veterans from both sides of the Atlantic share their tales. (45 mins) ***anchors Aweigh*** More complex and technically demanding than ever before, combat at sea in WWII differed radically from any previous conflict. (45 mins) and ***Target Suribachi***: This episode from the award winning *Victory at Sea* series exemplifies the courage and staying power of the US Marines. (30 mins)

**Friday, August 17, 1:00: *The Caine Mutiny*** During the Second World War, onboard a small ship

in the U.S. Pacific Fleet, a ship’s Captain is removed from his command by his Executive Officer in an apparent act of mutiny. The Navy must decide: if the mutiny was a criminal act. Starring: [Humphrey Bogart](#), [Jose Ferrer](#), [Fred MacMurray](#), (2 hrs 5 mins) ***Beneath The Southern Cross*** This episode from the *Victory at Sea* series shows overlooked engagements in the southern Atlantic. (30 mins)

**Friday, August 24, 1:00:**

***Judgment at Nuremberg*** This trial is about four judges who used their offices to conduct Nazi sterilization and cleansing policies. The Cold War is heating up and no one wants any more trials as Germany, and allied Governments, work to forget the past. But the tribunal must decide if that is the right thing to do. Starring: [Spencer Tracy](#), [Marlene Dietrich](#), [Maximilian Schell](#), [Burt Lancaster](#), [Richard Widmark](#) (3 hrs 6 mins)



**MBTA Senior Passes**  
**Monday, August 20**  
**11:00-2:00**

Come get your free new Senior Card or T.A.P. Charlie Card at the Senior Center Monday, **August 20**, from **11 AM to 2 PM**.

Please bring proof that you are at least 65 years of age. Photos for the IDs will be taken on the spot, and your new photo ID will arrive by mail shortly thereafter.

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
DEBRA GALLOWAY



### **A word about confidentiality**

“I heard that Mrs. Smith is in the hospital. What happened?” asked Mrs. Jones. “Well, she tripped and fell. She may have a broken wrist,” replied the Senior Center staff person. “Oh my, I hope she recovers quickly, I’ll send a card,” said Mrs. Jones.

This seems like a perfectly ordinary conversation, so what could be wrong with it? When someone, (like Mrs. Jones), asks the Senior Center staff or volunteers a question about another participant (such as Mrs. Smith), the natural inclination is to respond with whatever information we have about Mrs. Smith. But is that the appropriate response?

It may come as a surprise, but the answer is, not really. As staff and volunteers, we may have access to information about Senior Center participants that is not public knowledge. Because we don’t know if Mrs. Smith wants us to share information about her hospitalization, we need to keep this information to ourselves.

This can be difficult for us. We want to be friendly and helpful, but we have to try extra hard to be respectful of all of our participants’ privacy. Although Mrs. Jones (above) is only asking because she cares about Mrs. Smith, we really can’t give out any personal information unless the person herself or himself says it is all right to do so.


Keeping information private can be a challenge for us at our open front desk. Staff and volunteers need to answer telephone calls or speak with other staff members, and may need to speak about someone or something that is private. That’s why there is a “staff only” sign on the door.

If you accidentally overhear someone’s personal information, please don’t share it. Something overheard in passing may not be the complete story, or can get misinterpreted. All of our staff members and volunteers are committed to providing you with information and helping you as best we can, but we will also strive to respect your privacy. Please understand if we are unable to answer a personal question about someone else. We want everyone to feel comfortable and protected. Thanks for your understanding!

ads



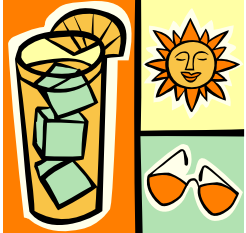

# JULY 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><i>Van trip to Natick mall/ Olive Garden</i> 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future</p>	<p>3</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 4:00 COA Board</p>	<p>4</p> <p> <b>4th of July Senior Center Closed</b></p>	<p>5</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters</p>	<p>6</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 8 1:00 World War II (3)</p>
<p>9</p> <p><i>Van trip to Ocean State Job Lot/Kennedy's</i> No Fit for the Future 9:30-2:30 I&amp;R Hours 10:00 Stamp club 1:00 Movie: <i>Forrest Gump</i></p>	<p>10</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Brandywine Trip Meeting</p>	<p>11</p> <p>No Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 12:00 Lunch 12:30 DASH Diet 12:30 Quilters Studio 1:00 Bridge lessons</p>	<p>12</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Painted Veil</i></p>	<p>13</p> <p>No Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 12:00 Lunch 1:00 Cards 1:00 Watercolors 9 1:00 World War II (4)</p>
<p>16</p> <p><i>Van trip to Wrentham Village Outlets/TBA</i> 9:30-2:30 I&amp;R Hours No Fit for the Future 1:00 Movie: <i>Lilies of the Field</i></p>	<p>17</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 10:00 Basic Computing 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>18</p> <p>No Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 12:00 Barbershop Barbeque 12:30 Quilters Studio 1:00 Bridge lessons</p>	<p>19</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:30 Movie: <i>Miss Potter</i></p>	<p>20</p> <p>No Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 12:00 Lunch 1:00 Cards 1:00 Watercolors 10 1:00 World War II (5)</p>
<p>23</p> <p><i>Van trip to Christmas Tree Shop/Boston Market</i> 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 1:00 Movie: <i>The Terminal</i></p>	<p>24</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 10:00 Basic Computing 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>25</p> <p>9:00 Cribbage 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons</p>	<p>26</p> <p>Brandywine Trip leaves 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:30 Movie: <i>Music and Lyrics</i> 3:00 Friends meeting</p>	<p>27</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 World War II (6)</p>
<p>30</p> <p><i>Van trip to Walmart/ Applebees</i> 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 1:00 Movie: <i>Big</i></p>	<p>31</p> <p>9-9:30 Parmenter Clinic 9:00 Cribbage 10:00 Basic Computing 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>			




# AUGUST 2007



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>9:00 Cribbage 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons</p>	<p>2</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:30 Movie: <i>Notes on a Scandal</i></p>	<p>3</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 World War II (7)</p>
<p>6</p> <p><i>Van trip to Solomon Pond Mall/Bertucci's</i> 7:30 Foxwoods trip 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 1:00 Movie: <i>Twelve Angry Men</i></p>	<p>7</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Hawaii Trip Meeting</p>	<p>8</p> <p>9:00 Cribbage 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons</p>	<p>8</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:30 Movie: <i>Little Miss Sunshine</i></p>	<p>10</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 World War II (8)</p>
<p>13</p> <p><i>Van trip to Shopper's World/Olive Garden</i> 9:30-2:30 I&amp;R Hours 10:00 Stamp club No Fit for the Future 1:00 Movie: <i>Sleepless in Seattle</i></p>	<p>14</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>15</p> <p>No Fit for the Future 9:00 Cribbage 9:30-2:30 I&amp;R Hours 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons</p>	<p>16</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:30 Movie: <i>The Last King of Scotland</i></p>	<p>17</p> <p>No Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 12:00 Lunch 1:00 Cards 1:00 World War II (9)</p>
<p>20</p> <p><i>Van trip to Christmas Tree Shop/Brittany's</i> 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 11:00-2:00 MBTA Senior Passes</p>	<p>21</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>22</p> <p>9:00 Cribbage 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 12:30 Quilters Studio 1:00 Bridge Lessons</p>	<p>23</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:30 Movie: <i>Charlotte's Web</i> 3:00 Friends meeting</p>	<p>24</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 World War II (10)</p>
<p>27</p> <p><i>Van trip to Walmart/99 Restaurant</i> 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 1:00 Movie: <i>Letters from Iwo Jima</i></p>	<p>28</p> <p>9-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>29</p> <p>9:00 Cribbage 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 12:30 Quilters Studio 1:00 Bridge Lessons</p>	<p>30</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters</p>	<p>31</p> <p>9:00 Cribbage 9:30 Bingo 9:30-2:30 I&amp;R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards</p>

## JULY LUNCH MENUS

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

TUESDAY	WEDNESDAY	FRIDAY
<b>July 3</b>	<b>July 4</b>	<b>July 6</b>
Shaved Steak/Peppers and Onions Roasted Red Bliss Potato Cole Slaw Chocolate Pudding	Senior Center closed 	Pork Patty Parmesan/ Tomato Sauce Rotini Italian Style Veggies Fresh Fruit
<b>July 10</b>	<b>July 11</b>	<b>July 13</b>
Three C Soup Tuna Salad Pasta Cucumber Salad Pears	Roast Pork/Gravy Sweet Potatoes Brussels Sprouts Marble Cake/Chocolate Frosting	Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Smoothie
<b>July 17</b>	<b>July 18</b>	<b>July 20</b>
Chicken/Teriyaki Sauce Brown Rice Broccoli Banana Pudding	Special summer barbershop chicken barbeque . . . <b><i>Call for reservations!</i></b>	Salisbury Steak/Jardinière Gravy Mashed Potatoes/ chives Peas Fresh Fruit
<b>July 24</b>	<b>July 25</b>	<b>July 27</b>
Corn Chowder Grilled Chicken Salad Pineapple Raisin Salad Unsweetened Applesauce	Beef Steak/ Mushroom Gravy Lyonnais Potatoes Spinach Pineapple	Roast Turkey/Gravy Mashed Potatoes Peas Lemon Waffle Graham Cookie
<b>July 31</b>	<b>August 1</b>	<b>August 3</b>
Meatballs/Sweet and Sour Sauce Brown Rice Green Beans Tropical Fruit	Stuffed Shells/ Mozzarella Cheese Genoa Style Veggies Fresh Fruit	Fish Wedge/Tartar Sauce O'Brien Potatoes Summer Squash Smoothie

**Please note:** August menus will be available at the Senior Center toward the end of July.

## Keep your cool

When the heat tops 90 and the humidity matches, it can be hard for our bodies to compensate to keep cool enough. Here are some heat relief strategies:

- Stay indoors out of the sun on the worst days. Keep gardening, errands, and trips for the cooler mornings or evenings.
- Close your drapes on the sunny side of the house to cut down on solar heating.
- Use fans or air conditioners to move the air around. If you don't have an air conditioner and can't afford one, we may be able to help. If you have one but can't install it, our Fix-It volunteers will be glad to help.
- Be sure to drink plenty of water. As we get older, sometimes we don't feel thirsty, but it is important to remember to drink enough to replace fluids lost through perspiration.
- Wear loose-fitting, lightweight clothing. Some people find natural fabrics such as cotton to be cooler than synthetic fibers. Light-colored clothes reflect the sun and heat better than dark colors.





### The Settling of America

This year marks the 400th anniversary of the founding of Jamestown, Virginia. With this in mind, this fall we will offer a course on how our nation evolved. Using as a text *American Colonies: The Settling of North America* by Alan Taylor, the course will explore not only the nation's English roots, but also the importance of the rival empires of France, Spain, the Netherlands, and Russia in the settling of our continent. The huge significance of Native American tribes and African slaves will be discussed in depth. The class will also focus on Sudbury's history in at least one of the presentations.

The first two classes, titled "Encounters", will cover early exploration in America and Canada; the next four classes, "Colonies" will cover the early colonial period, including Virginia, New England, the West Indies and Carolina; and the last four classes will include "Empires", covering the run-up to the revolutionary war.

The class will run **Wednesdays** for ten weeks beginning **September 19**, from **9:30-11:30**. Participation is limited to 40. The cost of the course is **\$40**, which includes the price of the text, or **\$25** without the text. Reservations are accepted with payment only.



### Basic Computing

You have a computer, but you aren't sure just what to do with it. Your Internet skills are not very advanced but you'd love to go online. You'd also like to be able to make better use of the word processor function of your computer.

If this describes you, come to our three-part basic computing class **Tuesdays** from **10-11:30** **July 17, 24** and **31** at the Flynn building.

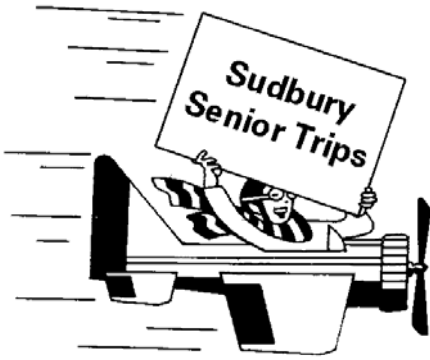
To qualify for the class, you must have a computer to practice on, preferably at home, since there will be homework. You also must be able to type.

The class size is limited to 8, and preregistration is required with payment. The cost for the course is **\$15**. Those who have not taken this class in the past have the first priority. Instructor: Kris Kiesel

### Dietary Approaches to Stop Hypertension: DASH

Do you have high blood pressure, or hypertension? If you answered yes to this question then you will want to hear Joan Hill, RD, CDE, LD speak to the issue of controlling your blood pressure with diet. **Wednesday, July 11** at **12:30**. This is your chance to stump the dietician, and it's **free**. Call to register.

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As this is our last newsletter until September it might be a good idea to save it or at least cut out this page if you have planned to join us on some of our summer trips or meetings.

We will be having a short **get-together for our July 26-28 Brandywine Trip on Tuesday, July 10 at 1:30** (my birthday, but I have long since stopped celebrating them for obvious reasons.) We plan to have your luggage tags and hotel information for you at this time. It is also a good time to meet your fellow "Trippers". We would appreciate knowing if you plan to attend so we can plan for you.

If you are unable to be here you can pick up your information after July 10 or if you are an out of town, call me to have me mail it.

**PLEASE NOTE:** Parking for this 4 day trip will be at the far end of Haskell field (unless you have a handicapped sticker). Drop off your luggage before parking. The coach will drop you off at your car upon our return.

**Foxwood Trip Monday, August 6** As of this writing we still have about 8 spaces left. November 5 will be the last for this year.

**Tanglewood Sunday, August 26:** It's sold out. If you have not completed your payment (\$25.00 deposit with \$51.00 now due) please do so ASAP as it is now due at Symphony Hall. I seriously doubt that we will be able to get any more tickets for a second coach. I will know definitely by around July 16. We will board the coach at **9:15** (*NOTE change of time*) as we must pick up in Concord at 10:00 in order to have enough time to get there and have lunch (on your own). As it is a Sunday, you may park anywhere you care to.

Our **Hawaii get-together** with Cathy Donohue will be on **Tuesday, August 7 at 1:30**. At this time she plans to have all the information that you may need to make this a fabulous trip. I thank everyone for their patience and understanding with the few glitches that occurred in some of the bookings. For anyone who may wish to have it, our Cruiseline Group ID number is 1426939. Please let us know whether you are going to be at our meeting as this is a very large group and we need to plan enough space for you.

**The Green Mountain RR Tuesday, October 9** is sold out. We are now taking names for a wait list for a second motorcoach.

I still do not have a holiday trip planned as I am studying all the possibilities and have not yet made a final decision. Hopefully I will have it by September.

*Enjoy what should be a great summer. We deserve it!* Carmel



## Cultural Trip Committee

**St. Gaudin's National Historic Site, Cornish, NH, Tuesday, September 25** Discover the beautiful home, studios and gardens of Augustus Saint-Gaudens, one of America's greatest sculptors. Over 100 of his artworks from heroic public monuments to expressive portrait reliefs can be seen in the galleries, as well as the gold coins which changed the look of American coinage.

The cost of **\$60** includes lunch, bus, and admission to the National Historic site with a guided tour. The trip will be limited to 26 and your check must accompany your application. If you have a Golden Age Pass, bring it along. We'll depart from the Senior Center promptly at 8:00 AM and return around 6:00 PM. Sign up for Sudbury residents will begin August 6, and for all on August 20.

For later in the year, the committee also plans trips to a Boston Symphony rehearsal of Mahler's 9<sup>th</sup> symphony in November, the British Museum at Yale in February, the new WGBH studios in March, the Clark Museum in Williamstown in May, and to a performance of Blithe Spirit at Trinity Rep in providence. Stay tuned for details!

## 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 **9:00 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 clients to medical appointments. Call **978-443-2145** one week in advance. Leave your request on the answering machine, and the coordinator will call you.

### **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 medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

### COUNSELING

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

**Legal Clinic:** Denise Yurkofsky, an elder law attorney, is 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, **Thursdays 9-12**. Please call to make a **free** appointment.

### 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 around the house. Seniors will only be expected to pay for necessary parts and materials.

**Grocery Shopping:** A volunteer shopper will make weekly visits to the store, and assist the senior 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 seniors and people with disabilities who can't get out.

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

### NUTRITION

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

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

*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@town.sudbury.ma.us](mailto: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

General Information Line: 978-639-3275 Menus: 978-639-3278 Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

# BARBERSHOP BARBEQUE

Wednesday, July 18

12:00-2:00

*Featuring:*

Bill Harrington and "Senior Class"

Barbershop Quartet

*Menu:*

Chicken barbeque,  
potato salad, and all the trimmings

Birthday cake: May, June, July  
and August Birthdays will be celebrated

*Cost:* \$4.00

Reservations are required by Friday, July 13

