

Summer at the Movies

Mondays: Documentaries at 1:00; free popcorn and soda

Thursdays: Contemporary Films; Pizza at 12:00 (call to reserve your slices by 10:00 that morning, \$1.00 a slice), movie at 12:30, no charge

Documentary Mondays: 1:00

Monday, July 7: *Sicko* (2 hours, 3 minutes) Michael Moore takes a close and disturbing look at the American healthcare system . . . not the lack of coverage for the uninsured, but the lack of care for those who are covered by insurance.

Monday, July 14: *Hear and Now* (1 hour 26 minutes) Irene Brodsky's deeply personal story about her deaf parents. After 65 years of silence they make a radical decision to undergo a complex implant surgery that could give them the ability to hear for the first time.

Monday, July 28: *In the Shadow of the Moon* The Apollo space program was developed to fulfill President Kennedy's goal of putting a man on the moon. This film highlights the experiences of the astronauts who made the program a reality.

Monday, August 4: *Run, Granny, Run* At age 89, Doris "Granny D" Haddock walked across the country to protest the influence of big-money on elections. Five years later in 2004, she got a chance to run for the U.S. Senate in New Hampshire. Learn her unlikely story in this engaging documentary.

Contemporary Thursdays: 12:30

Thursday, July 10: *Michael Clayton* (2 hours, rated R) Attorney Michael Clayton (George Clooney) takes care of his firm's dirtiest work. When a class action case is sabotaged, Clayton faces the biggest challenge of his career and his life.

Thursday, July 17: *In the Valley of Elah* (2 hours, rated R) The story of a war veteran, his wife and the search for their son (a soldier who recently returned from Iraq but has mysteriously gone missing), and the police detective who helps in the investigation. Tommy Lee Jones, Charlize Theron

Thursday, July 24: *Lars and the Real Girl* (1 hour, 46 minutes) Lars Lindstrom is a shy boy in a man's body who never got over his father's death. After years of quiet social ineptness he invites Bianca, a friend he met on the Internet, to visit him. His friends don't know what to say when she turns out to be a life-size doll, not a real person. The family doctor explains this delusion, and everyone in the small town agrees to go along with it. A sweet but unconventional story.

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Documentary Mondays continued
(Show time, 1:00)

Monday, August 11: *For the Bible Tells Me So* (1 hour 35 minutes)

An examination of the ways in which the religious right has used its interpretation of the Bible to deny rights to gays and lesbians, and to erode the separation between church and state, told through interviews with five Christian families.

Monday, August 18: *The Cats of Mirikitani* A filmed exploration of the life of New York based Japanese-American artist Jimmy Mirikitani as he looks back over his life, including his time in an internment camp during World War II.

Monday, August 25:

Young@Heart (1 hour 48 minutes) A Northampton, Massachusetts senior citizens chorus has delighted audiences worldwide with their renditions of songs reinterpreting rock, punk and R&B classics. This film shows them in rehearsal as they learn music very different from that of their youth. Their spirited performance upends assumptions about old age, love, sex and death.

Andrew Jackson update

There are still a few spaces left in our fall history series! The class will use the framework of Andrew Jackson's life to illuminate the whole historical era in the early 1800s. The cost for the series is **\$30**. If ordered through the Senior Center, the text, *Andrew Jackson: His Life and Times* by H.W. Brands, is \$12.00.

Contemporary Thursdays continued
(Pizza at 12:00, show time 12:30)

Thursday, July 31: *Juno* (1 hour, 31 minutes) A teenage girl makes difficult decisions when faced with an unplanned pregnancy. Luckily, Juno has the total support of her parents as she faces her fears and her preconceptions, flirts with adulthood and ultimately figures out where she belongs.

Thursday, August 7: *The Great Debaters* (2 hours 7 minutes)

Based on a true story, Denzel Washington plays a debate coach empowers a group of underdog students from a small African American college in the deep South.

Thursday, August 14: *The Color of Freedom* (1 hour 58 minutes)

White prison guard James Gregory's life is profoundly altered when he meets the prisoner Nelson Mandela, whom he ends up guarding for more than twenty years.

Thursday, August 21: *Lions for Lambs* (1 hour 32 minutes, rated R)

Robert Redford, Meryl Streep, Tom Cruise in a film that examines the situation in Afghanistan from three viewpoints: a politician, a soldier, and a political science professor.

Thursday, August 28: *The Other Boleyn Girl*

Based on a best-selling novel, Natalie Portman and Scarlett Johansson play sisters both competing for the attention of King Henry VIII, along with the power that comes with becoming the Queen of England. The supporting cast includes Eric Bana, Kristin Scott Thomas and Jim Sturgess.

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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 Leaders, Political and Military:
*The Rest of the Story.***

Fridays, July 18-September 19

1:00

Pat Mullen's acclaimed film and discussion series on World War II returns with all-new material this summer! We all know the names of the leaders in WWII and what they achieved. But what caused them to behave in the way they did? Was it their parents, political ideology or something else that shaped their personality? Was their public persona real or all an act? How did they get to these high positions? Which leader was a drug addict hooked on methamphetamine? Who was the Pope referring to when he said this person was a gift from heaven?

Over a 10-week period we will explore the lives of these leaders and provide you with, as Paul Harvey would say "*The Rest of the Story*"

July 18: Hitler

July 25: Hitler part 2, Joseph Stalin

August 1: Winston Churchill

August 8: FDR Part 1

August 15: FDR part 2, Truman part 1

August 22: Truman Part 2, Mussolini

The remaining four weeks to be announced. Cost for the series: **\$20.**



Keep balanced this summer

Join our mini-series of six sessions on balance and flexibility on **Tuesdays** at **1:00: July 8, 15, 22, 29, and August 5 and 12.**

Strengthening your legs and ankles and improving your sense of balance is an excellent way to protect yourself from falls. Falling can jar your joints, sprain your muscles, and even break bones, so protecting yourself is sensible.

Our class is taught by Leslie Worris, the founder of The Wellness Alliance in Newton. The cost for the series is **\$40.** We will need an enrollment of at least eight to offer the course.



Tax relief options

Sudbury seniors have many options when it comes to relief from high property taxes. True, many come with eligibility requirements so they are not available to everyone, and all require making wise choices, but the potential exists for saving more than \$2,500 in annual taxes.

The Council on Aging has revised its helpful *Tax Relief Guide for Seniors*. It is available on line at <http://sudbury.ma.us/documents/d1/4289/Taxreliefforseniorsbooklet.pdf>, and it can be printed out to refer to at your convenience. Seniors who do not have easy access to a computer can get a printed copy at the Senior Center.

The Assessor's office is always ready to help seniors sort through their options, and the Council on Aging is working to advocate for expanded options as well.

One example is Article 20 that passed at this year's Town Meeting, which, if approved by the state legislature, would expand eligibility to take advantage of the tax deferral option, which is already a good deal for those who qualify.

Information on the Massachusetts Circuit Breaker program is also included.



Small grants program Wednesday, July 9, 10:00

Would you like financial assistance to make repairs and alterations to your home for safety and health reasons? The Sudbury Housing Trust sponsors the Small Grants program that can help.

The application process is designed to be simple and quick, with grants awarded three times a year for up to \$3,000 per grant. There is no repayment required, though there are some property and income eligibility requirements.

Come hear more about this new program from Community Housing Specialist Beth Rust and Board of Selectmen Chair Larry O'Brien. You can also download the application at: <http://sudbury.ma.us/documents/d1/4185/SmallGrantsProgram.pdf>



Summer landscapes Fridays, July 11-August 8 1:00-3:00

Here's your chance to get in on our popular watercolor classes. This summer we will offer a five week series on summer landscapes and flowers, open to all. The instructor is Cynthia Durost, and there are still a few openings. The cost is \$40.



Legal Clinics Tuesdays, July 1 & August 5 10:00-12:00

Denise Yurkofsky, Elder Law Attorney, will provide **free** 20-minute legal consultations here at the Senior Center **Tuesdays, July 1 and August 5** from **10:00-noon**. This very popular free service fills up fast, so be sure to call for an appointment.



Fit for the Future update

The Fit for the Future classes this summer will be held in the multipurpose room of the high school, not at the Senior Center as previously announced. Classes will begin **June 18**, and continue **Mondays, Wednesdays, and Fridays** at **10:30** through **August 4**. They will resume at the gym in the Fairbank Community Center after Labor Day.



Blood pressure clinic

There will be no blood pressure clinics (both 8:00-9:00 and 12:00-1:00) on **Tuesday, August 12**. Our nurse is on vacation!

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Lower Your Risk of a Fall

More than 1/3 of adults 65 and older fall each year. Among older adults, falls are the leading cause of serious injury. Falling is considered the most preventable cause of needing nursing home placement. A look at your own personal situation can tell you a bit about your level of risk, as there are many common health problems and home hazards that contribute to a greater risk of falling.

Persons who have difficulty with walking, take multiple medications, have foot problems or unsafe footwear, have vision issues or tripping hazards in their home, and/or who have blood pressure issues when getting up (syncope), are considered at higher risk of falling. Persons who have more than one of these risk factors multiply their risk of sustaining a fall. For example, if you have 1 of these problems, your risk of falling is 1 in 10, if you have 3 of these problems, your risk of falling is 4 in 10, and if you have 4 of these problems your risk jumps to 6 in 10.

The good news is that many of these risk factors can be minimized. The three main strategies for minimizing fall risk are: engaging in physical activity for strength and balance, managing medical/medication issues, and home modification. For example, if you have difficulty with walking, you can improve strength and flexibility with help from a physical therapist or a fitness class. You can improve your home to maximize safety by adding grab bars in the bathroom, creating clear paths for walking and increasing lighting. For health issues, you can work with your doctor or pharmacist on medication side effects that increase risk. And you can make sure you have sturdy, properly sized footwear that adds stability to your walk.

The Senior Center has information and programs to assist you in preventing falls. Call us for a free copy of the *Home Safety Checklist*. Our In-Home Fix-it program has volunteers available to install grab bars, smooth out a threshold, or install lightbulbs. The Senior Center offers fitness programs, such as Fit for the Future, tap dance, walking club and the Balance and Flexibility class that can help you to maintain your strength and balance. Contact Debra Galloway at (978) 443-3055 or at gallowayd@sudbury.ma.us for more information.

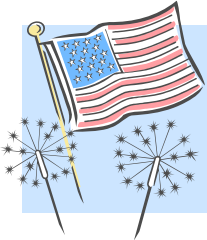

Sources: VNA Private Care: LifeWeaving newsletter; Aetna Intellihealth, www.intelihealth.com; Fall Prevention Center for Excellence, California, www.stopfalls.org.

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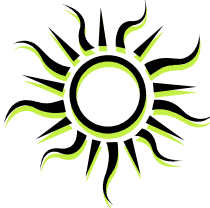


JULY 2008





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:00-9:00 Parmenter Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge	2 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future 12:00 Lunch 12:30 Informal Quilters	3 9-12 SHINE 9:45 Thursday Crafters 1:00 Movie: <i>Crash</i>	4 <i>Independence Day</i>  <i>Senior Center Closed</i>
7 <i>Van trip to Natick Mall/ Nobscot Diner</i> 9:30-2:30 I&R Hours 10:30 Fit for the Future	8 8:00-9:00 Parmenter Clinic 9:00 Cribbage 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00 Better Balance (1)	9 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Small Grants Program 10:30 Fit for the Future 12:00 Lunch 12:30 Informal Quilters	10 9-12 SHINE 9:00 Newport Playhouse Trip 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Michael Clayton</i>	11 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Summer Landscapes
14 <i>Van trip to Wrentham Outlet Stores/(TBA)</i> 9:30-2:30 I&R Hours 10:00 Stamp club 10:30 Fit for the Future 1:00 <i>Sicko</i>	15 8-9:00 Parmenter Clinic 9:00 Cribbage 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00 Better Balance (2)	16 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future 12:00 Honky-Tonk Piano; Barbeque at 1:00 12:30 Informal Quilters	17 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>In the Valley of Elah</i>	18 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Summer Landscapes 1:00 World War II (1)
21 <i>Van trip to Ocean State Job Lot/Kennedy's Pub</i> 9:30-2:30 I&R Hours 10:30 Fit for the Future 1:00 <i>Hear and Now</i>	22 8:00-9:00 Parmenter Clinic 9:00 Cribbage 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00 Better Balance (3)	23 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Mt. Rushmore	24 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Lars and the Real Girl</i> 3:00 Friends meeting	25 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Summer Landscapes 1:00 World War II (2)
28 <i>Van trip to Walmart, Hudson/Piccadilly Pub</i> 9:30-2:30 I&R Hours 10:30 Fit for the Future 1:00 <i>In the Shadow of the Moon</i>	29 8:00-9:00 Parmenter Clinic 9:00 Cribbage 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00 Better Balance (4)	30 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Mexican Train Dominoes	31 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Juno</i>	

AUGUST 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Summer Landscapes 1:00 World War II (3)
4 <i>Van trip to Solomon Pond Mall/Bertucci's</i> 7:45 Foxwoods Trip 9:30-2:30 I&R Hours 10:30 Fit for the Future 1:00 Run, Granny, Run	5 8:00 Parmenter Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 12:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00 Better Balance (5)	6 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Informal Quilters	7 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Great Debaters</i>	8 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Summer Landscapes 1:00 World War II (4) <u>Saturday, August 9</u> <i>Tanglewood Trip</i>
11 <i>Van trip to Christmas Tree Shop/Brittney's</i> 9:30-2:30 I&R Hours 10:00 Stamp club 1:00 For the Bible Tells Me So	12 Twin Lobster Feast Trip 9:00 Cribbage 9:30 My Life/My Health Reunion 12:00 Lunch 12:30 Bridge 1:00 Better Balance (6) 3:30 COA Board	13 9:00 Cribbage 9:30-2:30 I&R Hours 12:30 Informal Quilters	14 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Color of Freedom</i>	15 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 World War II (5)
18 <i>Van trip to Shopper's World/The Villa</i> 9:30-2:30 I&R Hours 1:00 The Cats of Mirikitani	19 6:45 AM Baltimore Trip 8:00 Parmenter Clinic 9:00 Cribbage 12:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge	20 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Informal Quilters	21 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Lions for Lambs</i> 3:00 Friends Meeting	22 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 World War II (6)
25 <i>Van trip to Walmart/Applebee's</i> 9:30-2:30 I&R Hours 1:00 Young@Heart	26 8:00 Parmenter Clinic 9:00 Cribbage 12:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge	27 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Informal Quilters	28 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Other Boleyn Girl</i>	29 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 World War II (7)

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
July 1	July 2	July 4
Split Pea Soup Tuna Salad Roman Blend Salad Pineapple	Roasted Chicken/ Apricot Glaze Sweet Potatoes Warm Apple Slices Butterscotch Pudding	 <i>We're closed for Independence Day!</i>
July 8	July 9	July 11
Meatballs/Sweet and Sour Sauce Brown Rice Chuckwagon Corn Applesauce	Baked Chicken/ Tarragon Gravy Whipped Potatoes Broccoli Lemon Cake	Tomato Soup Sliced Turkey Ham Pineapple Raisin Salad Cantaloupe Italian Potato Salad
July 15	July 16	July 18
Chicken Piccata Brown Rice Italian Style Veggies Chocolate Pudding	 Senior Center Cookout	Beef Ribs/BBQ Sauce Beans Summer Squash Pineapple
July 22	July 23	July 25
Breaded Fish/Tartar Sauce Whipped Potatoes Corn Cantaloupe	Burgundy Beef Tips Mashed Potatoes Carrots Applesauce	Swedish Meatballs/ Jardinière Gravy Mashed Potatoes Green Beans Smoothie
July 29	July 30	August 1*
Minestrone Soup Chef Salad Three Bean Salad Mandarin Oranges	Broccoli Bake O'Brien Potatoes Stewed Tomatoes Brownie	Spaghetti/Meat Sauce Parmesan Cheese Broccoli Fresh Fruit

*August menus will be available at the Senior Center by the end of July.

**Crash**

1 hour 45 minutes

Rated R

Free

Thursday, July 3

1:00 (No pizza)

Following up on our films exploring prejudice, stereotypes, and ethnic and racial images in movies, we'll show a contemporary movie, *Crash*. The movie won an Oscar for Best Picture in 2005. It stars [Sandra Bullock](#), [Don Cheadle](#), [Terrence Howard](#) and [Matt Dillon](#), among others.

Set in Los Angeles, the film presents vignettes from the lives of very different people.

Two policemen, a film producer, an office worker, two street-wise men, a Persian grocer, an ailing father, two wives, and some undocumented immigrants are just some of those whose lives interweave in surprising ways, spotlighting the challenges of living in a multicultural society.

The message: we all have prejudices, but we need to see each other with simple humanity, not through the lens of our own history.



Lowell Mills Trip

The first cultural excursion of the new season will be to the **Lowell National Park on Monday, September 29**. At the visitor center we will have a 30-minute orientation movie and then go by bus to the Boot Cotton Mill Museum. Here we will view the weave room in operation, a slide show, interactive exhibits regarding the industrial revolution, labor, and the rise and fall of Lowell.

Advance reading is recommended. *Call the Darkness Light* by Nancy Zaroulis, is a moving account of a young woman's experiences working in the mill, including a description of living conditions for the mill workers, as well as their motivations for accepting this difficult job. It is available at the library or in paperback. If there is enough interest, the Senior Center will bulk order the book at \$16.00.

Lunch will be at the *Olympia* Greek restaurant in Lowell. The bus will leave promptly at 9:15 and return at approx 3:00 PM. Bring a National Parks Pass if you have one. Cost is **\$55**.

Sign up starts August 8 for Sudbury residents; August 29 for all others. Cultural trips busses only hold 26 passengers, so space is severely limited. Reservations are accepted with payment only.



Medicare promotes preventive services

An easy and important way to stay healthy is to get disease prevention and early detection services. These services can help keep you from getting certain diseases or illnesses, or can detect a health problem early which is when treatment works best.

Would you like to quit smoking? Medicare pays for counseling to help you.

Want to be sure you keep your vision? Medicare pays for glaucoma testing.

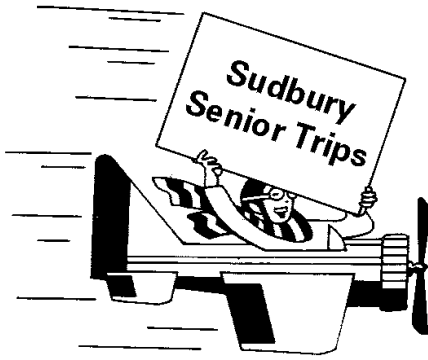
It also covers cancer screenings for breast, colorectal, prostate and cervical and vaginal cancer.

Through Medicare you can also get cardiovascular screening, bone density tests, medical nutritional therapy, and many other important screenings and other benefits to help you live healthier and more active lives. Diseases such as diabetes, cancer and heart disease, may be prevented or treated more effectively when found early.

To find out more about the preventive services that Medicare offers contact Medicare at 1-800-MEDICARE (800-633-4227) and request a copy of the Medicare publication *Staying Healthy: Medicare's Preventive Services* or visit www.medicare.gov on the web.

For a personal consultation about your health insurance choices, call 978-443-3055 and ask for a SHINE appointment with Kara Harvey.

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As you know this is the last newsletter until September. It might be a good idea to save it for reference as a lot of nice things, including trips have been planned for you this summer.

Our trip to Mt. Rushmore was, to put it mildly, fantastic! Everyone who went loved it. The scenery there was magnificent and we all had a great time. To share the experience, even if you couldn't be there with us, come to the DVD showing (info elsewhere on this page).

Newport Playhouse Trip

Thursday, July 10: As of this writing we may have a few spaces left. We'll see a play (Over the River and through the Woods) have a delicious buffet luncheon, and see a cabaret show. Cost **\$75.00**. Check with the Senior Center at 978-443-3055 if you are interested. We will be leaving the Center at 9:00 AM and returning at approx. 6:00 PM. From all I have heard it should be a great day.

Foxwoods, Monday, August 4:

Our third Foxwoods trip for this year. Cost is **\$19.00**. Departure time from the center is 7:45 AM, return is at approximately 5:00 PM.

All Mozart Tanglewood Trip

Saturday, August 9: As of this writing I am afraid that we will probably have to cancel, as we have only a handful interested and we must have 25 to make it a go. I will give it another week to see if it picks up and then I will call those on the list to let them know the status of the trip. I had hoped to plan a stop at the Rockwell Museum and in the town for others to just browse for awhile.

Twin Lobster Feast, Tuesday,

August 12: We're on! Who could pass up two 1¼ pound boiled lobsters or the alternative 8 ounce filet mignon with baked stuffed shrimp and all the fixings accompanied by great island music, costumes and dancing. Cost is \$79.95 at the Hukelau in Chicopee. As of early June we still have spaces open. We will be calling you with the departure time as soon as we know it.

Red Sox-Oriole Baseball August

19-21: No seats left! Information regarding hotel etc. will be coming your way just as soon as we receive it. As this is just a three day trip we will not be having a pre-trip meeting at the center. Pick up at 7:00 AM; be here by 6:45 please.

Balloon Festival Friday,

September 19: Sold out! We are taking a wait list. Complete and final information will be coming your way in early September.

Octoberfest, Tuesday, October

14 at the Venus DeMilo in Swansea. Cost is **\$66.00**. It will feature Adam Barthalt and his award-winning polka band.

Those of us who can still polka will have a hard time sitting still. The rest of us can tap our toes (I'm still pretty good at that!) Enjoy an authentic Weiner schnitzel or baked stuffed chicken. Beer will be available. Please let us know your meal choice on your reservation.

Foxwoods, November 3: see August 4 for details.

We hope we will be able to announce our *winter holiday show* in the September newsletter.

Carmel

Mount Rushmore Show

Come enjoy the glories of Mt. Rushmore. Carmel has a DVD that includes the Black Hills, the Badlands, the Crazy Horse Monument, Deadwood City and more. We will be showing it **free Wednesday, July 23 at 1:00**.

Come whether you were on the trip or not. Seeing it is the next best thing to having been there in person! It is about 1 hr 25 min. in length. Call to sign up so we can plan refreshments.

Mexican train dominos

It's new, it's fun, it's fast!

We will offer a space to play this game and companions to play it with beginning **Wednesday, July 30 at 1:00** if there is enough interest.

The game is being coordinated by Carmel O'Connell. Call 978-443-3055 to put your name on the interest list!

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 **8:30 AM** to **3:30 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 \$2 one way 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 8:00-9:00** and **noon** to **1:00**. **Free** blood

sugar testing is also provided each **Tuesday** from **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment, 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

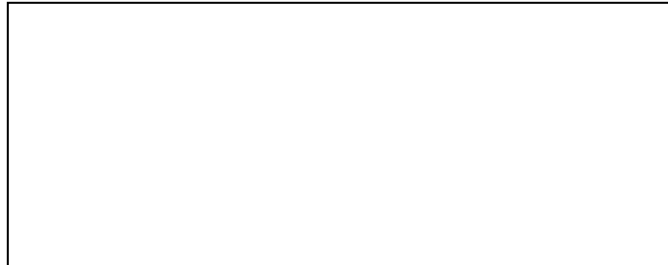
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Sudbury, Massachusetts 01776-1681

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

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



Come to our annual

Honky-Tonk Barbeque

Wednesday, July 16

Entertainment at 12:00; Barbeque at 1:00

*Featuring the good time music of
Gary Landgren*

Menu: Chicken breasts and thighs, potato salad, coleslaw, biscuits, watermelon, and birthday cake

April, May, June and July birthdays will be celebrated.

Cost: \$4.00

Reservations are required by July 9.

There is a limit of 55 guests, so reserve early to be sure of getting your spot.
If you sign up but can't come, please let us know so we can fill your spot from the waiting list!