



The Vikings DVD Series
Wednesdays, June 3– September 2
9:30-11:15 AM

As explorers and traders, the Vikings played a decisive role in the formation of Latin Christendom, and particularly of Western Europe. In this course, you will study the Vikings not only as warriors, but also in other roles for which they were equally extraordinary: merchants, artists, kings, raiders, seafarers, shipbuilders, and creators of a remarkable literature of myths and sagas.

Professor Kenneth Harl synthesizes insights from an astonishing array of sources: *The Russian Primary Chronicle* (a Slavic text from medieval Kiev), 13th-century Icelandic poems and sagas, Byzantine accounts, Arab geographies, annals of Irish monks who faced Viking raids, Roman reports, and scores of other firsthand contemporary documents. This DVD series is from the Great Courses of the Teaching Company. Please register by calling the Senior Center at (978) 443-3055.

Note: The Series will not be shown on June 10 or July 22 due to special events.



Easy

**Transitions: How to
Prepare and Sell a House**
Thursday, June 18
1:00-3:00 PM



Downsize,

Are you considering moving into a smaller more manageable home or condo? This informational session will help you learn about the process of downsizing your possessions, decluttering for safety, what to fix and not to fix when selling your home, how to get the most money for your home, how to hire and manage a realtor and strategies for selling a home in any condition. David Dowd is the founder of *Sell Mom's House* and a Realtor at Stephan Real Estate in Sudbury.

Please call the Senior Center to register for this program at (978) 443-3055. Space is limited.

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Arts at the Senior Center

Painting in Progress—New!
Wednesday, June 17
1:00-2:00 PM



Join Sudbury resident Cate Hunter Kashem and one of her paintings-in-progress for a demo and discussion of oil painting. She will explain her materials and how she begins an impressionist still life. Learn more about the inspiration and process of this artist, whose work has been exhibited nationally and appeared in American Art Collector magazine.

Please call the Senior Center at (978) 443-3055 to sign up for this event!

Watercolors Workshop



Session 1:
8 Fridays, 11:30-1:30 or 1:45-3:45
May 8-June 27; \$56

Session 2:
7 Fridays, 11:30-1:30
July 10-Aug. 28, \$49, No class Aug. 14

Join our delightful Watercolors class with Sandy Wilensky! You must register and pay in order to hold your space for this class. Make your check payable to *Town of Sudbury*. Class maximum is 18 persons.

Sign up for July session will begin on June 19 for residents, on June 26 for all others. For more information, please call (978) 443-3055.



IMPORTANT—Transportation News

Current and Future Van Riders! New Procedures for Using the Vans

As mentioned in previous newsletters and flyers, our Transportation procedures have changed (the Van Drivers, vans and locations are the same!).

1. Riders need to complete a MetroWest Regional Transit Authority (MWRTA) application and send a check or money order to the Senior Center (checks payable to MWRTA). An account will be created at the MetroWest Regional Transit Authority for your ride payments. This needs to be done **before riding the van**.
2. Once the account is set up, you will call the MetroWest Regional Transit Authority Central Reservation phone line at 508-820-4650 to request a ride.

The Van Drivers have applications available or you can call the Senior Center at (978) 443-3055 to have one mailed to you.

If you have any concerns or problems, please call us at (978) 443-3055. We will work to solve the problem. The van service will remain the same: ride requests should be called in 48 hours in advance; priorities for rides are: employment, medical, grocery shopping and all others. We still have our fantastic van drivers: Linda and Amy and Steve!

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www.friendsofsudburyseniors.org

SUDBURY SENIOR CENTER
 Phone: (978) 443-3055
 Address: 40 Fairbank Road, Sudbury
 Email: senior@sudbury.ma.us
 Webpage: www.senior.sudbury.ma.us

Current Events Group

1st and 3rd Thursdays, 10:00 AM
June 4 and 18

Special Current Events Presentation on June 4

Donald Sherman, one of the volunteer facilitators of the Current Events' group, will be showing a Frontline documentary followed by discussion. Don will also bring additional updated materials to share.

PBS Frontline's "House of Saud"

The house of Saud has controlled every aspect of Saudi life and politics since the Kingdom was established in 1932. But little is known about Saudi Arabia's secretive royal family. Through interviews with members of the family, government officials, and other experts from Saudi Arabia and the U.S., the documentary also traces America's relations with the Saudi royal family from their first alliance in the 1930s through September 11 and today. (2005) 2 hours.

The Current Events group meets at the Senior Center twice a month on the first and 3rd Thursday of the month from 10:00 to 11:30 AM. Please feel free to join the group for this special showing or at any other meeting.

Thank you to our longtime Facilitator Richard Nesmith who will be on hiatus for a few months. We wish him and his lovely wife Patricia well! For information, please call the Senior Center at (978) 443-3055.

Community Program of Interest...

**When Cancer Strikes a Friend:
What to Say, What to Do, and How**



Rev. Bonnie Draeger, of the book *When Cancer Strikes a Friend*, will lead a workshop Sunday, June 7 from 3:00 to 4:30 PM at the Sudbury United Methodist Church, 351 Old Sudbury Road, Sudbury.

Rev. Draeger serves as executive director of Friends & Cancer (www.friendsandcancer.org). This nonprofit organization oversees and supports the creation of cancer education materials and programs. An ordained deacon of the United Methodist Church, Rev. Draeger is a cancer survivor and is a featured speaker on cancer survivorship. For information, please contact SUMC.MA.Cancer.Care.Group@gmail.com.

**Learn about Total Joint Replacement
with Physical Therapist Sarah Heldman**

Tuesday, June 9
11:30AM

Considering a knee, hip or shoulder replacement? Find out about strategies for the right time to plan surgery, and what to expect following surgery. Learn how to prepare your body and environment to optimize a successful outcome after surgery. Bring your questions for Sarah!

Sarah Heldman, PT, DPT, is a practicing physical therapist at Physical Therapy Associates of Concord. Please call (978) 443-3055 to reserve your space. We look forward to seeing you there!

FitWalk!

Walking club

June 2-16

Tuesdays, 11:00 AM



Sudbury's Board of Health Nurse, Physical Therapist, R.N., will lead a fun and enjoyable 1 mile walk across the street from the Senior Center at Haskell Field. Please bring comfortable walking shoes, clothes appropriate for the weather and a water bottle.

Sign up by calling the Senior Center at (978) 443-3055. Group will meet at the Senior Center before and after the walk.

Sneak Peek—Fall Classes*
Sign up will begin July 21, 2015



***British Art with Don Oasis**
September 16—November 18
Wednesdays, 1:30 PM

***Skeptic's Guide to American History**
September 9-November 25
Wednesdays, 9:30-11:00 AM



Do you like Big Band music?

A generous soul has donated her father's Big Band CDs to the Senior Center's lending library. Sign them out at the Front Desk and enjoy!

The Deep End

Monday, June 8
10:00 AM

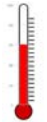


Nearly 90% of older adults want to live at home for as long as possible, and most people say they would prefer to die at home. However, only about one-third of adults have an advance directive expressing their wishes for end-of-life care. How prepared are you to have “the conversation”? Don’t delay, knowing what you or your loved one’s preferences are can be a comfort to all involved.

Join Kerri Hamburg, LCSW, of Good Shepherd Community Care for this discussion about decision-making for ourselves and our loved ones. Please call (978) 443-3055 to reserve your spot.

Mercury Collection

Saturdays, June 6 and 20
11:00 AM-1:00 PM



Mercury is a highly toxic compound that needs to be removed from the home. It should not be included in your weekly trash, as this may cause it to be released into the environment.

Bring your mercury containing items to the Senior Center and we will make sure they are safely and properly disposed of. This includes items such as old mercury thermometers or thermostats, small fluorescent lightbulbs, and other small mercury containing items. While supplies last, you will receive one mercury-free digital thermometer for your contribution—donated by Kaz, Inc., of Southborough, MA. For information, please call the Senior Center at (978) 443-3055.

Legal Clinic

Tuesday, June 16
10:00AM-12:00 PM

Schedule a free 20 minute consultation the Senior Center with Elder Law Attorney Denise Yurkofsky of Wayland. Call (978) 443-3055 to schedule your appointment.



at



Downton Abbey

Seasons 1 and 2
Mondays at 1:00 PM
June 15-July 27

Grab your cup of tea and settle into air-conditioned comfort for the first two seasons of Downton Abbey. This hit period series from England is sure to entertain! “The Downton Abbey estate stands a splendid example of confidence and mettle, its family enduring for generations and its staff a well-oiled machine of propriety. But change is afoot at Downton — change far surpassing the new electric lights and telephone.”

Please sign up by calling (978) 443-3055.

Means Tested

Senior Tax Exemption

Information Meeting

Thursday, June 11
1:00 PM

Assessor Cynthia Gerry will be at the Senior Center to explain how this Tax Exemption works and how to complete the application. If your property taxes exceed 10% of your income, you may qualify. The assessed value of your home must be less than \$700,000*, you must be 65 years of age, and any co-owner must be 60+ years of age. In order to apply, you must submit a completed copy of your Mass. State Income Tax Schedule CB (Circuit Breaker) Credit 2014, even if you did not file it; and a copy of your 2014 Federal Income Tax Form 1040/1040A or 1040EZ (pages 1 and 2). The 2015 Application form will be available at the meeting.

In addition, for those who are new to this exemption and may need some assistance in applying, we are scheduling a date for a Tax Exemption Help Session at the Senior Center. The date will be available at the Info Meeting on June 11.

Call the Assessor’s office at (978) 639-3393 or the Senior Center at (978) 443-3055 for more information.

*The assessed value may be adjusted.

PLEASE NOTE:

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



Caring Café—New!
Monday, June 8
1:00-2:30 PM

Designed for caregivers and their loved ones, this afternoon event will include refreshments, music, and time for conversation with others. A wonderful opportunity to get out with your loved one in a supportive and caring environment. Open to anyone in the community accompanied by their caregiver. Please call Anne Manning to RSVP at (978) 443-3055 or (978) 639-3268. A joint program of the Sudbury Senior Center and Pleasantries Adult Day Care in Marlborough.

Alzheimer's Series #2:
Recognizing & Handling Early Alzheimer's
Thursday, June 11
10:00 AM



In this seminar, representatives from the Alzheimer's Association and BayPath Elder Services will join Atty. Arthur Bergeron to discuss how to distinguish dementia from forgetfulness and how to deal with the possible denial and early depression that may come with it. Discussion will also include strategies for developing a plan and what the available programs are to help you and your family deal with the progression of Alzheimer's disease. You will also learn about asset restructuring that can help your loved one live at home, in an assisted living facility, or in a nursing home.

Please sign up by calling the Senior Center at (978) 443-3055.

~The Glass is Half Full~

**A Caregiver Toolkit for Providing Purposeful Engagement
 for Persons Living at Home with Memory Challenges**
Monday, June 15
9:30-11:30 AM



In workshop participants will learn practical, field-tested methods for creating a day full of rich experiences for their loved one utilizing Hearthstone's internationally acclaimed "I'm Still Here™" approach. This research-based methodology incorporates innovative techniques drawn from Montessori learning philosophies and research in procedural and emotional memory systems to create opportunities for true engagement regardless of the severity of memory loss. The approach was featured in a national program aired on PBS in 2013 and has been adopted by leading organizations throughout the world.


In addition to the valuable information gained by attending the workshop, each participant will receive several of Hearthstone's research-based activity tools to use at home with their loved one. The training is free for people caring for a loved one at home. (This workshop is not for professional caregivers.) Please register at wecare@thehearth.org or 617-335-3949 or at the Senior Center at 978-443-3055.

Tick Talk!
Thursday, June 18, 11:30 AM
With Lunch at 12:00 PM

Join Phyllis Schilp, RN, BSN, Sudbury's Board of Health Nurse to get the latest on ticks and the diseases they sometimes carry. Let us know if you will stay for lunch at 12 noon. The menu will be a Please call (978) 443-3055 to sign up and order lunch by **Monday, June 15.**



JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 12:30-2:30 Front Desk Staff Meeting* 1:00 Better Bones (6) 2:15 Tai Chi (3) *You may need to leave a message during this meeting.	8:30-10:30 BP Clinic 9:00 Cribbage 9:40 & 11:00 Yoga (1) 11:00 <i>FitWalk</i> (4) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (7) 3:00 <i>Council on Aging</i>	9:00-1:00 <i>Special Teen Tech</i> 9:00-3:00 I&R Hours 9:30-11:15 <i>The Vikings</i> (1) 10:00-12:00 <i>Drawing</i> (3, last) 11:00 Fit for the Future 1:00-3:30 Canasta (SP) No Quilting	9-12 SHINE 9:30 Tap Dance (6) 10:00-12:00 <i>Special Current Events</i> (see page 3) 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (3) 11:00 Fit for the Future 12:30 Friday Movie: <i>Eleanor Roosevelt</i> 11:30/1:45 Watercolors (5) Sat., 6/6—Senior Center Mercury Collection 11-1
8	9	10	11	12
9:00-3:00 I&R Hours 10:00 Stamp Club 10:00 <i>The Deep End</i> 11:00 Fit for the Future (G) 1-2:30 <i>Caring Café</i> 1:00 Better Bones (7) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 11:00 <i>FitWalk</i> (5) 11:30 <i>Total Joint Replacement Talk</i> 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (8)	9:00-3:00 I&R Hours No <i>The Vikings</i> today 11:00 Fit for the Future 12:00 <i>Volunteer Appreciation Luncheon*</i> 1:00-3:30 Canasta (VH) No Quilting * <i>By invitation only</i>	9-12 SHINE 9:30 Tap Dance (7) 10:00 <i>Recognizing Early Alzheimer's</i> 1:00 <i>Means-Tested Senior Tax Exemption Info</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (4) 11:00 Fit for the Future 12:30 Friday Movie: <i>Flower Drum Song</i> 11:30 or 1:45 Watercolors (6)
15	16	17	18	19
9:00-3:00 I&R Hours 9:30-11:30 <i>The Glass is Half Full</i> 11:00 Fit for the Future (VH) 1:00 Better Bones (8) (VH) 1:00 <i>Downton Abbey</i> (1) 2:15 Tai Chi (5) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) (SP) 10:00-12:00 Legal Clinic 11:00 <i>FitWalk</i> (6, last) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (1)	9:00-3:00 I&R Hours 9:30-11:15 <i>The Vikings</i> (2) 11:00 Fit for the Future (VH) 1:00-3:30 Canasta (SP) 1:00-2:00 <i>Painting in Progress - see pg. 2</i>	9-12 SHINE 9:30 Tap Dance (8, last) 10:00 Current Events 11:30 <i>Tick Talk! And Lunch at 12:00</i> 1:00 <i>Easy Transitions: Downsizing and Selling</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (5, last) 11 Fit for the Future (VH) 11:30 or 1:45 Watercolors (7) 12:30 Afternoon Movie: <i>Secondhand Lions</i> Sat., 6/20—Senior Center Mercury Collection 11-1
22	23	24	25	26
9:00-3:00 I&R Hours NO Fit for the Future NO Better Bones 1:00 <i>Downton Abbey</i> (2) 2:15 Tai Chi (6) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) (SP) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (2)	9:00-3:00 I&R Hours 9:30-11:15 <i>The Vikings</i> (3) 9:30 <i>Senior Aerobics</i> (VH) <i>Drawing workshop returns in September</i> NO Fit for the Future 1:00-3:30 Canasta (SP)	9-12 SHINE NO Tap Dance 12:00 Pizza and a Movie: <i>Hundred Foot Journey</i> 2:30 Connection Circle 3:00 <i>Friends Meeting</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 <i>Senior Aerobics</i> (VH) NO Better Bones NO Fit for the Future 11:30 or 1:45 - Watercolors (8, last) 12:30 Afternoon Movie: <i>Lost Horizon</i>
29	30			
9:00-3:00 I&R Hours NO Fit for the Future NO Better Bones 1:00 <i>Downton Abbey</i> (3) 2:15 Tai Chi (7) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage NO Yoga 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (3)		PLEASE NOTE: Fitness classes move to alternate spaces as of June 15. Check with us for room assignment!	Drawing Workshop, Fit for the Future and Tap Dance will return in September. (SP) Sudbury Pines Room (VH) Van Houten Room

TEEN TECH WORKSHOP

Wednesday, June 3 from 9:00 AM– 1:00 PM

L-S students are available for tech help with cell phones, ipads, ipods, laptops, software (using our computer), or other technical questions. On June 3, high school *senior* students will be here to help with your tech devices for Give Back Day from 9-1. Call to schedule your appointment at (978) 443-3055.

Friday at the Movies - 12:30 PM

Please sign up at (978) 443-3055.

June 5—Eleanor Roosevelt—NR—2.5 hrs

Admired for expanding the first lady's role in the White House, Eleanor Roosevelt was an early feminist turned contemporary heroine who overcame her share of obstacles. This PBS documentary paints a comprehensive portrait of one of history's most fascinating subjects.

June 12—Flower Drum Song—NR -2hrs

Chinese beauty Mei Li (Miyoshi Umeki) arrives in San Francisco to meet her fiancé, wealthy nightclub owner Sammy Fong (Jack Soo), in an arranged marriage, but the groom has his eye on his star singer Linda Low (Nancy Kwan). in this film version of the Rodgers and Hammerstein musical. Filled with stunning song-and-dance numbers, the film showcases the contrast between Mei Li's traditional family and her growing fascination with American culture.

June 19—Secondhand Lions—PG -2hrs

In 1960s Texas, timid teen Walter is forced to spend the summer with his rich and eccentric great-uncles (Michael Caine, and Robert Duvall) on their farm, where, over time, he learns surprising tidbits about their mysterious and dangerous pasts.

June 26—Lost Horizon—NR—2hrs 15 mins

In Frank Capra's classic based on the James Hilton novel, plane-crash survivors are led through the Himalayas to Shangri-La, a village without hate or crime where no one ages. Robert Conway (Ronald Coleman) is chosen to succeed Shangri-La's High Lama and falls for Sondra (Jane Wyatt), but his brother convinces him to leave on an ill-fated trek.

Movie and Pizza

Thursday, June 25

The Hundred Foot Journey

Rated PG—2hrs

**12:00 Pizza
12:30 Movie**



Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries.

Please call (978) 443-3055 to sign up and to order a slice of pizza (\$1.25/slice) by 10:00 AM that day!

Get Ready for Summer!

Park and Recreation Summer Concerts

July 6—August 3

Mondays 7:00—8:30 PM

Come one, come all to the 11th Annual Summer Concert Series **at Haskell Field** across from the Fairbank Community Center and Senior Center! This year will feature:

- July 6 ***Friends of Broadway***
- July 13 ***The Infractions***
- July 20 ***Ben Rudnick and Friends***
- July 27 ***The Nowheremen***
- August 3 ***Houston Bernard Band***

Also in town: Fresh Strawberry Concerts

The annual Fresh Strawberry Concerts happening at Longfellow's Wayside Inn at 7:00 PM in the chapel.

- July 7: ***Wild Cats*** (Roaring 20's music)
- July 14: ***Wolverine Jazz Band*** (Dixieland era and Jazz)
- July 21: ***Quintessential Brass*** (Big Band Orchestra)
- July 28: ***Southern Rail*** (Bluegrass music)

Please call the Inn for ticket information and reservations at 978-443-1776. A special ticket and dinner package is available.

Hello Fellow Travelers-



Our Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to partake in one of the wonderful trips they have planned this year!

Gloucester Lobster Cruise in Rockport September 2, 2015—\$97

Step aboard the elegant Beauport Princess and settle back for a cruise of one of New England's most photogenic harbors, in Gloucester, Mass. Enjoy your lobster buffet lunch while cruising past the historic homes, churches and city hall of Gloucester. Other sights include: Ten Pound Island Lighthouse, Blynman Bridge, Gloucester Fisherman's Statue, Hammond Castle and Norman's Woe, a rock reef immortalized in the "Wreck of the Hesperus" poem. Back on land, visit the artist colonies of Rockport, Mass., with time to walk around and enjoy the shops and the art museums.

Octoberfest and Fall Foliage, Essex, CT October 15, 2015—\$117

Lunch at the East Side Restaurant, a continuously family owned and operated restaurant on the same site for over 70 years. Enjoy your choice of: German Pot Roast, Sauerbraten, Burgermeister, Jager Schnitzel, and more! After lunch, head to the quaint town of Essex, CT, where you'll enjoy a scenic October Foliage ride on the Essex Steam Train and Riverboat. Chug through the scenic towns of Deep River and Chester, then take a ride on the Becky Thatcher Riverboat to the famed Gillett Castle and Goodspeed Opera House learning about the local history and legends of the area!

Quebec City!

September 20-23—\$719, 4 days, 3 meals
This is an easy bus ride north to Quebec City in Quebec, Canada. A nice get away that's not too far. Stay at the Star Palace Royal Hotel right outside the walled City! See the Quebec Citadel, stroll the boardwalk of the Hotel Frontenac, visit the plains of Abraham, the outdoor bread ovens and more! Deadline for a deposit is June 30.

Hawaii

January 28-February 7, 2016, 11 days
Fly to Honolulu and then cruise to all the best parts of the islands! \$4,449-\$5,359 double occupancy. Make your deposit now for the best cabins!

Flyers are in the Trip Rack for more details!

Please note: All trips require payment when registering.

Senior Center Fitness Classes

Sign-Up Information—Please Note:

Sign-up for residents begins 3 weeks before the class start date. *Sign-up* for all others begins 2 weeks before the class start date. Payment is due at registration.

Fit for the Future with Lois (aerobics/strength)

DATES: June 1-19 then no class til September

Mondays, Wednesdays, Fridays, 11:00 AM

\$2 drop-in—ongoing; no sign-up required

Classes on June 15-19 may be in Van Houten room

Better Bones, Senior Strength

Mondays at 1PM; 7/6-8/24 (no class 6/22, 6/29)

\$56—8 weeks;

Sign up starts on June 15 for residents; June 22 for all others

Fridays at 9:30AM; 5/22-6/19, on hiatus for summer
\$35 –5 weeks; no Friday class in July/August

Tai Chi

Mondays, 2:15 PM; 5/11-7/13; no class 7/6

2nd session: 7/20-8/31; \$31.50 for 7 weeks;

Sign up for 2nd session begins on June 29 for residents; July 6 for all others

Tai Chi for Healthy Living

Tai Chi for those who may not have exercised in a while and prefer a slower pace.

Tuesdays, 1:15 PM; 6/16-8/11, no class 7/7, \$10, 8 weeks (supported by the Executive Office of Elder Affairs State Formula Grant)

Sign up starts May 26 residents; June 2 all others

Tap Dance

Thursdays, 9:30 AM, April 16- June 11, \$40

Off for the summer; will resume in September

Yoga for Living Well

Tuesdays, 9:40 or 11:00 AM

6/2-7/28; 8 weeks for \$56

2nd session - 8/4-8/25; \$28 for 4 weeks

Sign up July 14 for residents; July 21 for all others

Summer Senior Aerobics

Wednesdays and Fridays, 9:30 AM

\$25 for 10 classes; June 24-July 31, no class 7/1, 7/3
\$17.50 for 7 classes, Aug. 5-28.

Class will meet in Van Houten room at Senior Center June 24, 26 and August 12-28.

Will meet at Lincoln Sudbury High School gym on July 8-31.

Sign up for residents begins on June 3, on June 10 for all others.

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

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

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

HEALTH SERVICES

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

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

CONSULTATION

Information and Referral: Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide information and referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:00 to 3:00**.

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

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

IN-HOME SERVICES

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

Friendly Visitor Program:

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

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

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

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

NUTRITION

Meals on Site: Once or twice a month a full lunch is served at the Senior Center at noon. Details are available in each newsletter. Please call to make a reservation as specified in the article. A voluntary donation of **\$3.00** a meal is suggested.

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

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>



Or Current Resident

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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



Join us at the Senior Center!

- ◇ Watercolors, Drawing, Music!
- ◇ FitWalk, Yoga, Better Bones, Tai chi, Senior Aerobics for Summer!
- ◇ Programs for Caregivers:
 - *Caring Café!
 - *Alzheimer's Series #2
 - *The Glass is Half Full
- ◇ Stamp Club, Cribbage and Bridge!
- ◇ Movies, Trips and More!

Tick Talk

with Phyllis Schilp,
RN, BSN
Sudbury Board of Health

Thursday, June 18

11:30 AM

With Lunch at

12:00 PM

Call (978) 443-3055 to
reserve your spot!



Means Tested

*Senior Tax
Exemption
Information Session*

*Thursday, June 11
1:00 PM*

*With Town Assessor Cynthia Gerry
Call to sign up!*

Alzheimer's Series #2: Recognizing and Handling Early Alzheimer's

Thursday, June 11
10:00 AM



Atty. Arthur Bergeron,
BayPath Elder Services and Alzheimer's
Association.

Call (978) 443-3055 to register.