

JULY / AUGUST 2024



Red, White & Blue BBQ

Tuesday, July 23

12:00 PM Lunch

12:30 PM Music

\$5 suggested donation



Step right up for a delicious chicken barbecue with all the fixin's and enjoy live music from the very popular Retro Polatin Duo. Sign up early as space is limited.

Sudbury residents and out-of-town volunteers may sign up as of **July 8**, all others as of **July 15**.

Sign up by contacting us at the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Sponsored by the Friends of the Sudbury Senior Citizens, Inc.

HIGHLIGHTS: MISSION: WHAT'S INSIDE PAGE

HIGHLIGHTS:	MISSION:	WHAT'S INSIDE	PAGE
July 8 Van Trip to Target	The Sudbury Senior Center's mission is to support the dignity, independence and well-being of Sudbury's older adults and their families by providing programs and services in a welcoming environment for all.	Director's Note	2
July 9 Free Chair Pilates Class		Academics	3
July 10 Pathways Coffee Hour		Art Classes	4
July 12 Beachy Watercolor Class		Fitness Classes	5
July 16 Making Memories Café		GoSudbury Catch Connect	6
July 17 Hydrate!		Volunteer News	7
July 30 Paint a Silk Scarf		July Calendar	8
Aug 12, 26 iPhone/iPad Workshops		August Calendar	9
Aug 13 Red Sox Party		Senior Center Staff/COA	10
Aug 9 Collette Tour Trips Mtg.		Special Events	11
	NOTICE: The Senior Center will be closed for the Independence Day holiday on Thursday and Friday, July 4 and 5.	Outreach and Information	12
		Sudbury Senior Trips	13

2 | FROM THE DIRECTOR

Greetings Friends!

Hopefully, you are enjoying the lazy, hazy days of summer! Well, don't get too lazy! There is lots for you to take advantage of... We are so excited to welcome you to our *Red White and Blue* Barbecue for some 50s and 60s vintage rock 'n' roll along with BBQ Chicken and fixin's! Featuring the band Retro Polatin and a barbecue from Buffet Way of Marlborough. Sign up begins on July 8 for Sudbury residents and out-of-town volunteers; July 15 for all others. See details on page 1. Many thanks for the Friends of Sudbury Seniors!

On August 13, Red Sox historian Herb Crehan returns to delight you with the inside stories from the Red Sox' first championship in 86 Years back in 2004. After celebrating the Red Sox, enjoy hotdogs and veggie dogs, along with delicious sides, and of course, the company of your friends and neighbors! See details on page 11. Again, thanks to the Friends for their support!

As you may have noticed, our walls are still a bit empty. Well, not for long! We are happy to announce the first exhibitor in our new Senior Center will be photographer Wayne Hall of Sudbury. Join us for a reception with Wayne on Tuesday, July 16 from 10:30 AM-12:00 PM in the Café. Learn more about how Wayne takes those awesome photos!

Are you tired of driving? Sudbury has new transportation programs for you to try. **Catch Connect Sudbury** will provide on-demand rides in Sudbury and to Target in Marlborough on Mondays through Fridays from 12:00 -6:00 PM. And beginning in August, a new Sudbury-Wayland Hospital shuttle will get you to Newton-Wellesley Hospital and into Boston Hospitals on Tuesdays through Thursdays. More information to come! Or contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us with questions. See page 6.

Are you a musician? Perhaps you are looking for a small group to jam with? A few musicians have mentioned that they are interested in getting together with other musicians to play. If this is something you'd like to do, contact us with your name, phone and email address and perhaps a new activity will be born!

Warmly,

Debra

THE GREAT COURSES DVD SERIES

Sister Wendy's American Classics

On Zoom during July

Day: Mondays
Time: 10:00 - 11:00 AM

In this 2001 PBS video, Sister Wendy Beckett comes to America for a spectacular tour that blends art, history, culture and storytelling. Sister Wendy shares her contagious enthusiasm, as she guides you through six of America's greatest art museums.

Music of Richard Wagner

On Zoom during July & August

Day: Tuesdays
Time: 9:30 - 10:30 AM

Richard Wagner was one of history's greatest composers, a theater artist of extraordinary genius and vision, and one of the most controversial characters in the entire pantheon of Western music.

History of India

On Zoom July 11, July 24, Aug. 7 and Aug. 21

Day: Wednesdays
Time: 9:30 - 11:00 AM

India is home to some of the world's oldest, greatest, and most successful civilizations. Today the South Asian subcontinent contains 20 percent of the world's population.

Current Events: Hybrid Meeting

Day: Thursdays
Time: 10:00 AM



Join in this respectful discussion of world events with facilitator Don Sherman. Participants vote and then talk about various topics. The group meets at the Senior Center in Room 2, or you can sign-up and log into Zoom. Please call the Sudbury Senior Center to get the Zoom link at 978-443-3055.

Great Decisions Continues

On Zoom and in-person: July 3, 24, 31, August 14, 28, Sep. 11, 25
Day: Wednesdays
Time: 9:30 AM

iPhone & iPad Workshops with Kevin Figueroa

Monday, August 12 from 2:00 - 4:00 PM

Setting up and Managing Email

In this class, attendees learn about the basics of email and the Apple Mail app. Explore the Mail app to learn about sending/reading emails, checking your inbox, and clearing junk and archive folders.

Monday, August 26 from 2:00 - 4:00 PM

Personalizing Your iPhone/iPad

You will learn about different ways to customize the iPhone and iPad to better suit your preferences. We'll cover changing ringtones and text tones, adjusting your wallpaper and Lock Screen, and making important tools more accessible.

Please sign up by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

4 | ART CLASSES

Joy of Watercolors Workshops with Angela Ackerman

Day: Friday, July 12 and August 16

Times: 11:30 - 1:30 PM or 1:45 - 3:45 PM **Cost:** \$15.00

July 12: Beachy Watercolor Workshop

Join us and bring in your favorite water view scene, beach photo as we will play with waves, reflections, and rock/stone landscapes. Feel free to bring in photos of your favorite water view vacation spot as well! All levels welcome!

August 16: Tropical Watercolor Workshop

Get your creative juices swirling around tropical plants, tropical birds, and still life's with tropical patterns/prints. We are going to venture into brighter coloration and explore bights with neutrals. Hope to see you all there-

All skill levels are welcome!

Drop In Watercolor

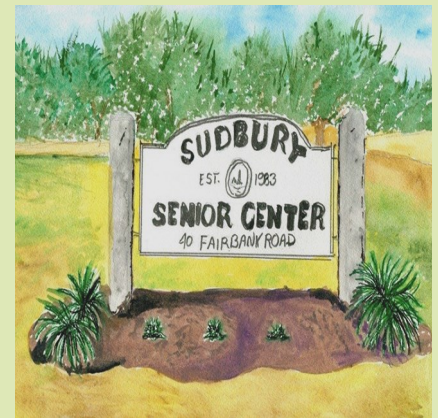
Day: Friday

Dates: July 19, 26, Aug. 2, 9, 23, 30

Times: 11:30 - 1:30 PM or 1:45 - 3:45 PM

Join us on Fridays and meet some of our wonderful painters. This is a drop-in watercolor class. Get your project done in a relaxing sunny space with other like-minded artists. Great conversions happen when being creative! All skill levels are welcome in this friendly group.

Get creative, have fun and enjoy the benefits of painting!



Drop-in Crafts, Sewing, Yarn or Art project

Day: Wednesdays

Dates: During July and August

Time: 10:00 - 12:00 PM

We have a beautiful sunny Arts & Crafts room for all to enjoy. There are plenty of long tables to work on and we also have a fabric, glue, ribbons, yarn, etc. . .for you to use.

Please stop by to start or finish a project that you are working on.

T'AI CHI

Mondays | 2:30-3:30 PM | \$30.00

Inst: Jon Woodward **5 wks. July 22, 29, Aug 5, 12, 19**

Jon is a certified T'ai Chi instructor who teaches at several local fitness clubs and senior centers. Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow movements and controlled breathing. This class is great for beginners.

CHAIR PILATES – NEW CLASS

Tuesdays | 9:30-10:30 PM | \$42.00

Inst: Jennifer Davidson **7 wks. July 16 - August 27**

FREE TRIAL CHAIR PILATES CLASS—

You must sign up!

ON TUESDAY, JULY 9 at 9:30 AM

This fitness class is designed to enhance core strength and stability for those who prefer to exercise off the floor. Class consists of exercises on the chair that stretch and tone the body as well as support the integrity of the spine. Balance, coordination and pelvic stability/strength also are addressed in this class. This is a fun, empowering class that leaves students feeling energized, taller, and with happier joints and muscles overall.

Sign up by phone at 978-443-3055 or email at senior@sudbury.ma.us.

Jennifer also teaching a Mat Pilates class and we are hoping to offer a Free Trial Mat class in September! Let us know if you are interested.

~WELLNESS LAB AND TAP DANCE ARE OFF FOR THE SUMMER - RETURNING IN SEPTEMBER!~

Staying Active & Independent for Life On ZOOM

Thursdays | 9:15-10:00 AM | \$28.00

Inst: Derry Tanner **4 wks. Aug. 8, 15, 22, 29**

SAIL is a safe and effective fitness class on Zoom. Increase your strength, balance and flexibility. Derry is a retired nurse and certified personal trainer.

FIT FOR THE FUTURE

Mondays, Wednesdays & Fridays | 11:00 - 12:00

Inst: Lois Leav. Session: ongoing \$4.00 at the door
Lois has been teaching the Fit for the Future class for over 30 years. This class is a mix of low body aerobics and stretching to upbeat music. Accommodations will be made for lower impact exercise. This class is marked safe for beginners. Call to reserve your classes on Friday after 9:30 AM.

ZUMBA GOLD

Thursdays | 11:00-11:55 AM | \$24.00

Inst: Yachun Lin **4 wks. Aug. 1, 8, 22, 29**

No class Aug. 15

Zumba Gold is a fun cardio class with low impact movements that are gentle to your joints. Each class is like a dance party with easy-to-follow steps. Yachun is a certified Zumba Gold Instructor.

DRUMS ALIVE

Thursdays | 1:00-1:55 PM | \$24.00

Inst: Yachun Lin **4 wks. Aug. 1, 8, 22, 29**

Drums Alive is a unique sensory-motor drumming program involving drum sticks, an exercise ball, and music. It's specially designed for older adults. This seated class will raise your energy, body and mind through neurological pathways.

CHAIR YOGA—HYBRID CLASS

Fridays | 9:30-10:15 AM | \$48.00

Inst: Rebecca Reber **8 wks. June 21—Aug 30**

No class July 5, 12 & Aug. 16

Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Rebecca is a 200-hour Yoga Fit Int'l Training System, Inc. RYT certified instructor.

MAT YOGA

Fridays | 12:45-1:30 PM | \$36.00

Inst: Rebecca Reber **6 wks. Jul 19, 26, Aug 2, 9, 23, 30**

No class July 5, 12, Aug. 16

We will connect movement and breath as we move into poses. Bring 2 yoga blocks and a yoga belt.

6 | TRANSPORTATION NEWS

What: **Catch Connect Sudbury** - New Grant-funded Pilot Transportation Service

How: Wheelchair-accessible Van via **MWRTA Catch** app; or (508) 283-5083

When Service available Monday - Friday from 12:00 - 6:00 PM

Where: Transportation within Sudbury and along Route 20 to Target Store Plaza



The Catch Connect Sudbury shuttle is a new, grant-funded, pilot program sponsored by the Sudbury Transportation Committee and the MetroWest Regional Transit Authority (MWRTA). This new microtransit on-demand service will start in Sudbury on July 1, 2024 and is targeted to serve the same population as the subsidized Uber program, although the shuttle is open to everyone as seating is available.

Riders will be able to request a ride as they need it and potentially get picked up within a few minutes to ½ hour. Rides will be within Sudbury and destinations will include stops along Route 20 and nearby to the Target Store in Marlborough. Riders will download the MWRTA Catch Connect Sudbury app onto their smart phones and request rides through the app or use the phone line available for those unable to use the app at (508) 283-5083.

Sudbury and the MWRTA will offer Catch Connect services **free for the first two months (July and August)**, to attract users and showcase the new option. After that period, the cost per ride will be \$2.

Call the Sudbury Senior Center for more information at 978-443-3055, or email at senior@sudbury.ma.us.

Coming soon - Sudbury-Wayland Hospital Shuttle - to Newton-Wellesley Hospital and Boston Hospitals - beginning August 6! More information to come.

PROGRAM HIGHLIGHT



Wayne Antion, S.H.I.N.E. counselor

Medical Equipment Loan Closet

Our Loan Closet, filled with all sorts of gently-used durable medical equipment, from canes to wheelchairs, transport chairs to shower benches, crutches, knee scooters, walkers, rollators, and more, will be re-opening in the future, exact timing to be determined.



Please check our website for updates or feel free to call Janet Lipkin at 978-639-3223 if you have any questions related to the Loan Closet.

S.H.I.N.E. (Serving the Health Information Needs of Elders) is a program funded and operated by the Executive Office of Elder Affairs.

The highly trained volunteer S.H.I.N.E. Counselors assigned to the Sudbury Senior Center help seniors understand their rights and benefits under Medicare and their other healthcare coverage, including prescription drug coverage and supplemental insurance.

The counselor reviews present coverage, provides benefit comparisons, educates consumers about unnecessary coverage, and helps to prepare health benefit claims. To schedule a S.H.I.N.E. appointment, please call the Senior Center

Hearing Clinic

Michael Drennan, BC-HIS, of Rogers Hearing Solutions, volunteers his time and expertise to the Senior Center, offering complimentary wax and hearing screenings during the Hearing Clinic which takes place on the 2nd Friday of each month. Call the Senior Center to schedule an appointment. Thank you, Michael!



WHAT WE DO

Our volunteers...

- ◆ Make small home repairs
- ◆ Provide technology support
- ◆ Make weekly calls or home visits to seniors
- ◆ Pick up groceries for clients
- ◆ Help out at special events
- ◆ Offer free legal, tax and health insurance advice
- ◆ Deliver books/materials to seniors unable to get to Goodnow Library
- ◆ Pick up donated baked goods from local supermarkets
- ◆ Greet people as they come into the Senior Center
- ◆ Lead classes or programs
- ◆ Assist with monthly newsletter mailings...and much more



Memory Training course volunteers Kim Canning, Danielle Agabedis and Paul Marotta

BECOME A VOLUNTEER

If you would like to apply to become a volunteer of the Senior Center, or to learn about our volunteer opportunities, please contact Janet Lipkin, Coordinator of Volunteer Programs, at 978-639-3223; LipkinJ@sudbury.ma.us.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
10:00 Cribbage 10:00 American Classics 11:00 Fit for the Future 12:30 Mahjong 2:30 No Tai Chi	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 10:00 Grief Support Grp. 1:00 SHINE Appts. 2:00 Circle of Friends and Caregiver Support Group	9:30 Great Decisions 10:00 Drop-in Crafts 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:30 Let's Play Chess	Independence Day Holiday Senior Center Closed	Senior Center Closed
8	9	10	11	12
10:00 Cribbage 10:00 American Classics 10:00 Stamp Club 11:00 Fit for the Future 11:30 Van Trip to Target 12:30 Mahjong 2:30 Tai Chi	9:30 Music of R. Wagner 9:30 FREE TRIAL - New Chair Pilates Class! 9:30-11:30 Ping Pong 1:00 SHINE Appts.	9:30 History of India 10:00 Drop-in Crafts 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:30 Let's Play Chess 2:00 Pathways Coffee Hour	9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 Zumba Gold 12:30 Canasta 1:00 Low Vision Group 2:30 Connection Circle	9:30 Hearing Clinic 9:30 No Chair Yoga 11:00 Fit for the Future 11:30 Beachy Watercolors Workshop 12:45 No Mat Yoga 1:45 Beachy Watercolors Workshop
15	16	17	18	19
10:00 Cribbage 10:00 American Classics 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi 3:30 COA Meeting	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 9:30 Chair Pilates 10:30-12 Wayne Hall Photo Exhibit Reception 1:00 SHINE Appts. 2:00 Making Memories Café	9:30 Great Decisions 10:00 Drop-in Crafts 11:00 Fit for the Future 11:00 Hydration! Presentation 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:00 Turn the Page Book Grp. 1:30 Let's Play Chess	9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 No Zumba Gold 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:45 Mat Yoga 1:45 Watercolors Drop-in
22	23	24	25	26
10:00 Cribbage 10:00 American Classics 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 9:30 Chair Pilates 12:00 Red, White & Blue BBQ 12:30 Retro Polatin Duo Band 1:00 SHINE Appts.	9:30 History of India 10:00 Drop-in Crafts 10:00 Informal Grief Sup. 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:00 Legal Clinic by appt. 1:30 Let's Play Chess	9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 No Zumba Gold 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:45 Mat Yoga 1:45 Watercolors Drop-in
29	30	31		
10:00 Cribbage 10:00 American Classics 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 9:30 Chair Pilates 1:00 SHINE Appts. 1:30 Paint A Silk Scarf	9:30 Great Decisions 10:00 Drop-in Crafts 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:30 Let's Play Chess	FONT COLORS: Zoom Events in BLUE On-site at the Senior Center events in BLACK Hybrid events in GREEN Special Events—RED Off-site - PURPLE	

AUGUST 2024 CALENDAR

9 |

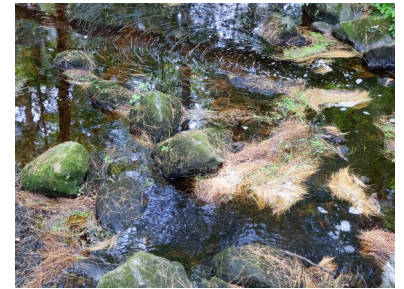
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
FONT COLORS: Zoom Events in BLUE On-site events in BLACK Special Events in RED Off-site-Events in PURPLE Hybrid Events in GREEN			9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 Zumba Gold 12:30 Canasta 1:00 Low Vision Group 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:45 Mat Yoga 1:45 Watercolors Drop-in
5	6	7	8	9
10:00 Cribbage 10:00 American Classics 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 9:30 Chair Pilates 10:00 Grief Support Group 1:00 SHINE Appts. 2:00 Circle of Friends and Caregiver Support Group	9:30 History of India 10:00 Drop-in Crafts 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:30 Let's Play Chess	9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 Zumba Gold 2:30 Connection Circle	9:30 Hearing Clinic 9:30 Chair Yoga 11:00 Collette Trips Mtg. 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:45 Mat Yoga 1:45 Watercolors Drop-in
12	13	14	15	16
10:00 Cribbage 10:00 American Classics 10:00 Stamp Club 11:00 Fit for the Future 11:30 Van Trip to Target 12:30 Mahjong 2:30 Tai Chi 2:00 iPhone/iPad Workshop	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 9:30 Chair Pilates 11:00 Red Sox Lunch & Learn 1:00 SHINE Appts.	9:30 Great Decisions 10:00 Drop-in Crafts 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:30 Let's Play Chess 2:00 Pathways Coffee Hour	9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 No Zumba Gold 12:30 Canasta 2:30 Connection Circle	9:30 No Chair Yoga 11:00 Fit for the Future 11:30 Tropical Watercolor Workshop 12:45 No Mat Yoga 1:45 Tropical Watercolors Workshop
19	20	21	22	23
10:00 Cribbage 10:00 American Classics 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 9:30 Chair Pilates 1:00 SHINE Appts. 2:00 Making Memories Café	9:30 History of India 10:00 Drop-in Crafts 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:00 No Turn the Page Book Group 1:30 Let's Play Chess	9:00 SPS meeting MP room 9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 Zumba Gold 12:30 Canasta 2:00 Friends of Sudbury Seniors 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:45 Mat Yoga 1:45 Watercolors Drop-in
26	27	28	29	30
10:00 Cribbage 10:00 American Classics 11:00 Fit for the Future 12:30 Mahjong 2:00 iPhone/iPad Workshop 2:30 Tai Chi	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 9:30 Chair Pilates 1:00 SHINE Appts.	9:30 Great Decisions 10:00 Drop-in Crafts 10:00 Informal Grief Sup. 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Legal Clinic by appt 1:30 Let's Play Chess	9:15 Staying Active for Life 10:00 Current Events 10:30 BP Walk-in Clinic 11:00 Zumba Gold 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:45 Mat Yoga 1:45 Watercolors Drop-in

Photography Exhibit Reception with Photographer Wayne Hall - July 16 from 10:30 AM– 12:00 PM

Photographer Wayne Hall will be the first guest artist to show work in our new exhibit space! View the photo exhibit and discuss Mr. Hall’s photos and photo choices for this exhibit, while enjoying spritzers and light snacks in our Café.

Sudbury resident Wayne Hall has had a passion for photography since his days as a high school yearbook photographer and editor in Williamsport, Pennsylvania. After a brief stint as a professional musician followed by a long career in information technology management, he has returned to things creative as a stock and fine art photographer. His primary interests are in nature, architectural and outdoor photography, with an emphasis on capturing the special magic of New England. Since 1974, he’s resided in Sudbury, Massachusetts, where he volunteers his time and photographic talent to a number of local land conservation organizations.

He has a growing list of publication credits, both in print and on the Internet. Wayne is a member of the North American Nature Photography Association, the Sudbury Art Association, and currently leads the Sudbury Valley Nature Photographers.



SENIOR CENTER STAFF	COUNCIL ON AGING
<p>DIRECTOR Debra Galloway</p> <p>OUTREACH COORDINATOR Open position</p> <p>ADMIN COORDINATOR Chery Finley</p> <p>COORDINATOR OF VOLUNTEER PROGRAMS Janet Lipkin</p> <p>PROGRAM COORDINATOR Open position</p> <p>RECEPTIONISTS</p>	<p>CHAIRPERSON Marilyn Tromer</p> <p>VICE CHAIR Jeffrey Levine</p> <p>SECRETARY Patricia Tabloski</p> <p>DIRECTORS Brenda Erickson State Rep. Carmine Gentile Robert Lieberman Paul Marotta Anna Newberg Donald Sherman</p>
<p>Mary Murray/Palig Garabedian</p> <p>S.H.I.N.E. COUNSELORS Marc Hertzberg Wayne Antion</p> <p>TAX WORK-OFF COORDINATOR Josephine King</p> <p>TRIP COORDINATORS Franci Martel Joe Bausk</p> <p>VAN DRIVERS Linda Curran Paul Marchand</p>	

FRIENDS OF SUDBURY SENIORS

<p>President Joe Bausk</p> <p>Vice President Ron Riggert</p> <p>Treasurer Josephine King</p> <p>Secretary Judy Merra</p>	<p>Board Members: Joanne Bennett Judith Honens Patricia Howard Cay Kuras Donald Oasis Deanna Sklenak</p>	<p>For more information about the Friends, please visit https://sudburyseniorcenter.org/about-us/friends-of-sudbury-seniors/ or leave a message at 978-443-3055 and a Friend will call you back.</p>	<p>The Friends of Sudbury Senior Citizens, Inc., is a 501C non-profit organization that supports the Sudbury Senior Center through volunteering and fundraising. The Friends are supporting the new Senior Center in the new Community Center by funding a patio and pergola, as well as a fireplace for the new lounge.</p>
--	---	--	---

DISCLAIMERS

NOTE: The Sudbury Senior Center hosts many special programs, some with guest speakers or moderators. Each guest may present their own views or opinions. The Senior Center does not approve, recommend or reject any of these views.

NOTE: We appreciate the advertisers who support this newsletter, but we cannot endorse any products or services. Production and distribution of this monthly newsletter is partially funded by the State Formula Grant from the MA Executive Office of Elder Affairs.

11 | SPECIAL EVENTS

Why are people always telling me to drink more water?

Wednesday, July 17 at 11:00 AM

Why do we need to hydrate? What is dehydration and what are the symptoms? Unfortunately, dehydration can affect a whole host of body processes and is especially risky when it's hot outside. How do you prevent dehydration and what are the treatment options? Get these answers plus more helpful information from Neala Quinn, Nurse Care Manager for Deaconess Abundant Life Services in Concord.

And five lucky participants will win a new water bottle!



Paint a Silk Scarf

Tuesday, July 30 at 1:30 PM

Karen Halloran, VP of Marketing and Business Development at Azure Healthcare is back to show up how to paint some beautiful silk scarves. Karen is generously supplying all the materials. Sign-up now, this class always fills up quickly. Class size is limited to 20 participants.

Pathways Coffee Hour

**Wednesday, July 10, August 14
2:00 PM**

LGBTQ+ folks and friends! Join us for casual coffee and snacks. Julie Nowak, LGBTQAI+ Coordinator from Springwell will be here!

**Red Sox Lunch & Learn
~ Celebrate the 2004 World
Champion Team ~
Tuesday, August 13**

**11:00 AM Author/Reporter Herb
Crehan
12:00 PM Lunch**

\$5.00 suggested donation at the door.

Herb has interviewed and written feature articles on 16 of the most important players, and manager Terry Francona. He will take us from the bitter end of the 2003, the busy offseason with new 30-year-old GM Theo Epstein adding talent, and then from spring training to the players' memories of the duck boat parade!

Herb Crehan, a recognized authority on Boston baseball history is also in his 29th season as a contributing writer for the Boston Red Sox.

Sudbury Residents may register as of July 8, all others as of July 15.

Thank you to the **Friends of Sudbury Seniors** for sponsoring this lunch and talk!

To sign-up for any of these special events, please call the Senior Center at 978-443-3055 or email senior@sudbury.ma.us.

SUDBURY SENIOR CENTER SERVICES

Home Safety Checks

A collaboration with the Sudbury Fire Department to ensure working smoke and CO alarms in the home of Sudbury residents.

Tech Support

Volunteers give one-on-one technical help to seniors. By appt. only.

Legal Clinic

Free 20-minute on-site appointment with a Volunteer Elder Law Attorney, on the 4th Wednesday of the month.

Phone Buddies

Volunteers make weekly calls to older Sudbury adults who would like to socialize.

Friendly Visitor Program

Volunteers make weekly outdoor home visits to Sudbury seniors unable to leave their homes.

Grocery Shopping

Volunteers make weekly visits to supermarkets and deliver food to the homes of Sudbury residents.

Lockbox

A small safe with the owner's housekey is affixed to the home for emergency access by the Fire Department.

Sponsored by Sudbury Firefighters IAFF Local 2023.

Meals on Wheels

Hot lunch delivered to older residents who are unable to leave home. A \$3.00 donation is suggested. Call Springwell, Inc. at 508-573-7200.

Should You Delay Medicare Enrollment?

Most people first become eligible for Medicare when they turn 65. To avoid a lifetime penalty, it is important you sign up during your Initial Enrollment Period (IEP). Your IEP begins three months prior to your 65th birthday, and ends three months past your birthday month. To have Medicare start the month of your birthday, you will want to enroll 3 months before you turn 65, or else it will begin the first of the following month.

There is an exception for people still working past age 65. If you are covered through your employer group health plan and there are 20 or more employees, you may delay enrolling in Medicare without penalty. This also applies if you are covered through your spouse's current employment. However, once employment ends, other coverage, such as COBRA or a Health Connector plan, **will not prevent the penalty.**

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, contact the Sudbury Senior Center at 978-443-3055 or senior@sudbury.ma.us

Sudbury Senior Center Circle of Friends and Caregiver Support Group

Tuesday, July 2 at 2:00 PM

Tuesday, August 6 at 2:00 PM

The Sudbury Senior Center partners with Orchard Hill Assisted Living to offer a community engagement program for persons with dementia, providing activities and socialization, while their care partners attend a monthly Support Group. The Caregiver Support Group is hosted by Facilitator Susan Maki and runs concurrently.

This program is held on the first Tuesday of the month from 2:00-3:30 PM at "Orchard Hill Assisted Living".

Space is limited and registration is required by leaving a message for Janet Lipkin, at 978-639-3223.

MAKING MEMORIES CAFÉ

Tuesday | July 16 and August 20

2:00 - 3:30 PM

Bring your loved ones with memory loss to enjoy refreshments, uplifting entertainment or an activity, and companionship with others.

These events are perfect opportunities for you to take a break, socialize with other family caregivers and simply enjoy spending time with your loved one.

This café is sponsored by: Bridges by Epoch and will meet on the 3rd Tuesday of the month.

Reservations are required by calling the Sudbury Senior Center at 978-443-3055 or email: senior@sudbury.ma.us

HEARING CLINIC

Friday | July 12 and August 9

9:30 - 11:00 AM

Michael Drennan, BC-HIS, of Rogers Hearing Solutions, offers complimentary wax and hearing screenings on the 2nd Friday of the month. Call the Senior Center at 978-443-3055 for an appointment.

GRIEF SUPPORT GROUP

Tuesday | July 2 and August 6

10:00 - 11:30 AM

The Grief support group meets on the first Tuesday of the month. Group facilitator is Jane Benger, Chaplain at Faith & Family Hospice. Registration is required by calling at 978-443-3055.

BLOOD PRESSURE WALK-IN CLINIC

Thursday in July and August from 10:30 - 11:30 AM with BOH Nurse Katie Betts.

LOW VISION SUPPORT GROUP

Thursday | July 11 and Aug 1

1:00 - 2:00 PM

Join this helpful support group that is led by visually impaired coordinators. Meets on the 1st Thursday of the month. In conjunction with Mass Association for the Blind and Visually Impaired.

**Sudbury Connection Van
Trip to Target in Marlboro**

**Monday | July 8
Monday | August 12**



Pick-up time: 11:30 AM
Drop Off at Target: 12:00 PM
Return home: 1:00 PM

Registered van riders, please contact the MWRTA Reservation Center at 508-820-4650 two days in advance to schedule your ride to Target.

Note: Van trips to Target take place on the 2nd Monday of the month.

Sudbury Senior Trips

There are still four more fun and interesting adventures we are offering this year. For more detailed information stop by the Senior Center and pick up a flyer.

August 19, 2024 - Foxwoods- Come ride with us to the casino in CT. Try your luck at the slots or tables. This is transportation only - \$39.00 (Bloom Tours)

September 10-12, 2024 - Multi -Day trip to Bar Harbor and Acadia National Park. We will also be stopping in Portland and Freeport ME. \$749.00 pp DO (Best Of Times) Call to inquire about single room pricing and availability.

October 23, 2024—Fall Foliage Train Ride on the Winnepesaukee Railroad with luncheon from Hart’s Turkey Farm right onboard - BYOB! \$127.00 (Royal Tours)

December 1, 2024 - Reagle Music Theater presents "Christmas Time" which should get people in the holiday Spirit! Beforehand, we will lunch at the popular Italian eatery "The Chateau" in Waltham. (Lunch and show \$137.00- Royal Tours)



The Friends of Sudbury Seniors Sudbury Senior Trips purchased a pass for Sudbury seniors to visit the museum . This allows 2 adults and 2 children into the museum at no charge; but is not applicable for special events.

The museum is open 10:00 AM – 5:00 PM, Wednesdays – Sundays.

The Pass is available to be signed out from the Senior Center Front Desk on Wednesdays and Fridays.

In order to ensure the pass is returned, we are asking that you leave a \$25.00 check with us, which will be returned when you bring back the pass. You may reserve the pass up to one week in advance.

For more museum information, please call the American Heritage Museum at 978-562-9182.

Collette Tours Trip Meeting

Friday, August 9 at 11:00 AM.

Learn everything you need know about three overnight trips, that Collette Tours is offering in 2025.

- **Savanna, GA/Charleston, NC .
Departing on April 21, 2025.**
- **Mackinac Island including the Tulip Festival.
Departing on May 7, 2025,**
- **Napa Valley (wine country) ,
Yosemite National Park and Monterey.
Departing on September 1, 2025.**

Call the Senior Center 978-443-3055 to reserve your seat for the presentation.

| 14 GOSUDBURY CATCH CONNECT EVENT 6/6/24



SUDBURY SENIOR CENTER
40 FAIRBANK ROAD
SUDBURY, MA 01776-1681

U.S. Postage
PAID
Sudbury, MA
PERMIT NO. 4
Presort Standard



Phone: (978) 443-3055 | **Fax:** (978) 443-6009

Office Hours: Monday through Friday 9:00 AM - 4:00 PM

Website: www.sudburyseniorcenter.org

Email: senior@sudbury.ma.us



Or Current Occupant