

*A Publication of the Sudbury Senior Center: the place for information, learning and connection for all older adults!*



Photos from summer 2021  
Ice Cream Social on the patio!

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*June is Gay Pride Month - we welcome and celebrate our neighbors in the Rainbow community!*

## SPECIAL EVENTS!

### **Summer BBQ in the Gym**

*Tuesday, June 7*

*12:00 PM - Lunch*

*12:30 PM - Live music*

**\$ 5.00 at the door**

*Sign up by*

**June 2!**

### **Men's Breakfast**

*Monday June 13*

*9:00 - 11:30 AM*

**\$3.00 at the door**

*Sign up by*

**June 9!**

*Contact us at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) to reserve a spot!*

Healthy Eating, Healthy Living!

**Have you tried the Mediterranean Diet?**

Wednesday, June 15 at 11:30 AM

Traci Robidoux, R.D., L.D.N., of BayPath Elder Services

The Mediterranean Diet is not a diet, as in “go on a diet,” even though it’s a great way to lose weight and improve your health. Rather, it’s a lifestyle, based upon the traditional foods (and drinks) of the countries that surround the Mediterranean Sea. Scores of leading scientists have rated this way of eating as one of the healthiest diets in the world—while millions of people have rated it one of the most delicious! Come learn about the Mediterranean diet and sample a delicious Lemon Basil Whole Grain Salad.



Join us at the Senior Center to learn more about all the amazing benefits of the Mediterranean diet.

Please register by emailing us at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

or call 978-443-3055.

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- Fall and spring semesters and a six-week summer program
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## ACADEMICS AND PRESENTATIONS

**The Great Courses DVD Series**  
**How to Listen to**  
**and Understand Opera - Zoom**  
**Tuesdays, 9:30 - 10:30 AM**  
**April 5 - Aug 2, 2022**

June 7

Lec. 22 - Verdi and Otello, IV

**Skipping lectures 23 & 24**June 14

Lec. 25 - German Opera Comes of Age

June 21

Lec. 26 - Tristan und Isolde, I

June 28

Lec. 27 - Tristan und Isolde, II

**The Great Courses DVD Series**

**Dutch Masters:**

**The Age of Rembrandt - Zoom**  
**Mondays, 10:00—11:00 AM**  
**April 4—August 22, 2022**

June 6

Lec. 15 - Art in Delft

Lec. 16 – Johannes Vermeer, c. 1655-60

June 13

Lec. 17 – Johannes Vermeer, c. 1660-65

Lec. 18 – Johannes, Vermeer, c. 1665-70

June 20 - no class—Senior Center closedJune 27

Lec. 19 - Still-Life Painting, c. 1620-54

Lec. 20 – Still-Life Painting, c. 1652-82

July 11

Lec. 21 – Landscape Painting – The Early Decades

*Rescheduled from May 16...*

**The Career of Vladimir Putin**  
**with Speaker Henry Quinlan**  
**Tuesday, June 14 at 1:00 PM**

If you were registered for the May 16 talk, please let us know if you CANNOT make it by contacting the Senior Center at senior@sudbury.ma.us or 978-443-3055. Space is limited.

**Great Decisions Discussion Group 2022**



**Wednesdays**  
**9:30 AM - on ZOOM**

**June 1, 8, 22,**  
**July 6, 20,**

**August 3, 17, 31 & September 14**  
 (see below for intervening Wednesdays)

This 9-session foreign policy program is designed to encourage thoughtful discussion relating to current global challenges. The program model involves reading the Great Decisions Briefing book, watching the DVD and then discussing the issues facing America today. The program will be offered on Zoom.

(Briefing book is available for order at the Foreign Policy Assn. website, at www.fpa.org).

For information, please contact Chery Finley at FinleyC@sudbury.ma.us or 978-443-3055.

Thanks to Sudbury resident Bill Allard for coordinating this program, and to all of the volunteer moderators!

Great Decisions is a program developed by the Foreign Policy Association, www.fpa.org.

**The Great Courses DVD Series -**  
**Course To Be Determined**

**Wednesdays, 9:30 AM** *on*  
**June 15, 29, July 13, 27** *Zoom*  
**August 10, 24, September 7**

A course from the Senior Center's library of Great Courses DVDs will be chosen and offered during the above dates. Information was not available as the newsletter went to print. Please feel free to contact the Senior Center at senior@sudbury.ma.us or 978-443-3055 for updated information.

*"Never lose an opportunity of seeing anything beautiful, for beauty is in God's handwriting.."*

Ralph Waldo Emerson



## Low Vision Support Group

Thursday, June 2 at 1:00 PM

Meets on the first Thursday of the month.



## Cribbage

Meets every Monday

10:00—12:00 PM

**No class June 13 and 20**

For experienced players. Please sign up by calling 978-443-3055

## Turn the Page Book Group

**Date:** June 15

**Time:** 1:00 PM

**Book:** *Red Notice: A True Story of High Finance. Murder and One Mans Fight for Justice*

**Author:** Bill Browder

Weather permitting, group will meet outside at the Senior Center. Please information please contact the Senior Center at senior@sudbury.ma.us or 978=443=3055.

## CANASTA

**Please Note: No meeting on June 23**

Meets every Thursday at the Senior Center from 1:00 - 3:45 PM.

We are looking for new and experienced players. Please call the Senior Center at 978-443-3055 to register.

## MAH JONG

We are playing Mahjong every Monday

1:00 - 3:00 PM

**No class June 20**



We have a few spots open, please call 978-443-3055 to join.

## Intermediate Bridge

Playing every Wednesday

1:00—3:30 PM

Please sign up by calling 978-443-3055.

## Stamp Club - June 13



Meets on the on the 2nd Monday of the month at 10:00 AM

Please sign up by calling 978-443-3055.

## Short Story Book Group



**Meeting is on June 9**

Meets on the 2nd Thursday of the month at 1:00 PM

Sign up by emailing Sharon K. Wilkes at wilkess@sudbury.ma.us.

**Welcome Summer!**

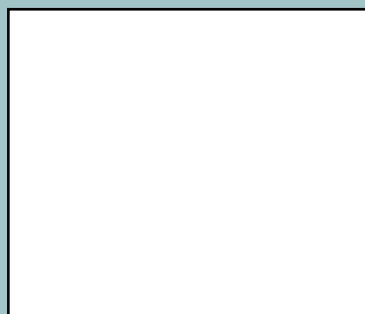
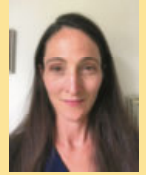


As I write this, summer has suddenly arrived! The warmth is welcome after a cool spring... but what's sure to follow are some hot days as well. Heat can take a toll on our bodies. It's best to be prepared, with air conditioning, fans, and an emergency plan. Make sure to drink water and other fluids. Take it slower, be more active in the early morning or evening and take it easier during the warmer parts of the day. If you need more information or resources to help you with heat safety, please contact Outreach and Information Specialist Ana Cristina Oliveira, at oliveiraa@sudbury.ma.us or 978-639-3268.

During extreme heat, you can visit the Senior Center to cool off. Please contact us to learn more at senior@sudbury.ma.us or 978-443-3055. Another place to get cool with evening/weekend hours is our Goodnow Library. Please contact the library at 978-443-1035 for updated hours, or go to their website at <https://goodnowlibrary.org/>.

**"So long" to our Morning Receptionist Tia Kelly!**

Venetia "Tia" Kelly started as the Sudbury Senior Center Front Desk Morning Receptionist in October 2019. I am certain that all of the people who have called or visited the Senior Center when she is working have come away pleased to talk with her. She has a wonderfully pleasant manner, is highly customer service oriented and really enjoys her work with all of the people who call and visit! Tia also helped with organizing the Front Desk and adding procedures to enhance efficiency. Although she is leaving, she will not be far away; she recently found a full-time position with the Nixon School and will continue providing excellent customer service for staff, parents and students at the school. We will miss her smile and hard work but wish her well in her new role. We are hoping she will have time to stop in for a visit once in a while... Many thanks to Tia for her reliable presence at the Senior Center Front Desk!



FALL 2022  
**ADVENTURES in LIFELONG LEARNING**




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**Tuesdays October 11, 18, 25 and November 1**

Visit our website to join the mailing list and learn more. [www.bit.ly/Adventures-FSU](http://www.bit.ly/Adventures-FSU)

Registration will open on Tuesday, September 6, at 11am.

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Framingham Cultural Council and Marlborough Cultural Council.




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**S.A.I.L.**

**Staying Active & Independent for Life**



**8 Thursdays from 9:15 – 10:00 AM**  
**April 28 - June 16;**  
**June 23 - Aug. 11 or Aug. 18**  
**On ZOOM - cost \$40.00**

Instructor Derry Tanner is a retired nurse and certified personal trainer. SAIL is a 45 -minute, safe and effective fitness class. Learn research-tested strength, balance and flexibility exercises that can help to make you stronger, make you feel better, and improve your balance.

This class is marked **S A F E** for beginners.

**T'AI CHI**

**8 Mondays from 2:15 - 3:15 PM**  
**May 23, June 6, 13, 27, July 11, 18, 25, Aug. 1**

**No class June 20, July 4**

**Cost \$40.00**

**Location: FCC Gym through June 13;**  
**Summer location as of June 27**



Jon Woodward is a certified T'ai Chi instructor with many years of experience, and teaches at several local fitness clubs and senior centers in the Metrowest area.

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow, graceful movements and meditation to help promote relaxation and well-being.

**Next session starts on Aug. 8**

***Tap Dance will return***  
***in September!***



**FIT FOR THE FUTURE**

**Mondays, Wednesdays & Fridays**  
**11:00 - 11:45 AM**

**No class June 17, 20, 24**

**Class Location will change as of June 22**

- Instructor Lois Leav has been teaching *Fit for the Future* for the past 30 + years
- Located in the Fairbank Gym through June 15;
- In the Van Houten or Summer Location from June 22 through August 15
- Class maximum: 18 people
- Cost of class is \$4.00 per class - Exact Change Only
- Check-in and payment at the Front Desk; or to the instructor when off-site.



**CHAIR YOGA Hybrid Class**

**8 Fridays from 9:30 - 10:15 AM**  
**May 13, 20, 27, June 3, 10, 17, 24, July 1**

**Next session starts on July 15**

**On ZOOM and in-person - cost \$40.00**

Join Rebecca Reber for a gentle and relaxing class, with stretching. Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Most of the class takes place while sitting.

**REGISTRATION**

**for S.A.I.L, T'ai Chi and Chair Yoga**

- To register, email Chery Finley at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us).
- Make check payable to "Town of Sudbury"
- Mail your check to Chery Finley, Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.
- The Zoom link and password will be emailed to you the day before the class.
- If you need financial assistance, please call us at 978-443-3055.



SUDBURY COMMUNITY NEWS AND INFORMATION!

GOOD NOW LIBRARY FOUNDATION presents...  
**Tech Help Open House**  
**Monday, June 13**  
**10 am - 12 noon**  
**Sara Sherman NOW Lab**

Drop by with your...  
 Mobile Phone  
 Laptop  
 Tablet or E-Reader

**YOUR VOICE  
YOUR STORY**

**SUDBURY LIVED EXPERIENCES**

The **Sudbury Diversity, Equity and Inclusion Committee** invites Sudbury residents to share personal stories about identity-based experiences, including racism and prejudice...

Storytelling for change. We believe that for Sudbury to be a place of belonging, it must be a place of equity. Lived Experiences collects local stories to document identity-based experiences, including racism and prejudice, IN SUDBURY—from people who live, study, visit, or work in Sudbury. Our survey is anonymous and—if you want it to be—confidential so that you can tell your story without fear. **Our goal is to make Sudbury a better place to live, work, learn—or just be.** By understanding the experiences of individuals in our community, we can raise community awareness and collaborate with local advocacy groups and our Select Board to effect change.

**Important:** Only those stories that respondents have designated as "okay to share publicly" will be included on the website and potentially shared on other platforms such as the Sudbury Diversity, Equity, and Inclusion (SDEIC) Facebook page, town discussions, etc.

Stories are transformative. They have the power to reshape cultural norms and dismantle power systems. We believe that the process of sharing one's story is also EMPOWERING. And it creates CHANGE. Your story can help transform our community by resetting the agenda, building awareness, building new relationships across groups, and shifting norms—from complacency and resignation to responsibility and agency.

**Share a story -**

[Click here](https://argoconsulting.qualtrics.com/jfe/form/SV_b2dGKpQgflyhziW?jfefe=new) to share a story or type in the following :[https://argoconsulting.qualtrics.com/jfe/form/SV\\_b2dGKpQgflyhziW?jfefe=new](https://argoconsulting.qualtrics.com/jfe/form/SV_b2dGKpQgflyhziW?jfefe=new)

**If you have questions or need assistance to complete this survey, please email us at [sudburylivedexperiences@gmail.com](mailto:sudburylivedexperiences@gmail.com).**

From the Sudbury Assessor's Office:

**FY 2023 Sudbury Means-Tested Senior Tax Exemption**

The FY 2023 Sudbury Means Tested Senior Exemption Application filing season is currently underway. As this exemption is means based, it is not universally available to all seniors. The Sudbury Means Tested Senior Exemption (SMTE) Program reduces real property taxes for some low to moderate-income senior citizens through a redistribution of the property tax burden within the residential class. The program requires residency in Sudbury for a minimum of 10 years prior to eligibility. This program relies on the annual income criteria established by the Massachusetts State Income Tax Refundable Credit known as the Circuit Breaker. Sudbury Seniors over age 65, income eligible for the circuit breaker income tax credit under subsection (k) of section 6 of chapter 62 of the MA General Laws, who also meet specific criteria may be eligible for some property tax relief under this program.

**For details** - look online at [www.sudbury.ma.us/assessors](http://www.sudbury.ma.us/assessors) or contact the Senior Center/Assessor's Office for a paper copy of eligibility guidelines and/or an application. Due date is Sep. 23, 2022.

**JUNE 2022 CALENDAR**

MONDAY	TUESDAY	Wednesday	Thursday	FRIDAY
		1	2	3
Rooms: VH - Van Houten Room SP - Sudbury Pines room G - Gym R1 - Room 1 (next to gym) CBE - Congregation Beth El		9:00 L-S Senior Service Day Project (VH) 9:30 Great Decisions 11:00 Fit for the Future 1:00 Intermediate Bridge	9:30 BP Walk-in Clinic Tap Dance returns in September! 9:15 Staying Active for Life 10:00 Current Events 1:00 Low Vision Support Grp. 1:00 Canasta (R1/VH) 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in Group 1:45 Watercolors 2:00 Uber Tech Clinic
6	7	8	9	10
10:00 Cribbage 10:00 Rembrandt 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (G)	9:00 English Learner 9:30 Opera 12:00 Summer BBQ 1:00 Bingo (VH) 1:00 Legal Clinic (phone) 2:00 Caregiver Support Grp. (SP)	9:30 Great Decisions 11:00 Fit for the Future 1:00 Intermediate Bridge 1:00 Meet Finley the Adventure Dog (patio - ice cream treats!)	9:30 BP Walk-in Clinic No Tap Dance 9:15 Staying Active for Life 10:00 Current Events 1:00 Short Story Grp. 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Watercolors Drop-in Grp. 1:00 Movie: King Richard 1:45 Watercolors Drop-in Group 2:00 Uber Tech Clinic
13	Encore Trip 14	15	16	17
9:00 Men's Breakfast 10:00 Rembrandt No Cribbage today 10:00 Stamp Club 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (G)	9:00 English Learner 9:30 Opera 1:00 Bingo 1:00 Vladimir Putin Presentation (rescheduled from May 16)	9:30 TBD Great Courses Series 11:00 Fit for the Future 11:30 Mediterranean Diet Talk and Samples 1:00 Intermediate Bridge 1:00 Turn the Page Book Grp.	9:30 BP Walk-in Clinic No Tap Dance 9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga No Fit for the Future 11:30 Watercolors Drop-in Group 1:45 Watercolors Drop-in Group 2:00 Uber Tech Clinic
20	21	22	Patsy Cline Trip 23	24
Juneteenth Day Senior Center Closed	9:00 English Learner 9:30 Opera 1:00 Bingo	9:30 Great Decisions 11:00 Fit for the Future (VH) 1:00 Intermediate Bridge	9:30 BP Walk-in Clinic Tap Dance returns in Sept. 9:15 Staying Active for Life 10:00 Current Events No Canasta this week 2:00 Friends Meeting 2:30 Connection Circle	9:30 Chair Yoga No Fit for the Future 11:30 Watercolors Drop-in Group 1:45 Watercolors Drop-in Group 2:00 Uber Tech Clinic
27	28	29	30	FONT COLORS:
10:00 Cribbage 10:00 Rembrandt 11:00 Fit for the Future 1:00 Rainbow Jeopardy 1:00 Mahjong 2:15 Tai Chi (CBE) 3:30 COA Mtg.	9:00 English Learner 9:30 Opera 1:00 Bingo	9:30 TBD Great Courses Series 11:00 Fit for the Future (VH) 1:00 Intermediate Bridge	9:30 BP Walk-in Clinic 9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	Zoom Events in BLUE On-site events in BLACK Special events in RED

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AT HERITAGE



HOME CARE



HEALTHCARE CENTER

maryannmorse.org



From Janet Lipkin, Volunteer Program Coordinator

It feels so good to have the warmer weather upon us...June 21st is the first official day of summer, and I welcome it with open arms. Cheers to the stunning flowers, long hours of daylight, smells of food cooking on the grill, and the ability to gather outdoors. Aside from high pollen counts, It is a favorite time of year for many.

The Volunteer Programs at the Senior Center continue to be very active...our valued volunteers are a busy bunch! Our volunteer team is made up of a diverse group of caring individuals, ranging in age from 18 years old to those in their 90's. Some had been very busy in their careers or raising their families, and are just now finding some free time to get involved. Others have been active volunteers for years. A common thread is that they are individuals that want to make a difference in others' lives, and volunteering often seems to give them an additional purpose. We welcome anyone interested in learning about the volunteer opportunities of the Senior Center to check our website for descriptions of the various volunteer roles, and to contact Janet Lipkin (978-639-3223; [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us)) if interested in applying.

Quotes of Note:

*"The smallest act of kindness is worth more than the grandest intention."* - Oscar Wilde

*"Volunteerism is a currency that appreciates."*

-Volunteer Resources Bc

*"Volunteers don't necessarily have the time; they just have the heart."* -Elizabeth Andrew

\*\*\*\*\*

If you are a senior that would like to be matched with a Phone Buddy, Grocery Shopper, Friendly Visitor, or Goodnow To Go volunteer, please contact Janet Lipkin at 978-639-3223 ([LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us)).

June is Pride Month! "The Executive Office of Elder Affairs is committed to ensuring that all individuals receiving services are treated with respect and compassion regardless of race, creed, gender identity, or whom they love." - EOEAA memo 9/11/20. The Sudbury Senior Center volunteers have undergone an LGBT Aging Project Training, created by the Fenway Institute. The Senior Center and all of its volunteers are dedicated to creating a welcoming environment to ensure that all older adults are treated with respect and kindness.

Please continue to check our website (<https://sudburyseniorcenter.org/services/>) to get an update on resumption of the Volunteer Programs that have been suspended due to the pandemic.

*With utmost gratitude and much appreciation to all of our volunteers,*

Janet Lipkin, Volunteer Program Coordinator

In April, the Senior Center honored its volunteers with a Volunteer Appreciation Drop-In Lunch, sponsored by Friends of Sudbury Seniors.



Roger Tincknell entertained everyone with blues and bluegrass music.

Thank you, volunteers, for all you do!



## From Outreach and Information Specialist, Ana Cristina Oliveira



## In honor of Gay Pride Month - RAINBOW JEOPARDY

Monday, June 27, 1:00 PM

Join us for an interactive game of Jeopardy! Did you watch Jeopardy winner Amy Schneider during her epic winning streak? Come test your knowledge about LGBTQ+ leaders, authors, celebrities and changemakers who have shaped our history! Have fun guessing the answers and learn along with us! Hosted by Julie Nowak, LGBTQ+ Initiative Coordinator for BayPath Elder Services. Please sign up at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).



*There will be prizes!!*

## PATHWAYS Events

**LGBTQ+ folx and SOFFAs (Significant Others, Family, Friends, and Allies)**

of all ages are welcome to join our conversations!

Please note that some topics discussed, for instance the Stonewall Uprising, may be better suited to mature audiences.

To RSVP or for assistance finding support groups and resources related to the rainbow community, please contact :

Julie Nowak, LGBTQ+ Initiative Coordinator at BayPath Elder Services: [jnowak@baypath.org](mailto:jnowak@baypath.org) or (508) 573-7288 .

## Caregiver Support Group - in Person

**JUNE 7 at 2:00 PM**

Come join us if you're caring for a loved one with memory loss or cognitive impairment. Support groups develop a sense of community through shared feelings and experiences. We are meeting at the Senior Center on the first Tuesday of the month.

To register, please call the Ana Cristina Oliveira, Outreach Specialist at 978-639-3268 or email her at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).



## Medicare Questions?

- ⇒ Are you turning 65 in the next three months?
- ⇒ Are you over 65 and need to enroll soon?
- ⇒ Do you understand your Medicare deadlines and options?
- ⇒ Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program. Sudbury Senior Center's trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, contact the Senior Center at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or 989-443-3055.

For other SHINE related matters, call 1-800-243-4636.

## Information and Assistance

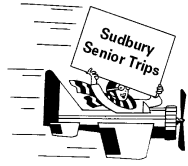
Ana Cristina Oliveira, Outreach /Information and Referral Specialist, provides information and assistance to individuals age 60 and over and their families, in the areas of food, utilities assistance, Medicare counseling, caregiver support, transportation, and information/referral on a variety of other services. She can be reached at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-639-3268.

SHINE Counseling (Serving the Health Needs of Everyone on Medicare)

- Assistance in Applying for SNAP (Food Stamps)
- Used Furniture Assistance
- Legal Assistance/Referral
- Low- Income Home Energy Assistance Program
- BayPath Elder Services Referral
- Transportation application assistance
- Caregiver Support Group

MOVIES AND TRIPS

**SUDBURY SENIOR TRIPS 2022**



**Day Trips**

**June 14, 2022—Encore Casino** with Fox tours. Trip includes transportation and a \$20.00 casino slot play coupon. Cost per person \$35.00 .

**June 23, 2022—The Patsy Cline Tribute Show and luncheon** (Best of Times) Davenport Yacht Club, Danvers, MA. Cost per person \$101 (includes gratuities).

**Cruises**

**Aug 19—26, 2022—Boston to Bermuda to Boston** cruise with Norwegian Cruise line.

**Sept 18—25, 2022— Boston to Canada to Boston** cruise with the Royal Caribbean cruise line.

**Repositioning Cruise**

**Oct 15—27, 2022—Boston to Miami** with Celebrity Cruise line.

+++++

To book a trip, stop by the Senior Center with a check to secure your spot .

**Encore Casino in Boston** with Fox Tours.

**Tuesday, June 14, 2022**

Trip includes :

- transportation leaving from the Senior Center at 9:00 AM, return at 4:00 PM
- \$20.00 slot play coupon.
- Cost per person \$35.00



Stop by the Senior Center to pay and secure your spot by June 8, 2022.

Please park in the Senior Center parking spaces near the trees.

**Meet Famous Finley at the Senior Center!**

Wednesday, June 8  
1:00 PM



Share an ice cream sandwich outside on our patio area and meet Finley! Finley is a cuddly, affectionate yellow Labrador Retriever, who will be visiting the Senior Center with his human, Sherry Fendell, of Sudbury. Finley has been a fixture in a weekly article in the Sudbury Town Crier for the last 2 years.

Finley is a very active dog who adores meeting new people and other animals. You can watch Finley and/or interact with him at your discretion.

Please sign up in advance so that we can order ice cream sandwiches and we can let you know of any schedule changes. This will be an outdoor event. We will cancel with heavy rain and/or severe weather. Contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

*Be on the lookout!*

**Summer Block Party in August! - Date TBD**

**M O V I E**

**King Richard**

**Friday, June 10**

**at 1:00 PM**

**Rated: PG, 2.5 hrs.**



Armed with a clear vision and a brazen 78-page plan, Richard Williams is determined to write his daughters, Venus and Serena, into history. Training on Compton, California's neglected tennis courts--rain or shine--the girls are shaped by their father's unyielding commitment and their mother's balanced perspective and keen intuition, defying the seemingly insurmountable odds and prevailing expectations laid before them. Based on the true story that will inspire the world, "King Richard" follows the uplifting journey of a family whose unwavering resolve and unconditional belief ultimately delivers two of the world's greatest sports legends.



## HEALTH AND OTHER RESOURCES

**COVID-19 Test Kit Distribution**

- ◆ Available to Sudbury Seniors/disabled residents.
- ◆ One free kit per person, while supplies last.
- ◆ Pick-up Mondays through Fridays, from 9:00 AM - 3:00 PM.

If you have any questions or need further information, please contact Ana Cristina Oliveira at 978-639-3268 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

*Also*, you can order Free At-Home COVID-19 Tests from the U.S. Gov. at <https://special.usps.com/testkits>.

**SUDBURY COUNCIL ON AGING**

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Administrative Coordinator  
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**FRIENDS OF SUDBURY SENIORS**

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*The Sudbury Council on Aging* is a nine member Town Committee, appointed by the Sudbury Select Board, to identify the needs of Sudbury's older residents, educate the community on the needs, promote services to fill these needs, and support any other programs which are designed to assist older adults in the community.

**Uber Technology Support**  
 Friday at 2:00 PM  
Call 978-443-3055 to schedule an appointment.

**SUDBURY SENIOR CENTER SERVICES**

**Consultation Outreach and Information**  
Information about resources and services for older adults, caregivers, and their families in Sudbury. Free consultation by appointment.

**Legal Clinic**  
Free 20-minute phone consultation with an Elder Law Attorney by appointment.

**S.H.I.N.E. (Serving the Health Information Needs of Everyone on Medicare)**  
Free consultation on Medicare health insurance by appointment.

**Community Services**  
**Phone Buddies**  
Volunteers make weekly calls to older adults who would like to socialize.  
**Friendly Visitor Program**  
Volunteers make weekly visits to seniors unable to leave their homes to socialize.

**Grocery Shopping**  
Volunteers make weekly visits to supermarket and bring food to the door.  
**Lockbox**  
**Lockbox** - A small key 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.

**Nutrition**  
**Home Delivered Meals**  
Hot lunch delivered to older residents who are unable to leave home. \$3 suggested donation. Registration through BayPath Elder Services: 508-573-7200.

**Safety**  
**Home Safety Checks**  
Collaboration with the Sudbury Fire Dept. to ensure working smoke and CO alarms, for older Sudbury homeowners who have a non-urgent need.



**Join the Friends!** The Friends of Sudbury Seniors fundraise, support and promote the Sudbury Senior Center. They are welcoming new members. Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us and a *Friend* will reach out!

PLEASE 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. In addition, while we appreciate the advertisers who support this newsletter, we cannot endorse any products or services.

Production and distribution of this monthly newsletter are partially funded by the State Formula Grant from the MA Executive Office of Elder Affairs.

*What's better than a hot dog (or a veggie dog) and a Red Sox game?*




**Save the date:**  
**Wednesday, August 3, 1:30 PM - Lunch**  
 Watch the Red Sox vs. Houston Astros  
 at 2:10 PM on our giant screen!

*More details to follow...*




On the Left Donna Roessler, with Jane Graham and Sally Barrett at the **Volunteer Appreciation Luncheon** on April 26, 2022.

**Did you Know?**



June 3 is Repeat Day. I said,  
 "Repeat Day".

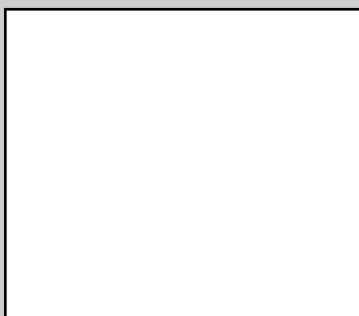
Did you hear? Its Repeat day.



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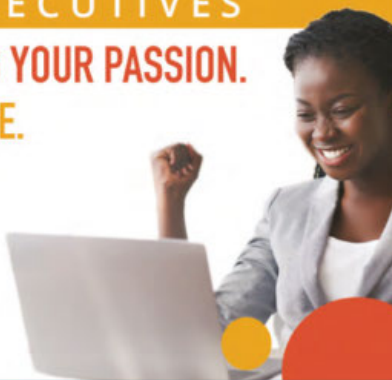
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The Sudbury Senior Center and Sudbury Council on Aging

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Phone: 978-443-3055

E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

Webpage: <http://sudburyseniorcenter.org>



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