

# THE VIEW

## SHARON ADULT CENTER

MID-SUMMER 2011

[www.townofsharon.net/adultcenter](http://www.townofsharon.net/adultcenter) or  
[www.townofsharon.net/coa](http://www.townofsharon.net/coa)

VOLUME 4 - NUMBER 07

The Sharon Adult Center welcomes adults from the many diverse populations residing in and around Sharon. We foster mutual understanding and respect among our participants, staff, volunteers, and community partners in order to enhance the quality of life.

### *The View from the Adult Center*

In June, we recognized over 90 Council on Aging/Adult Center volunteers from fiscal year 2010. This represents over 16,500 hours and nearly \$225,000 worth of services to the Town. Certificates were given to numerous volunteers for their work in the Wisdom Works Program (job search program); the arts (teaching classes, facilitating groups, Lakeside Gallery); to retiring COA Board members Faye Berzon and Hy Lamb; and posthumously to Sid Rosenthal, former Chair of the Commission on Disabilities, and Scott Laurie, former volunteer driver. A quote from Chuck Levine (volunteer job coach for our new Wisdom Works program), who was unable to attend said, "...it's not often you get to do something that you really enjoy that also helps people."

The next show at the *Lakeside Gallery* opens August 16<sup>th</sup> and features works by Ruth Adjorlolo and George Castar. "Art is Ageless" highlights the beautiful watercolors by Ruth and the amazing photographs taken by George, whose creativity and passion for their art has continued throughout their lives. A reception will be held August 31, 7:00-9:00 p.m. "Art is Ageless" will be on exhibit until October 11<sup>th</sup>. In the interim, "Images in Black and White," the third Annual Sharon Adult Center Photography Club show, runs until August 11. Be sure to stop by and see the dramatic images of our incredibly talented members.

In June we received notification from the Patrick-Murray administration that the Sharon COA was awarded a Mobility Assistance Program grant from the Massachusetts Department of Transportation in the amount of \$138,896. The funding will provide 80% of the amount needed to replace our lift-equipped van and minibus and even supplements an additional mini-bus!

The Craft Corner is now open under the excellent direction of Doris Gladstone and Marcia Liebman (Mondays 1:30-3:30; Thursdays, 11:00-1:00; other hours by appointment). Our thanks to Gordon Gladstone for helping work out some of the procedures and to Vera Cross for her charming signage. Ceramics, jewelry, articles of clothing for dolls, handmade pens, and other items and accessories are wonderful to browse and even better to buy!

*Norma*

**ADULT CENTER OFFICE HOURS:** Monday – Wednesday, 8:30 a.m. to 4:30 p.m.; Thursday, 8:30 a.m. to 8:00 p.m.; and Friday, 8:30 a.m. to 12:30 p.m. Voice mail is available 24 hours a day. Please leave a message if no one is available to answer your call.



### FARMERS' MARKET COUPONS

A limited number of Farmers' Market coupons will be available **after August 2** at the Adult Center office for Sharon residents who *do not* live on Hixson Farm Road (all buildings). Coupons for Hixson Farm Road residents will be available by lottery – sign up at the meal site (51 Hixson Farm Road) beginning on Monday, July 25 (names will not be taken earlier than July 25<sup>th</sup>). In order to receive these coupons through the Adult Center and the meal site, you must be over 60 years old and have an income below \$30,751 (individual) or \$40,213 (couple). Call Nancy at the Adult Center after August 2<sup>nd</sup> to pick up your coupons or make alternate arrangements if you cannot get to the Adult Center.

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## SHARON ADULT CENTER – PROGRAM GUIDE

To register for any program, stop by the Adult Center and fill out a registration form or send payment *along with a note including name, address, phone number, and program you are registering for* to the Sharon Adult Center, 219 Massapoag Avenue, Sharon, MA 02067. Checks payable to “Town of Sharon-COA.” A limited number of scholarships are available for Sharon residents through the FSCOA. Please speak to Susan Edinger or Norma Simons Fitzgerald in confidence regarding scholarships.

### IMPORTANT REGISTRATION INFORMATION:

- Registrations are accepted on a first come-first served basis until the RSVP date or until the program/class is full. No registrations will be accepted without the appropriate fee; spaces cannot be held.
- Don't delay in registering for a program or class; if there are insufficient registrations by the RSVP date, the program or class may be cancelled.
- Preference given to Sharon residents for all programs and classes unless otherwise noted (noted as “all welcome”). Out-of-town residents will be placed on a waiting list and any available spaces will be filled after the RSVP date in the order calls were received.
- Some classes fill up before the RSVP date. Sending payment does not guarantee acceptance into a class. You will be notified if the class is full and your payment will be returned.
- For multi-session classes – complete listing of meeting dates will be given at first session.
- It is important to pre-register for all programs, including those that are free. If we must cancel a program for any reason other than “no school,” we do try to call all those that have pre-registered.

## FITNESS CLASSES

Some spaces may remain in each class; call for availability and confirm new session dates.

Sharon residents given first preference for all sessions.

### YOGA



Date & time: Mon., 9:00-10:00 a.m. (next session: July 25)  
 Cost: \$50 / eight week session RSVP date: July 18  
 Holistic approach geared towards those 55+; bring beach towel. Taught by staff of the Hockomock Y, Foxboro.

### ZUMBA

Date & time: Wednesdays, 9:00-10:00 a.m.  
 (next session: August 3)  
 Cost: \$35 / eight week session RSVP date: July 27  
 Features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body; for those 55+. Bring a water bottle. Taught by staff of Hockomock Y.

### ZUMBA – SECOND CLASS FORMING!

Date & time: Mon., 2:00-3:00 p.m., beginning September 19  
 Cost: \$35 / eight week session RSVP date: September 12  
 A second session of our popular class, also taught by staff of the Hockomock Y.

### CARDIO AND STRENGTH TRAINING

Date & time: Fridays, 9:15-10:15 a.m. (next session: July 15)  
 Cost: \$35 / eight week session RSVP date: call for availability.  
 Traditional group exercise class set to music includes 30 minutes of cardiovascular work and 30 minutes of muscle conditioning. Taught by staff of the Hockomock Y, Foxboro.

### TAI CHI / CHI KUNG

Date & times: Tues., 10:00-11:00 a.m. (next session: July 5)  
 Cost: \$30 / six week session RSVP date: call for any available spaces  
 Same class as taught on Thursdays; led by Mike Showstack.

### TAI CHI / CHI KUNG

Date & times: Thursdays, 9:00-10:00 a.m. (next session: Aug. 18)  
 Thursdays, 10:30-11:30 a.m. (next session: August 18)  
 Cost: \$40 / eight week session RSVP date: August 11  
 Movements are slow and fluid, evenly defined and circular, ever interchanging and interweaving; great for balance. Limited enrollment in both sessions. Taught by Michael Showstack.

### SIT AND BE FIT – NEW CLASS!

Date & time: Wednesdays, 1:30-2:30 p.m. beginning September 21  
 Cost: \$35 / eight week session RSVP date: September 14  
 Class will help build strength, flexibility, balance, and cardiovascular endurance while using a chair to sit in and for support while standing. It is appropriate for all fitness levels and is geared to people that are new to fitness. Class can be customized to meet your individual needs and is appropriate for people with arthritis. Taught by staff of the Hockomock Y, Foxboro.

### GENTLE YOGA

Date & time: Thursdays, 3:00-4:15 p.m.; beginning September 15  
 Cost: \$32 / 8 classes RSVP date: September 8  
 Same class as taught in evening; Sylvia Mignon, instructor.  
 No class: Sept. 29, Oct. 13

### WATER AEROBICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. You do not have to be a member of the YMCA to participate, however for these special rates, you must register through the Sharon Adult Center; call for information on dates, times, and fees.

## UPCOMING MOVIES



**Coffee & pastry at 9:30; movies begin at 10:00. Program fee: \$1. RSVP for seating is strongly suggested. Those who register for the movie will have first seating preference. Sharon residents will have first seating preference until one week before each movie.**

### **Movie – Thursday, July 21**



“True Grit,” the updated Western that received multiple Oscar nominations, including Best Picture, and stars Josh Brolin, Jeff Bridges, Matt Damon, and Hailee Steinfeld (110 minutes; rated PG-13). This movie will also be shown in the evening; 5:45 p.m.

### **Foreign/Independent Film – Thursday, August 4**



In “Get Low,” Robert Duvall and Sissy Spacek team up to tell the true story of Felix Bush, a backwoods Tennessee loner who planned his funeral in 1938 while he was still around to attend – and enjoy – the proceedings. Director Aaron Schneider’s deft blend of dark humor and poignancy also stars Bill Murray and Lucas Black (100 minutes; rated PG-13).

### **Movie – Thursday, August 25**



“Rabbit Hole” is the 2010 film based on David Lindsay-Abaire’s Pulitzer Prize-winning play of the same name. Becca (Nicole Kidman in her Oscar-nominated performance) and Howie (Aaron Eckart) grapple with the realities of life eight months after the death of their 4-year-old son. Even with Becca’s well-meaning mother (Dianne Wiest) offering comfort and weekly group therapy, the couple goes about their own secret ways of coping (92 minutes; rated PG-13).

### **Foreign/Independent – Thursday, September 8**



From filmmaker Charles Ferguson comes “Inside Job,” the sobering, Oscar-winning 2010 documentary that presents in comprehensive yet cogent detail, the pervasive and deep-rooted corruption that led to the global economic meltdown of 2008. Through unflinching interviews with key financial insiders, politicians, journalists, and academics, Ferguson paints a portrait of an unfettered financial system run amok. Matt Damon narrates (108 minutes; rated PG-13).

## SINGLE SESSION CLASSES/ PROGRAMS

### **Opera Film Series – Marilyn Stewart, facilitator**

Date & time: Wednesday, July 20, and  
Wednesday, August 17; 1:00 p.m.

Cost: FREE; RSVP for seating suggested  
(all welcome)

July opera: “Lucia Di Lammemoor”

by Donizetti starring Joan Sutherland

August opera: “Il Travatore” by Verdi starring  
Luciano Pavarotti and Sherill Milnes

### **Jewelry Making Workshop – Donna Trushin, instructor**

Date & time: Wednesday, July 20; 10:00 a.m.

Cost: \$18; must be pre-paid. RSVP date: call for  
available spaces

Make a stunning necklace of your own design using Czech fire-polished beads in bright summer colors! Learn about the color wheel and complementary and contrasting colors. Donna will give suggestions, instructions, and help you finish your piece. All necessary components to complete a necklace of your choice will be included. The \$18 fee is for one necklace; if time permits you may make another necklace for an additional \$18, payable at the class. Donna is owner of B’Jeweled! and a creative jewelry design instructor.

### **EPOCH Program and Lunch – EPOCH Senior Healthcare, sponsor**

Date & time: Tuesday, August 16; 11:30 a.m.

Cost: FREE; RSVP required

Date: August 9 or until filled

There will be a talk on diabetes by a registered pharmacist followed by a “brown bag” prescription drug consultation (be sure to bring all your medications if you would like to speak with the pharmacist). After, enjoy a delicious lunch prepared by returning favorite, Chef Gretto! Sharon residents have first preference until the August 9 RSVP date; available spaces will be filled by out-of-town residents after the August 9th deadline.

### **Book Discussion Group – Dr. Joe Rothenstein, facilitator**

Date & time: Monday, September 26; 10:30 a.m.

Cost: FREE; RSVP for seating suggested (all welcome)  
No meeting in July and August. September book selection will be published in September “View” or call Adult Center late August.

## MULTI-SESSION CLASSES

### Tech. in Watercolor – Dorothy Appel, instructor

Dates & time: Fridays, beginning July 22;  
10:00 a.m. to 12:00 noon  
Cost: \$18 / six sessions  
RSVP date: call for any available spaces  
Basic watercolor techniques. Students must provide their own supplies; list given upon registration.

### Mah Jongg Lessons – EB Kawadler, instructor

Dates & time: Thursdays, beginning August 18;  
1:00-4:00 p.m.  
Cost: \$15 / six sessions RSVP date: August 8  
Class is geared to those who have never played before, those who know how to play but want a refresher course, and beginners who want to hone their skills. Bring the current Mah Jongg card. Limited enrollment – Sharon residents given priority until RSVP date.

### Beginning Bridge – David Rabinowitz, instructor

Dates & time: Tuesdays, beginning Sept. 20; 1:00-3:00 p.m.  
Cost: \$25 / ten sessions RSVP date: September 13  
Class is for those who want to learn. Required text: "Bridge for Dummies," available at libraries, bookstores, amazon.com, etc.

### Yiddish – Gladys Heitin, instructor

Dates & time: Wednesdays, beginning Oct. 5; 9:30-11:30 a.m.  
Cost: \$40 / ten week session  
RSVP date: September 26  
Class geared to those who are comfortable with the language and want to explore lore and culture, along with mastering communication skills.

### Write Your Life Stories – Julie Cline, instructor

Session I  
Dates & time: Fridays, beginning September 16;  
10:00 a.m. to 12:00 noon (no class Sept. 30)  
Cost: \$48 / six sessions RSVP date: September 9

### Session II

Dates & time: Fridays, beginning November 4;  
10:00 a.m. to 12:00 noon  
Cost: \$32 / four sessions RSVP date: October 28  
Class helps you get your personal story organized and on paper. Basic tools of good writing are covered in lectures; then combined with telling personal stories through in-class writing exercises and weekly writing assignments. Students share their work and participate in constructively critiquing each other's work. Limited enrollment in both sessions.

## LIVE AND LEARN SERIES

### Flivvers, Flappers, and Fitzgerald: The Roaring Twenties: - Dr. Gary Hylander, lecturer

Dates & times: Mondays, September 19, 26, October 17, 24, 31, November 14; 10:30 a.m. to noon  
Cost: \$35 / six sessions RSVP date: September 12  
In the 1920s the sound of radio and phonographs filled the air. Motion pictures offered fantastic vistas for millions of moviegoers. Everything was booming but the guns. Prosperity was everywhere. Americans began their love affair with the automobile. Women "bobbed" their hair, danced the Charleston, and voted for the first time. "Keeping cool with Coolidge" was the message of the times. As part of the review of the Jazz Age, please read Fitzgerald's "The Great Gatsby," Scribner paperback edition, if possible. Fitzgerald will be discussed at the fifth meeting.

Gary Hylander will be speaking at the Men's Club on Tuesday, September 27, 9:00 a.m., on "D-Day." The Adult Center is co-sponsoring this lecture. This program is free. Limited parking -carpooling is essential!

## EVENING PROGRAMS

### Single Session Programs and Multi-Session Classes

- **Thursday, July 21** – repeat showing of "True Grit." Movie begins at 5:45 p.m.; \$1 program fee.
- **Thursday, July 28** – Open Game Night
- **Thursday, August 4** – Open Game Night (This is Square Jam night!)
- **Thursday, August 11** – Open Game Night
- **Thursday, August 18** – Open Game Night

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• **Thursday, August 25 – Chinese Supper and Entertainment – 5:15-7:30 p.m.**

Savor a Chinese buffet from Sichuan Garden, Sharon (food not spicy!); entertainment follows. The cost of the dinner is \$11 and reservations will be taken on a first come-first served basis with payment – absolutely no names taken without payment. Sharon residents will be given first preference until the RSVP date of August 16; available spaces will be filled by out-of-town residents after the August 16<sup>th</sup> deadline.

**Thursday, September 1** – repeat showing of “Rabbit Hole.” Movie begins at 5:45 p.m.; \$1 program fee.

**Thursday, September 8** – repeat showing of “Inside Job.” Movie begins at 5:45 p.m.; \$1 program fee.

**Gentle Yoga – Sylvia Mignon, instructor**

Dates & time: Tuesdays, beginning July 26; 7:00-8:15 p.m.

Cost: \$24 / 6 classes RSVP date: July 19

This is a gentle, beginner’s yoga where you will learn to relax and increase the flexibility of both your body and your mind. Each class includes basic yoga poses, meditation, and simple breathing exercises. No experience necessary; all are welcome. Please bring one blanket to the class and your yoga mat. If needed, the Adult Center can provide a yoga mat for you to use during class.

**Photography Club – Sheila Pallay, facilitator**

Date & time: Monday, October 17; 7:00-8:30 p.m.

Cost: FREE; RSVP preferred (all welcome)

People interested in sharing their work, discussing photographic techniques, bringing in speakers, etc., are encouraged to attend. If interested, email Sheila at [spallay@verizon.net](mailto:spallay@verizon.net). (No meetings in July, August and September.)

**Knitting/Crocheting Club – Marcia Liebman, facilitator**

Dates & time: Tuesdays – weekly, 7:00-9:00 p.m.

Cost: free (all welcome)

Informal drop-in group; not lessons.

**CARDS AND GAMES**

*Ongoing groups-not instructional; newcomers welcome*

**Use of Adult Center facility:** The following games are all open play; everyone welcome. Tables for all cards and games may not be reserved for exclusive groups as this is a public facility and it is our mission to provide services to all. Groups of four may be asked to accept a fifth person based on skill level in an attempt to accommodate newcomers. We suggest that groups of five arrive together. A newcomer or single player may be placed with a group if the fifth player does not show up within 15 minutes of the posted start time. If you are interested and not already part of a group or if you do not see the game on a day that is convenient for you, call the Adult Center with your name, phone number, and availability.

**Scrabble** Mondays, 1:00-3:00 p.m. (recreational; non-instructional); Thursdays, 1:00-4:00 p.m. advanced level SuperScrabble & intermediate Scrabble)

**Canasta** Tuesdays (beginners) and Wednesdays, 1:00-4:00 p.m.

**Cribbage** Wednesdays, 1:00-3:00 p.m.

**Mah Jongg** Tuesdays, Wednesdays, and Thursdays, 1:00-4:00 p.m.

Bring the current Mah Jongg card. The Adult Center has a limited number of Mah Jongg sets for use on a first come-first served basis; sets may not be reserved. If you have a set, please bring it with you.

**Bridge** Tuesdays and Thursdays, 1:00-4:00 p.m.

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## ONGOING

### Drop-In Meditation Group

Wednesdays, 10:15-11:00 a.m. Sit, breathe, relax, reduce your stress. This is not a class, but an opportunity to join others to practice meditation. No experience necessary. Try it and see what meditation is all about! David Park, facilitator, will be available for guidance. Free program; no RSVP necessary – just drop in!

### Sewing and Embroidery Group

Mondays, 1:30-3:30 p.m. Bring your own projects and materials. No RSVP necessary – just drop in!

### Memoir Writing

Wednesdays; 11:00 a.m. -12:15 p.m.

### Knitting/Crocheting Club

Thurs., July 28; Aug. 4, 18; Sept. 1, 8, 29 – 9:30-11:30 a.m. Knitting needles and yarn are available.

### Ping Pong Club

Every Tuesday and Thursday, 10:00 a.m. –noon; first floor of Community Center. Bring your own paddle if you have one.

### Wii (Virtual) Bowling

The Adult Center's virtual co-ed bowling league meets every Friday morning, 10:30 a.m. to noon. The cost of \$1/month funds a kitty and the first person to bowl a perfect score wins the pot! This is fun to play, easy to learn, and a great way to stay in shape. All adults welcome!

### Open Art Studio Time

Sharon artists Vera Cross and Karen Gordon available on Mondays, 1:00-3:00 p.m., for consultation; must bring own projects and supplies – watercolor, pastels, pencil, or charcoal only. Not an art class.

### Computer Tutor

David Rabinowitz is available Thursdays, 1:00-4:00 p.m., to help you brush up on computer skills, learn about Word, Excel, emailing, the Internet, and more. **An appointment is necessary and there is a \$2 fee, payable in advance** – call the Adult Center to schedule.

**SKYPE – Virtual visiting across the miles!** Skype is a software application that allows users to make free voice calls over the Internet. Using a microphone, a small camera attached to the computer monitor, and a computer, Skyping allows you to see and talk with your loved ones in “real time.” Call for more information.

### Bocce

Wednesdays, 9:30 a.m., weather permitting. Meet at the court across from the Community Center entrance. All welcome. **Bocce instructional video:** The Adult Center has a video for you to watch. Please call Adult Center to set up a convenient time.

### In addition....

**Pool table/game room:** In addition to the pool table in the Adult Center, there are also ping pong, pool, and other game tables in the Recreation Department; call 781-784-1530 for availability.

*(continued on pg 8)*

## COMMUNITY EDUCATION / COA CLUB NEWS

Speakers open to the public; program begins at 9:15 a.m. Meetings held in the Ballroom of the Sharon Community Center. Community Center opens at 8:30 a.m.

**Sharon COA Over 60 Men's Club:** Meetings held every Tuesday, 9:15 a.m., Sharon Community Center. Membership information: Bud Adler (781-784-3834) or Dave Berger (781-784-6447). Tuesday speakers' program coordinated by the Men's Club.

**July 26** Paul Lauenstein, Sharon Water Management Comm. – “Water Conservation”

**August 9** Josh Shepard, UBS financial Services – “Status of Financial Markets today”

**August 16** Men's Club Drama Group – “You Can't Take It With You”

**August 23** Susan Edinger, MSW, LICSW, Sharon Adult Center – “The Role of the Adult Center Social Worker”

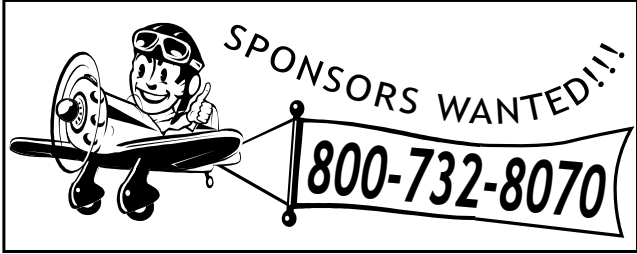
**August 30** Dr. Charles Blatt, Cardiologist – “Bypassing the Bypass – The Overuse of Coronary Bypass Surgery in America”

*NOTE:* this program begins at 10:00 a.m.

The Men's Club programs are free and open to the public. *Parking is limited; please car pool.*

**Sharon COA Young at Heart Club:** Next general meeting at the Adult Center is September 14, 10:30 a.m. (August meeting not at Adult Center.) For information, call Sylvia Weiss, 781-793-9159.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:00.....Yoga 11:30.....Bones for Life 1:00.....Recreational Scrabble 1:00.....Open Art Studio 1:30.....Sewing/Embroidery Group</p>	<p><b>2</b></p> <p>9:00.....Men's Club 10:00.....Ping Pong Club 10:00.....Tai Chi 11:00.....<b>South Shore Plaza</b> 11:00.....Pool 1:00.. Bridge/Can./Mah Jongg 7:00.....Knitting/Crochet 7:00.....Gentle Yoga</p>	<p><b>3</b></p> <p><b>9:00 Sharon Center</b> 9:00.....Zumba Fitness Class 9:30.....Coffee Hour – at HF 9:30Bocce-weather permitting 10:15.....Drop-in Meditation 11:00.....Memoir Writing <b>11:45 Shaw's / Cobbs Corner</b> 1:00...Can./Cribb./Mah Jongg</p>	<p><b>4</b></p> <p>9:00.....Tai Chi 9:30.....For./Ind. Film (Get Low) 9:30.....Knitting/Crocheting 10:00.....Ping Pong Club 10:30.....Tai Chi 1:00...MahJongg/Bridge/Scrabb. 1:00.....Computer Tutor 6:00.....Game Night</p>	<p><b>5</b></p> <p><b>9:00 Sharon Center</b> 9:15.....Cardio Fitness Class 10:00.....Tech. in Watercolor 10:30.....Wii Bowling</p>
<p><b>8</b></p> <p>9:00.....Yoga 10:30..Cancer Support Group 1:00.....Recreational Scrabble 1:00.....Open Art Studio 1:00.....Parkinsons' Support Group 1:30.....Sewing/Embroidery Group</p>	<p><b>9</b></p> <p>9:00.....Men's Club 10:00.....Ping Pong Club 10:00.....Tai Chi 10:30 Disc. Grp. (Men's Club) 11:00.....Pool 11:30.....<b>Westgate Mall</b> 1:00.. Bridge/Can./Mah Jongg 2:00.....Caregivers' Group 7:00.....Knitting/Crochet 7:00.....Gentle Yoga</p>	<p><b>10</b></p> <p><b>9:00 Sharon Center</b> 9:00.....Zumba Fitness Class 9:30.....Coffee Hour – at HF 9:30..Bocce-weather permitting 10:15.....Drop-In Meditation 11:00.....Memoir Writing <b>11:45.. Shaw's / Cobbs Corner</b> 1:00.....Can./Cribb./Mah Jongg</p>	<p><b>11</b></p> <p>9:00.....Tai Chi 10:00.....Annual BBQ 10:00.....Ping Pong Club 10:30.....Tai Chi 1:00...MahJongg/Bridge/Scrabb. 1:00.....Computer Tutor 6:00.....Game Night</p>	<p><b>12</b></p> <p><b>9:00 Sharon Center</b> 9:15.....Cardio Fitness Class 10:00.....Tech. in Watercolor 10:30.....Wii Bowling</p>
<p><b>15</b></p> <p>9:00.....Yoga 11:30.....Bones for Life 1:00.....Recreational Scrabble 1:00.....Open Art Studio 1:30.....Sewing/Embroidery Group</p>	<p><b>16</b></p> <p>9:00.....Men's Club 10:00.....Ping Pong Club 10:00.....Tai Chi 11:00.....Pool 11:30 EPOCH Lunch/Program 1:00.. Bridge/Can./Mah Jongg 7:00.....Knitting/Crochet 7:00.....Gentle Yoga</p>	<p><b>17</b></p> <p><b>9:00 Sharon Center</b> 9:00.....Zumba Fitness Class 9:30.....Coffee Hour – at HF 9:30..Bocce-weather permitting 10:15.....Drop-In Meditation 11:00.....Memoir Writing <b>11:45.. Shaw's / Cobbs Corner</b> 1:00.....Can./Cribb./Mah Jongg 1:00.....Opera Film Series (Il Travatore)</p>	<p><b>18</b></p> <p>9:00.....Tai Chi 9:30.....Knitting/Crochet 10:00.....Ping Pong Club 10:30.....Tai Chi 1:00.....Mah Jongg Lessons 1:00...MahJongg/Bridge/Scrabb. 1:00.....Computer Tutor 6:00.....Game Night</p>	<p><b>19</b></p> <p><b>9:00 Sharon Center</b> 9:15.....Cardio Fitness Class 10:00.....Tech. in Watercolor 10:30.....Wii Bowling</p>
<p><b>22</b></p> <p>9:00.....Yoga 10:30..Cancer Support Group 1:00.....Recreational Scrabble 1:00.....Open Art Studio 1:30.....Sewing/Embroidery Group</p>	<p><b>23</b></p> <p>9:00.....Men's Club 10:00.....Ping Pong Club 11:00.....Pool 11:45.....<b>Walpole Mall</b> 1:00.. Bridge/Can./Mah Jongg 2:00.....Caregivers' Group 7:00.....Knitting/Crochet 7:00.....Gentle Yoga</p>	<p><b>24</b></p> <p><b>9:00 Sharon Center</b> 9:00.....Zumba Fitness Class 9:30.....Coffee Hour – at HF 9:30..Bocce-weather permitting 10:15.....Drop-In Meditation 11:00.....Memoir Writing <b>11:45.. Shaw's / Cobbs Corner</b> 1:00.....Can./Cribb./Mah Jongg</p>	<p><b>25</b></p> <p>9:30.....Movie (Rabbit Hole) 10:00.....Ping Pong Club 1:00.....Mah Jongg Lessons 1:00...MahJongg/Bridge/Scrabb. 1:00.....Computer Tutor 5:15.....Chinese Summer Supper</p>	<p><b>26</b></p> <p><b>9:00 Sharon Center</b> 9:15.....Cardio Fitness Class 10:00.....Tech. in Watercolor 10:30.....Wii Bowling</p>
<p><b>29</b></p> <p>9:00.....Yoga 1:00.....Recreational Scrabble 1:00.....Open Art Studio 1:30.....Sewing/Embroidery Group</p>	<p><b>30</b></p> <p>9:00.....Men's Club 10:00.....Ping Pong Club 10:00.....Tai Chi 11:00.....Pool <b>11:00 Ward's/Crescent Ridge</b> 1:00.. Bridge/Can./Mah Jongg 7:00.....Knitting/Crochet 7:00.....Gentle Yoga</p>	<p><b>31</b></p> <p><b>9:00 Sharon Center</b> 9:00.....Zumba Fitness Class 9:30.....Coffee Hour – at HF 9:30..Bocce-weather permitting 10:15.....Drop-In Meditation 11:00.....Memoir Writing <b>11:45.. Shaw's / Cobbs Corner</b> 1:00.....Can./Cribb./Mah Jongg 7:00.....Gallery Reception</p>	<p><b>AUGUST 2011</b></p> <p>LAKESIDE GALLERY "Images in Black &amp; White" through Aug. 11; "Art is Ageless" begins Aug. 16 CRAFT CORNER – Mondays, 1:30-3:30 p.m.; Thursdays, 11:00 a.m. – 1:00 p.m.; other hours by appointment</p>	



**Do "Drop In"...**

The Sharon Adult Center offers a DROP IN center for adults: Monday-Wednesday, 9:00 to 4:30; Thursday, 9:00-8:00; Friday, 9:00-12:30. Enjoy our café with a variety of reasonably priced snacks, coffee, teas, and hot chocolate; art exhibits; and more. Please call in advance if you wish to take advantage of free time in the arts and crafts room, game room, or access/WIFI available) as programs or classes may already be scheduled.

**PODIATRY CLINIC:** Thursday, September 1, 12:00 noon, at the Adult Center. You must have an appointment to participate in this clinic. Fee: \$20 payable to Dr. Willinsky. Call 781-784-8000.

**ONGOING SUPPORT GROUPS**

**Caregiver Support Group** - Facilitated by two licenses social workers; meets every other Tuesday, 2:00-3:30 p.m., Adult Center. July meeting: 26; August meetings: 9 and 23.

**Cancer Support Group** - Facilitated by a licensed social worker and an oncology nurse; meets second and fourth Monday, 10:30 a.m. to 12:00 noon, Adult Center. July meeting: 25; August meetings: 15 and 29.

**Low Vision Support Group** - First Monday of each month; 10:30 a.m. Next meeting: September 12<sup>th</sup>.

**Parkinsons' Support Group** – First Monday of each month; designed as an education, networking, and support group for people with Parkinsons' and their families, facilitated by two social workers. Next meeting: August 8, 1:00-2:30 p.m. (meeting on second Monday for August & September).

If interested in any of the above groups, contact Susan at the Adult Center. Also contact Susan for information on other area support groups.

**SOCIAL SERVICES INFORMATION**

**Safety Program Information:** The Adult Center has information on a variety of safety programs including:

*Are You OK?:* Receive pre-programmed call each morning at a regularly scheduled time; may be short-term, such as if you have recently been released from a hospital. Norfolk County Sheriff's office coordinates this program.

*Carrier Alert:* In partnership with Sharon Post Office – register through Adult Center. When mail carrier notices mail has not been taken for several days; Adult Center will be notified.

*ID Bracelet:* Enrollees wear a small bracelet with serial number and phone number of Sharon Police Department. Police have on file a form with important medical information, address, and emergency contact. This is very helpful for those with a memory disorder and who may be at risk for wandering.

*Vial of Life:* Fill out a brief form for use by EMTs should there be an emergency in your home; may save valuable time in event of medical emergency.

*"Safe Return":* GPS bracelet specifically for dementia patients with 24-hour caregivers; program run by Sharon Police Department.

*Lockbox:* Small, locked box outside your house contains key to house; accessible only by Fire Department personnel in case of emergency. Contact the Fire Department.

Call Susan at the Adult Center for more information or to discuss other possible programs.

**Accessory Housing:** If you are considering trying to establish an accessory unit (in-law apartment) at your home in Sharon, please contact Norma at the Adult Center. We have an ombudsman program to help guide individuals/families who are seeking permits for accessory housing. If interested, call Norma at 781-784-8000, or [nfitzgerald@townorsharon.org](mailto:nfitzgerald@townorsharon.org).

**Food Assistance Benefits:** To get more information about SNAP (food stamp) benefits and an application, call the Department of Transitional Assistance SNAP Benefits Hotline, 800-645-8333.

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A counselor can not only help you fill out the application, but will stay in touch with you to ensure you receive any benefits you are entitled to. Hours are Monday-Friday, 8:00 a.m. to 7:00 p.m.; Saturdays, 10:00 a.m. to 2:00 p.m. If you have other questions, call Susan Edinger, in confidence.

**Legal Services:** Metrowest Legal Services provides certain free services, including advocacy to elders and lower income non-elders. Elder law issues include housing, durable power of attorney for health care, guardianship, conservatorship, benefits, nursing home issues, domestic relations, bankruptcies and more. Please call 1-800-696-1501 and leave a message. Intake hours: Monday, Wednesday, and Friday, 2:00-4:00 p.m.; Tuesday and Thursday, 9:30 a.m. to noon. If you have an urgent situation, leave the nature of your call and the need for an urgent response in your voice mail message.

### LEGAL CLINIC

The next clinic will be **Friday, September 9, 10:00 a.m. to 12:00 noon**. If you need to speak with Attorney Stephen Matthews before September, please call Metrowest Legal Services at 1-800-696-1501.

### SHINE

If you wish to speak to a SHINE (Serving Health Insurance Needs of Elders) counselor, call the Sharon Adult Center, 781-784-8000. Your name will be given to our counselor for a return phone call. You can also call 1-800-AGE-INFO (243-4636). SHINE is funded and managed by the MA Executive Office of Elder Affairs.

### OPEN ENROLLMENT DATES FOR MEDICARE ADVANTAGE AND DRUG PLANS

Open enrollment is much earlier this year; early preparation is key. Suggestions are:

- Review your prescription drug and health insurance needs with your physician by September 15<sup>th</sup>.
- By October 1<sup>st</sup>, you should receive the 2012 "Medicare and You" handbook. Review the changes carefully. Choose your prescription drug and health insurance plan by December 7, 2011 for January 1, 2012.

You may be receiving a lot of marketing material soon. Remember, help is available through the SHINE program if you find the material too confusing. Call the Adult Center and leave your name and phone number if you wish to speak to a SHINE counselor.

## MONTHLY CELEBRATIONS

Held in the Ballroom on the main level of the Sharon Community Center.

### Annual Summer BBQ – Thursday, August 11

Coffee and pastry at 10:00 a.m.; returning by popular demand, the entertainment at 11:00 will feature multi-talented musician and vocalist, David Polansky. Lunch at 12:15 will be BBQ chicken and a kosher hot dog (\$3.50 suggested lunch donation; the \$1 entertainment will be collected at the door). Absolute RSVP date is Tuesday, August 2. This program is supported in part by a grant from the Sharon Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

### Fall Fling – Thursday, September 15

Coffee and pastry at 10:00 a.m.; entertainment by vocalist Jim Porcella at 11:00, performing a "Tribute to the Greatest Generation" featuring songs from the Big Band Era. Lunch at 12:15 will be boneless chicken breast teriyaki. The suggested lunch donation is \$2.50 and the entertainment is sponsored by Home Instead Senior Care. The absolute RSVP date for the Fall Fling is Tuesday, September 6<sup>th</sup>. No reservations for this party will be taken before Friday, August 12.

**Please note:** Reservations accepted on a first come-first served basis until event is filled with Sharon residents given first preference. Out-of-town residents welcome to place name on waiting list and available spaces will be filled after the RSVP date in the order in which calls were received.



**Happy summer birthdays:** Francis Alford, Jr., Ed Berger, Jeanette Christopher, Doris Edwards, Arnold Kublin, Sandy Lezberg, Shirley Lezberg, Joan Romanowicz, Marge Sinman, Marilyn Stewart.

**Congratulations:** Rita and Jon Edelston on their 50<sup>th</sup> wedding anniversary.

## Lakeside Barbecue for LGBT\*

### Seniors, Friends, Allies

\*Lesbian, Gay, Bisexual, Transgender

Monday, Aug. 15 – 4:00-6:00 p.m.

Join us for an afternoon of Socialization, BBQ, "Rainbow" Bocce

Sharon Adult Center – 219 Massapoag Avenue

Suggested meal donation: \$2.50 age 60+;

\$5 charge under age 60

For further info. or to register – call Jayne Davis at HESSCO, 781-784-4944. To ensure meal please RSVP by August 10.



## UPCOMING TRIPS

The following trips are sponsored by the Adult Center. We accept paid reservations on a first come-first served basis **until trip is filled** with Sharon residents given first preference unless otherwise noted. Out-of-town residents welcome to place name on waiting list for available spaces after RSVP date. If you need special accommodations (i.e., wheelchair access, etc.), please put this in writing and include it with your payment. Send checks, payable to "Town of Sharon-COA," to Nancy at the Sharon Adult Center, 219 Massapoag Avenue, Sharon, MA 02067. For additional information, call 781-784-8000.

### CHARLES RIVERBOAT CRUISE & LUNCH AT CHEESECAKE FACTORY

**Monday, August 15**

Enjoy a 60-minute cruise around the Charles River Basin viewing historic and cultural sites of Boston and Cambridge including Beacon Hill, Esplanade Park, the Back Bay, Fenway Park, Boston University, M.I.T., and Harvard. Lunch after cruise. Cost of \$47 includes transportation and lunch at the Cheesecake Factory at the Cambridgeside Galleria (entrée, cheesecake dessert, non-alcoholic beverage, tax, and gratuity). This trip involves a walk from the boat to the restaurant, which is the length of the mall. Leave for Cambridge at 8:25 a.m.; return after lunch. Call for any available spaces.

### TRIP TO BATTLESHIP COVE, FALL RIVER

**Monday, September 19**

Experience firsthand what it was like to serve on board a Navy warship in WWII. View a 20 minute video that gives an overview of Battleship Cove; then take a 30 minute guided tour of the battleship *Massachusetts*, followed by time on your own to explore the many exhibits on the battleship, including a new exhibit, "Women Protecting the U.S." Lunch at 12:30 is in a private room (fresh fruit salad with sherbet, roasted turkey sandwich with lettuce and tomato, chunky potato salad, dill pickle, potato chips, frosted cake, choice of beverage). After lunch, explore exhibits on the destroyer *Joseph P. Kennedy, Jr.*, and two additional ships, as well as the gift shop. Leave Sharon at 8:45 a.m.; arrive back in Sharon approximately 4:00 p.m. Cost of trip is \$39 which includes admission to all exhibits, lunch, and transportation on the COA bus. This trip involves a good amount of walking. The ships are not handicap accessible. RSVP with payment accepted until August 12 or trip is filled.

**The following trip is sponsored by the Sharon Adult Center's Men's Club. Send checks, payable to "Sharon Men's Club," to Nancy. You must have your own transportation to/from the departure location. All trips have limited availability and may be sold out before the deadline date.**

### WOLFEBORO INN & WINNIPESAUKEE BELLE

**Wednesday, August 17**

Enjoy a 90 minute scenic cruise aboard authentic 65' side paddle wheeler followed by a delicious lunch at the spectacular Inn built in 1812 (lunch choices: Pan Seared Tilapia or Chicken Dijon). Cost for the day including motor coach transportation is \$70/person. Depart at 6:30 a.m. from the Community Center; return approximately 6:15-6:45 p.m. Reservations accepted until trip is filled; no refunds within two business days prior to departure.



#### TRANSPORTATION INFORMATION

Call Nancy at the Adult Center to receive a copy of our medical transportation policies and/or monthly bus schedule.

#### SPECIAL AUGUST SHOPPING TRIPS

**August 2 – South Shore Plaza, Braintree;** pickup begins at 11:00 a.m.; \$1 fee for this trip.

**August 30 – Shop and lunch at Ward's Berry Farm;** after lunch, enjoy dessert at Crescent Ridge Dairy; pickup begins at 11:00 a.m.; regular \$1/week shopping fee applies.

### CIRCUIT BREAKER INFORMATION FOR HOMEOWNERS AND RENTERS

Massachusetts homeowners and renters age 65 and older may qualify for up to \$970 in a cash refund or credit from the State Department of Revenue if your property taxes (or 25% of your rent) exceeds 10% of your annual income and you meet other qualifying criteria. You may be eligible even if you receive a property tax exemption and if you don't file state taxes. You may also qualify retroactively for the past three years (2008-2010) if you meet the requirements; call the Adult Center for a detailed information sheet on the guidelines.



### NEW PERSONAL PROPERTY EXEMPTION LAWS

Massachusetts now has laws which expand personal property exemptions allowing a person who owes debts to keep the basic necessities of life, such as clothing, food, certain cash, and often a car, in order to remain a productive member of society. This exempt property is unreachable to creditors regardless of whether the debt is valid and owed. It is unreachable even if the creditor holds a valid state court judgment and execution. Special protections are added for people 60 and older and for people who have a physical or mental handicap defined as one who has an impairment that "substantially limits one or more major life activities or a person who receives federal or state disability benefits." For more information, contact Metrowest Legal Services at 508-620-1830.



The Adult Center will be closed on Monday, September 5, for Labor Day. Please keep this in mind when making medical appointments or requesting transportation.

The Adult Center/COA is a perfume-free environment as some participants and staff may be allergic. Please do not wear perfume or cologne when visiting us. We thank you for your cooperation.



## 17TH ANNUAL SQUARE JAM

Thursday, August 4 – 6:00-8:30 p.m. – Post Office Square

Food, music, and fun for Sharon residents of all ages! Special entertainment: Roomful of Blues, specializing in blues and big band era music. Also – free food from Sharon eateries including Crescent Ridge Dairy, Wards Berry Farm, Coriander, and French Memories Café and Bakery. Thanks to this year's sponsors: Wilber School/Beacon Communities, NSTAR, Eastern Bank, and the Rotary Club of Sharon. For more information, contact the Selectmen's Office, 781-784-1500, ext. 1208, or [selectmen@townofsharon.net](mailto:selectmen@townofsharon.net).

## MEMO FROM MARSHA

Marsha Books, Program Coordinator

Greetings to all! As we go to press, we are finally starting to have some real summer weather! Our Center is air conditioned; feel free to drop in any time for cards, games, pool table (call first for availability), the art studio, computer lab, conversation, or just to cool off.

The Wednesday 9:30 a.m. bocce group is in full swing! Everyone is welcome at our new bocce court across from the main entrance to the Community Center. If you are interested in playing other times, please call us and leave your name, phone number, and time you wish to play; we will try to arrange some additional games.

Our Annual BBQ is Thursday, August 11. Please register as soon as possible – our monthly parties are growing ever more popular, so don't be left behind! As of this printing, there are still a few spaces available on our August 15<sup>th</sup> Charles Riverboat Cruise with lunch at the Cheesecake Factory. Call for availability. On September 19, join us for a trip to Battleship Cove, Fall River, with lunch on the battleship!

On August 16, EPOCH Senior Healthcare will sponsor a free lunch and talk on diabetes by a pharmacist, as well as "brown bag" prescription medication consultations. We will once again be offering Mah Jongg lessons beginning in August. Space is limited – I urge you to sign up promptly! The Chinese Summer Supper will be held on August 25<sup>th</sup>. Details for all of these trips and programs are in this issue. As this is our mid-summer newsletter, watch for the September issue sometime the first week of September.

Enjoy the summer and don't forget your hat and sunscreen when outside and try to drink plenty of water and stay hydrated! I hope to see you soon!

### RED CROSS BLOOD DRIVE

Monday, July 25 – 2:00-7:00 p.m. – Adult Center  
As a special thank you, all donors will receive a coupon for a free carton of Friendly's Ice Cream!

## STAY COOL THIS SUMMER

If you need to get out of the heat and into the cool, drop by the Adult Center Monday through Friday (Monday-Wednesday, 9:00 a.m.-4:30 p.m.; Thursday, 9:00 a.m. -7:30 p.m.; Friday, 9:00 a.m. -12:00 noon). Bring a snack; a favorite book or game; or make use of the game room, computer room, or arts & crafts room. A number of card/game groups are on-going and we do have some board games available. Call us regarding transportation options. On Saturdays, the Sharon Public Library is open from 10:00 a.m. to 5:00 p.m. Spending time in a mall or at a movie is also an option.

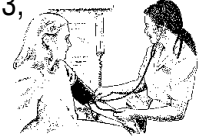
In addition to watching yourself in the sun, other ways to protect yourself during the summer are by using common sense: drink plenty of fluids (avoid very cold beverages or alcohol); replace salt and minerals through proper diet; wear appropriate clothing and sunscreen; take cool baths or showers; try to use stoves and ovens less often. If you are feeling ill from the heat and cannot drive or have no one to call upon, call 911.

## NEW! – CRAFT CORNER

The Adult Center is proud to announce the new "Craft Corner," displaying contemporary and country crafts from Sharon artisans. The Corner is currently open Mondays, 1:30-3:30 p.m.; Thursdays, 11:00 a.m.-1:00 p.m.; other hours by appointment. Current items on display include jewelry, dolls and doll clothing, crocheted baby items, pens, and ceramics. All crafts are available for purchase (cash or check only please). The Craft Corner is seeking additional artists, Sharon residents only, who work in ceramics, glass, wood, and jewelry-making. For further information, or to arrange a visit, call Doris Gladstone, manager, at 781-784-5376, or email [adultcentercraft@aol.com](mailto:adultcentercraft@aol.com).

## BLOOD PRESSURE CLINICS

The following clinics will be held at the Stony Brook Court Community Room (51 Hixson Farm Rd.) from 8:30-10:20 am.: August 1, September 12, October 3, November 7, and December 5. In addition, walk-in office hours for blood pressure and blood sugar screening are held at the Health Department at Town Hall on Tuesdays, 3:00-5:00 p.m.; Wednesdays, Thursdays, and Fridays, 9:00-10:00 a.m.



## WISDOM WORKS JOB SEARCH SKILLS TRAINING PROGRAM

A repeat of the successful workshop series offered last spring. The four two-hour sessions are led by HR professionals. Job search techniques training helps adults update and reshape their resume, understand how to use social connections, and how to deal with questions about being overqualified. Next session: August 9, 11, 16, and 18; 10:00 a.m. to noon. Cost for course materials is \$15. Call the Adult Center for additional information or to register. An evening session is planned in September – watch for details.

### ADULT CENTER/COA STAFF

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Norma Simons Fitzgerald,  
LICSW

#### CaseMgr./Coord. of Client & Volunteer Services

Susan Edinger, LICSW

#### Office Manager

Nancy Weiner

#### Program Coordinator

Marsha Books

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