

THE VIEW

SHARON ADULT CENTER

OCTOBER 2011

www.townofsharon.net/adultcenter or
www.townofsharon.net/coa

VOLUME 4 - NUMBER 9

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.

INVITATIONS GALORE...

ENHANCE YOUR VIEW!

For your VIEW(ing) pleasure! You're invited to...

...the Third Annual Juried Community Art Show Reception, Wednesday, October 19, 7:00-9:00 p.m., at the Sharon Adult Center, Lakeside Gallery. The exhibit runs from October 19-December 1.

...visit our new Craft Corner, now open for business at posted hours and open the evening of the reception.

The Craft Corner features quality crafts, perfect for gifts; all done by Sharon artisans. Current hours are Mondays, 1:30-3:30 p.m.; Thursdays, 11:00 a.m.-1:00 p.m.; other hours by appointment.

...submit art to the upcoming exhibit. Sharon residents are invited to submit art (two pieces maximum) on October 11 & 12, 2:00-4:00 p.m.; October 13, 2:00-7:00 p.m. Details, entry forms, and information available at the Adult Center or online at www.townofsharon.net/adultcenter.

...put your dancing shoes on at the "Senior Prom" (boomers, singles welcome) – see inside for details.

...a new diversity program. In partnership with the Sharon Public Library and Literacy Volunteers of Sharon/Stoughton, the Adult Center was awarded \$800 to hold three diversity programs to bring together diverse families from Sharon and surrounding towns in a pleasant and supportive social setting, to improve literacy skills through language games and movies, and to increase awareness of challenges facing immigrants in our area. The first program is scheduled in November – watch for details.

Norma

FLU SHOTS FOR SHARON RESIDENTS

Free flu shots (injectable vaccine only) will be offered to Sharon residents ages 7 and older at the following clinics:

- ✓ Thursday, October 13 – 9:00-11:30 a.m.
Sharon Community Center Ballroom
- ✓ Monday, November 7 – 6:00-8:30 p.m.
Temple Sinai, Canton Street



Please be sure to bring your Medicare card as well as all other health insurance cards with you; vaccines will be provided regardless of insurance status.

The Adult Center will provide free transportation to the clinic at the Community Center on October 13. Please call the office no later than Tuesday, October 11, to request transportation.

PARKING AT THE COMMUNITY CENTER

It is important that cars park *within the designated spaces only* – illegally parked cars block emergency vehicles from access to the building. It also makes it difficult for other cars to get in and out of spaces. Also, please park *within* the painted lines – taking up more than one space further reduces available spots and **the Town of Sharon Parking Clerk has notified us that any vehicles not parked within legal spaces will be subject to ticketing.** The Adult Center strongly urges you to carpool to large events. We thank all of you for your cooperation.

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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.” 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 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: Mondays, 9:00-10:00 a.m. (next session: October 3)
Cost: \$50 / eight week session **RSVP date:** September 26
 Holistic approach geared towards those 55+; bring beach towel. Taught by staff of the Hockomock Y, Foxboro.

ZUMBA (WEDNESDAY)

Date & time: Wednesdays, 9:00-10:00 a.m. (next session: October 5)
Cost: \$35 / eight week session **RSVP date:** September 28
 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 the Hockomock Y.

ZUMBA (MONDAY)

A second session of our popular class, taught by staff of the Hockomock Y.
Date & time: Mondays, 2:30-3:30 p.m. (next session: November 21)
Cost: \$35 / eight week session **RSVP date:** November 14

CARDIO AND STRENGTH TRAINING

Date & time: Fridays, 9:15-10:15 a.m. (next session: November 18)
Cost: \$35 / eight week session **RSVP date:** November 10
 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: Thursdays, 9:00-10:00 a.m. (next session: October 27)
 Thursdays, 10:30-11:30 a.m. (next session: October 27)
Cost: \$40 / eight week session **RSVP date:** October 20
 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.

TAI CHI / CHI KUNG

Date & times: Tuesdays, 10:00-11:00 a.m. (next session: October 4)
Cost: \$40 / eight week session **RSVP date:** call for available spaces
 Same class as taught on Thursdays at the Adult Center; Same class as taught on Thursdays; led by Mike Showstack.

FELDENKRAIS

Date & times: Mondays, 11:30 a.m.-12:30 p.m. (next session: October 24)
Cost: \$54 / nine sessions **RSVP date:** October 17
 Discover how – through gentle movements – you can change how your body functions. Learn to abandon habitual patterns and develop awareness, flexibility, and coordination. Class limited to 10 students. Taught by Aviva Glenn, a certified Feldenkrais practitioner.

BONES FOR LIFE II

Date & times: Wednesdays, 10:30-11:30 a.m. (next session: October 26)
Cost: \$60 / ten sessions **RSVP date:** October 19
 Awareness-based movement program designed to help cultivate optimal skeletal alignment to improve weight-bearing and strengthening activity. Prerequisite: Bones for Life I. Call instructor, Aviva Glenn at 781-784-6766, with any questions.

SIT AND BE FIT

Date & time: Wednesdays, 1:30-2:30 p.m. (next session: November 16)
Cost: \$35 / eight week session **RSVP date:** November 9
 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.

WATER AEROBICS CLASSES

In partnership with 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.



Foreign/Independent Film – Thursday, October 6

“The Illusionist,” Oscar-nominated for Best Animated Feature, tells the wistful tale of the fading fortunes of aging illusionist Tatischeff, forced to perform in obscure venues as his act is eclipsed by the growing popularity of rock bands. He gets an emotional lift from a wide-eyed girl who thinks he possesses magic powers; however his “sleight of hand” efforts to impress her with expensive gifts may lead to his financial undoing (in French with English subtitles; 80 minutes; rated PG-13).



Movie – Thursday, October 13

In the film, “Burlesque,” Ali arrives in Los Angeles at a burlesque lounge where she dreams of taking the stage. Club owner Tess, about to lose her club, thinks Ali may be able to help business. This Golden Globe-nominated comedy stars Christina Aguilera, Cher, Stanley Tucci, and Cam Gigandet (100 minutes; rated PG-13). This film will also be shown in the evening, 5:45 p.m.



Movie – Thursday, November 10

“Barney’s Version” features Golden Globe winner Paul Giamatti as Barney Panofsky, a Jewish Canadian television producer who reflects back on three strange decades – and three wives – in this adaptation of Mordecai Richler’s acclaimed novel. There’s Clara, a free-spirited proponent of free love; Mrs. P, a self-centered princess; and Miriam, the right woman who comes along at the wrong time. Also starring Minnie Driver and Dustin Hoffman (134 minutes, rated R). This movie will also be shown in the evening, 5:45 p.m.

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.

FSCOA ANNUAL RAFFLE

Tickets have been mailed for the Annual Raffle, which supports the work of the Friends of the Sharon Council on Aging, Inc. Prizes in this year’s raffle, to be held December 6, include gift certificates from local merchants, \$100 cash, and savings bonds. Additional tickets available at Adult Center. The Friends thank you for your support.

COMMUNITY EDUCATION / COA CLUB NEWS

Speakers open to the public; programs begin 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.

October 11 David Smith, President, Civil War Roundtable of Boston – “History of Baseball and Its Impact on America”

October 18 Les Sutton – “Music of Artie Shaw”

October 25 Sharon Men’s Club Choral Group (10:00 a.m. start for this program)

The Men’s Club programs are free and open to the public.

Parking is limited; please car pool.

Sharon COA Young at Heart Club: The October 12 meeting is the annual Paid-up Membership/Installation Luncheon at Lombardo’s – contact Niecey Casso at 781-784-6958. The guest speaker for the November 9th general meeting at the Adult Center is Shirley Stein discussing “The Wonderful World of Chocolate.” For information, contact Toby Feidt, 508-238-2164.

CHECK OUT THE CRAFT CORNER!

The Adult Center invites you to visit the “Craft Corner,” displaying contemporary and country crafts from Sharon artisans. The Craft Corner is 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 and knitted baby items, pens, knitted scarves, and ceramics – items change frequently. All crafts are available for purchase (cash or check only please). The Craft Corner is seeking additional Sharon artists who work in ceramics, glass, wood, jewelry-making, and fiber. For further information, or to arrange a visit, call Doris Gladstone, manager, at 781-784-5376, or email adultcentercraft@aol.com.

SINGLE SESSION CLASSES/PROGRAMS

Opera Film Series – Marilyn Stewart, facilitator

Date & time: Wednesday, October 19; 1:00 p.m.

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

This month: "Rigoletto" by Verdi featuring Luciano Pavarotti.

Book Discussion Group –

Dr. Joe Rothenstein, facilitator

Date & time: Monday, October 24; **9:00 a.m.**

(this month only)

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

October book: "Tiger Hills" by Sarita Mandanna



Lunch and Program –

EPOCH Senior Healthcare, sponsor

Date & time: Tuesday, October 25; 11:30 a.m.

Cost: FREE **RSVP date:** October 18 or

until program filled

Talk by pharmacist on vitamins; lunch prepared by Chef Gretto! Sharon residents have first preference until October 18 deadline; available spaces filled by out-of-town residents after October 18th.

"The Big Bang: How Modern Ideas and Culture Changed (Almost) Everything in America" –

Lois Rudnick, presenter

Date & time: Friday, October 28; 10:30 a.m.

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

What were the most important historical forces that shaped modern American culture? This talk explores the cross-pollination of ideas in early 20th century psychology, social theory, feminism, politics, literature, and theatre, which provide a rich context for understanding the emergence of modern American art. Lois Rudnick is Professor Emerita and former Chair of the American Studies Department at UMass-Boston.

New England Lighthouses and the People Who Kept Them – Jeremy D'Entremont, presenter

Date & time: Wednesday, November 2; 10:30 a.m.

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

This presentation will focus on the colorful human history of the historic light stations on the New England coast and will feature historic photos and Jeremy's own recent photography, as well as audio and video clips. Jeremy D'Entremont has been called the leading expert on New England's historic lighthouses. He is the author of nine books, including *The Lighthouses of Massachusetts*, *Great Shipwrecks of the Maine Coast*, and *The Lighthouse Handbook: New England*. He is the historian for the American Lighthouse Foundation and the founder of Friends of Portsmouth Harbor Lighthouses and has appeared on the History Channel, the Travel Channel, public television, and National Public Radio. Jeremy also provides van tours to lighthouses and has narrated cruises all along the New England coast.

How Yoga Can Improve Your Driving Skills – Natalie Hershon, instructor

Date & time: Wednesday, November 9; 2:30-3:30 p.m.

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

Aging changes can have an impact on the way we operate a car; our vision, flexibility, and strength diminish over time. Attend this talk and demonstration to learn how seated and/or standing yoga can help you improve your driving skills. Natalie Hershon, CYT, is a certified yoga teacher and longtime Sharon resident.

MULTI-SESSION CLASSES

Techniques in Watercolor – Dorothy Appel, instructor

Dates & time: Fridays, beginning October 14;

10:00 a.m. to 12:00 noon

Cost: \$18 / six sessions **RSVP date:** October 7

Basic watercolor techniques. Students must provide their own supplies; list given upon registration.

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Beginning Bridge – David Rabinowitz, instructor –
class ongoing

Fun With Yiddish – Gladys Heitin, instructor

Dates & time: Wednesdays, beginning October 5; 9:30-11:30 a.m.

Cost: \$40 / ten week session **RSVP date:** call for space availability (all welcome)

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 – class ongoing

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.



Short Story Discussion – Ina Kornetsky, facilitator

Dates & time: Thursdays, October 27, November 17, December 8, January 5; 10:30-11:30 a.m.

Cost: \$16 / four sessions **RSVP date:** October 17

Discussion of a different story each month. You must register for all four sessions. Limited enrollment.

LIVE AND LEARN SERIES

Flappers, Fitzgerald, and Ford - Dr. Gary Hylander, lecturer

Dates & times: Mondays, October 17, 24, 31, November 14; 10:30 a.m. to noon (remaining four classes)

Cost: \$8 / single session

RSVP date: may register day of program (all welcome)

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 October 31st session.

“What’s New”? (In Classical and Non-Classical Music) - Prof. Leslie Goldberg, lecturer

Dates & times: Fridays, October 14, 21, November 4, 18, December 2, 9; 10:15-11:45 a.m.

Cost: \$35 / six sessions or \$8 / single session

RSVP date: October 7 (may register for single session on day of class) (all welcome)

- **Oct. 14:** Minimalist music of artists such as Phillip Glass, Steve Reich, John Adams, etc.
 - **Oct. 21:** Multi-media pieces which incorporate another art form with music
 - **Nov. 4:** Music and war
 - **Nov. 18:** Ethnic music such as Afro-Cuban music incorporated into commercial or classical works
 - **Dec. 2:** Jazz and jazz influenced pieces
 - **Dec. 9:** New classical pieces which incorporate or quote from older classical pieces, plus an ending question about the future of the symphony
- Professor Goldberg is Chair of the Music Department at Stonehill College.

EVENING PROGRAMS – SINGLE SESSION PROGRAMS AND MULTI-SESSION CLASSES

Basic Drawing – Vera Cross, instructor

Dates & time: Thursday, beginning October 6; 7:00 p.m. (all welcome)

Cost: \$18 / six sessions **RSVP date:** September 30

Start at the beginning! A list of supplies will be given upon registration. A minimum number of students will be needed for this class to run.

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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.

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.

Thursday evening programs**October 6** Game Night, 6:00 p.m.**October 13** Movie – repeat showing of “Burlesque,” 5:45 p.m., \$1 program fee**October 20** Game Night, 6:00 p.m.

October 27 Movie – “The Lincoln Lawyer” – Tasked with defending rich Iothario Louis Roulet, who’s been charged with assault, lawyer Mick Haller finds himself and his family in danger when he deduces the truth behind this and former cases he’s worked on. Starring Matthew

McConaughey, William H. Macy, Marisa Tomei (119 minutes, rated R). Movie begins at 5:45 p.m.; \$1 program fee.

November 3 Game Night, 6:00 p.m.**November 10** Movie – repeat showing of “Barney’s Version,” 5:45 p.m., \$1 program fee**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. If space, groups may be asked to accept an additional person based on skill level in an attempt to accommodate newcomers. We suggest that groups arrive together. A newcomer or single player may be placed with a group if all players do 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, 1-4 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.**ONGOING****NEW – Drop-In Chess Group**

Wednesdays, 1:00-3:00 p.m. beginning October 26.

Looking for a chess game? Drop in to the Adult Center for a friendly game of chess; get some pointers; meet new friends! All levels welcome. Schuyler (Sky) Crawford is the facilitator; call him at 781-784-9283 with any questions. Free program; no RSVP necessary – just drop in!

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

Thursdays, October 6, 27, November 3 - 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!

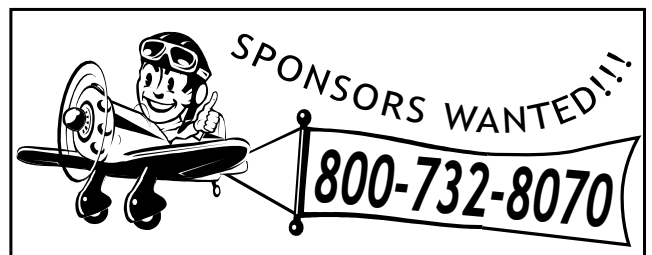
Open Art Studio Time

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. *(continued on page 8)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00..... Yoga</p> <p>10:30..... Visions Group</p> <p>1:00... Parkinsons Support Group</p> <p>1:00.... Recreational Scrabble</p> <p>1:00..... Open Art Studio</p> <p>1:30... Sewing/Embroidery Group</p> <p>2:00..... Zumba Fitness Class</p>	<p>4</p> <p>10:00..... Tai Chi</p> <p>11:00..... Pool</p> <p>1:00.. Bridge/Can./Mah Jongg</p> <p>1:00..... Bridge Lessons</p> <p>2:00..... Caregivers' Group</p> <p>7:00..... Knitting/Crochet</p>	<p>5</p> <p>9:00..... Sharon Center</p> <p>9:00..... Zumba Fitness Class</p> <p>9:30..... Coffee Hour — at HF</p> <p>9:30.... Bocce-weather permitting</p> <p>9:30..... Fun With Yiddish</p> <p>10:15..... Drop-in Meditation</p> <p>11:00..... Memoir Writing</p> <p>11:45..... Shaw's / Cobbs Corner</p> <p>1:00..... Can./Cribb./Mah Jongg</p> <p>1:30.... Sit & Be Fit Exercise Class</p>	<p>6</p> <p>9:00..... Tai Chi</p> <p>9:30.... For./Ind. Film (Illusionist)</p> <p>9:30..... Knitting/Crocheting</p> <p>10:00..... Ping Pong Club</p> <p>10:30..... Tai Chi</p> <p>1:00... MahJongg/Bridge/Scrabb.</p> <p>1:00..... Computer Tutor</p> <p>2:30..... Senior Prom</p> <p>3:00..... Gentle Yoga</p> <p>6:00..... Game Night</p> <p>7:00..... Basic Drawing</p>	<p>7</p> <p>9:00..... Sharon Center</p> <p>9:15..... Cardio Fitness Class</p> <p>10:00..... Tech. in Watercolor</p> <p>10:00 Write Your Life Stories</p> <p>10:30..... Wii Bowling</p>
 <p>10</p> <p>Holiday — Center Closed</p>	<p>11</p> <p>9:00..... Men's Club</p> <p>10:00..... Ping Pong Club</p> <p>11:00..... Pool</p> <p>11:45..... Westgate Mall</p> <p>1:00.. Bridge/Can./Mah Jongg</p> <p>1:00..... Bridge Lessons</p> <p>7:00..... Knitting/Crochet</p>	<p>12</p> <p>9:00..... Sharon Center</p> <p>9:00..... Zumba Fitness Class</p> <p>9:30..... Coffee Hour — at HF</p> <p>9:30.... Bocce-weather permitting</p> <p>9:30..... Fun With Yiddish</p> <p>10:00..... Medicare Presentation</p> <p>10:15..... Drop-In Meditation</p> <p>11:00..... Memoir Writing</p> <p>11:45..... Shaw's / Cobbs Corner</p> <p>1:00..... Can./Cribb./Mah Jongg</p> <p>1:30.... Sit & Be Fit Exercise Class</p>	<p>13</p> <p>9:30..... Movie (Burlesque)</p> <p>10:00..... Ping Pong Club</p> <p>1:00..... Mah Jongg Lessons</p> <p>1:00... MahJongg/Bridge/Scrabb.</p> <p>1:00..... Computer Tutor</p> <p>5:45..... Movie (Burlesque)</p> <p>7:00..... Basic Drawing</p>	<p>14</p> <p>9:00..... Sharon Center</p> <p>9:15..... Cardio Fitness Class</p> <p>10:00..... Tech. in Watercolor</p> <p>10:00 Write Your Life Stories</p> <p>10:15..... What's New... Music</p> <p>10:30..... Wii Bowling</p>
<p>17</p> <p>9:00..... Yoga</p> <p>10:30 Flappers, Fitzgerald & Ford</p> <p>1:00.... Recreational Scrabble</p> <p>1:00..... Open Art Studio</p> <p>1:30... Sewing/Embroidery Group</p> <p>2:00..... Zumba Fitness Class</p> <p>4:00..... LGBT Dinner & Program</p> <p>7:00 Photography Club</p> <p>Trip to Concord, MA</p>	<p>18</p> <p>9:00..... Men's Club</p> <p>10:00..... Ping Pong Club</p> <p>10:00..... Tai Chi</p> <p>11:00..... Pool</p> <p>1:00.. Bridge/Can./Mah Jongg</p> <p>1:00..... Bridge Lessons</p> <p>2:00..... Caregivers' Group</p> <p>7:00..... Knitting/Crochet</p>	<p>9:00..... Sharon Center 19</p> <p>9:00..... Zumba Fitness Class</p> <p>9:30..... Coffee Hour — at HF</p> <p>9:30.... Bocce-weather permitting</p> <p>9:30..... Fun With Yiddish</p> <p>10:15..... Drop-In Meditation</p> <p>11:00..... Memoir Writing</p> <p>11:45..... Shaw's / Cobbs Corner</p> <p>1:00..... Can./Cribb./Mah Jongg</p> <p>1:00..... Opera Film Series (Rigoletto)</p> <p>1:30.... Sit & Be Fit Exercise Class</p> <p>7:00..... Gallery Reception</p>	<p>20</p> <p>9:00..... Tai Chi</p> <p>10:00..... Halloween Party</p> <p>10:00..... Ping Pong Club</p> <p>10:30..... Tai Chi</p> <p>1:00..... Mah Jongg Lessons</p> <p>1:00... MahJongg/Bridge/Scrabb.</p> <p>1:00..... Computer Tutor</p> <p>3:00..... Gentle Yoga</p> <p>6:00..... Game Night</p> <p>7:00..... Basic Drawing</p>	<p>21</p> <p>9:00..... Sharon Center</p> <p>9:15..... Cardio Fitness Class</p> <p>10:00..... Tech. in Watercolor</p> <p>10:00 Write Your Life Stories</p> <p>10:15..... What's New... Music</p> <p>10:30..... Wii Bowling</p>
<p>24</p> <p>9:00..... Yoga</p> <p>9:00 Book Discussion Group (Tiger Hills)</p> <p>10:30 Flappers, Fitzgerald & Ford</p> <p>10:30.. Cancer Support Group</p> <p>11:30..... Feldenkrais</p> <p>1:00.... Recreational Scrabble</p> <p>1:00..... Open Art Studio</p> <p>1:30... Sewing/Embroidery Group</p> <p>2:00..... Zumba Fitness Class</p>	<p>25</p> <p>9:00..... Men's Club</p> <p>10:00..... Ping Pong Club</p> <p>10:00..... Tai Chi</p> <p>11:00..... Pool</p> <p>11:30..... Lunch & Prog. - EPOCH</p> <p>11:45..... Walpole Mall</p> <p>12:45..... Bridge/Can./Mah Jongg</p> <p>1:00..... Bridge Lessons</p> <p>7:00..... Knitting/Crochet</p>	<p>9:00..... Sharon Center 26</p> <p>9:00..... Zumba Fitness Class</p> <p>9:30..... Coffee Hour — at HF</p> <p>9:30.... Bocce-weather permitting</p> <p>9:30..... Fun With Yiddish</p> <p>10:15..... Drop-In Meditation</p> <p>10:30..... Bones for Life</p> <p>11:00..... Memoir Writing</p> <p>11:45..... Shaw's / Cobbs Corner</p> <p>1:00..... Can./Cribb./Mah Jongg</p> <p>1:00..... Drop-In Chess Group</p> <p>1:30.... Sit & Be Fit Exercise Class</p>	<p>27</p> <p>9:00..... Tai Chi</p> <p>9:30..... Knitting/Crocheting</p> <p>10:00..... Ping Pong Club</p> <p>10:30..... Tai Chi</p> <p>10:30..... Short Story Discussion</p> <p>1:00..... Mah Jongg Lessons</p> <p>1:00... MahJongg/Bridge/Scrabb.</p> <p>1:00..... Computer Tutor</p> <p>3:00..... Gentle Yoga</p> <p>5:45..... Movie (Lincoln Lawyer)</p> <p>7:00..... Basic Drawing</p>	<p>28</p> <p>9:00..... Sharon Center</p> <p>9:15..... Cardio Fitness Class</p> <p>10:00..... Tech. in Watercolor</p> <p>10:00 Write Your Life Stories</p> <p>10:30..... Wii Bowling</p> <p>10:30 "The Big Bang Theory"</p>
<p>31</p> <p>9:00..... Yoga</p> <p>10:30 Flappers, Fitzgerald & Ford</p> <p>11:30..... Feldenkrais</p> <p>1:00.... Recreational Scrabble</p> <p>1:00..... Open Art Studio</p> <p>1:30... Sewing/Embroidery Group</p> <p>2:00..... Zumba Fitness Class</p>	<p>Lakeside Gallery</p> <p>until Oct. 11</p> <p>"Creativity is Ageless"</p> <p>beg. Oct. 19</p> <p>Third Annual Juried Community Art Show</p> <p>Reception: Oct. 19, 7-9 pm</p>	<p>Craft Corner Hours</p> <p>Mon. 1:30-3:30 p.m.</p> <p>Thurs. 11:00 am-1:00 pm</p> <p>Other hours by appointment</p>	 <p>HAPPY HALLOWEEN</p> <p>OCTOBER 2011</p>	



SKYPE – Virtual visiting across the miles! Skype is a software application that allows users to make free voice calls and SEE FAMILY AND FRIENDS 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

There is a group that meets at the court across from the Community Center entrance on Wednesdays, 9:30 a.m., weather permitting. All welcome to join in. If you wish to play bocce other than Wednesday morning, please call the Adult Center and leave your name, phone number, and the time you wish to play; we will try to arrange additional games – or just come by yourself or with a friend. **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.

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 computer room (Internet access/WIFI available) as programs or classes may already be scheduled.

PODIATRY CLINIC: Thursday, November 3, 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 licensed social workers; meets every other Tuesday, 2:00-3:30 p.m., Adult Center. October meetings: 4th and 18th.

Cancer Support Group - Facilitated by two licensed social workers; meets second and fourth Monday, 10:30 a.m. to 12:00 noon, Adult Center. October meeting: October 24 (one meeting this month).

Low Vision Support Group - First Monday of each month; 10:30 a.m. Next meeting: October 3rd.

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: October 3rd, 1:00-2:30 p.m.

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

VISUALLY IMPAIRED?

A reading machine which magnifies print is available for your use in our Computer Room. Ask at the reception desk for a staff member to help you. Bring in letters, bills, photographs, and newsletters (including ours!) to read on the machine. Also ask about large print editions of *The View* when you are at the Center or call us at 781-784-8000.

GOING GREEN

Visit us at the following link and, if you choose, you can subscribe automatically to get our newsletter, receiving it earlier than the mailed copies, and have the ability to view both current and past editions. Please let us know when you do subscribe and we will remove your name from the “snail mail” list.

Link: <http://seekandfind.com/directory/sharon-council-on-aging> and enter the zip code for Sharon (02067).

MEDICAL TRANSPORTATION TO BOSTON

HESSCO has contracted with Community Care-A-Vans, Attleboro, to operate the Title III transportation grant for Boston medical appointments, beginning October 1st. This program is for those ages 60+ who reside in the HESSCO service area.

- Appointments must be scheduled on Mondays or Wednesdays between 10:00 a.m. and noon.
- Rides are shared; all clients go to Boston together for the earliest appointment and return together following the completion of last appointment.
- Wheelchair transportation is available.
- Call Community Care-A-Vans directly at **508-223-1672**.
- There is a confidential, suggested donation; ask Community Care-A-Vans when booking trip.

The Adult Center will be closed on October 10 for Columbus Day. Please keep this in mind when making medical appointments or requesting transportation. All calls will be returned on Tuesday.

STORIES ABOUT FAMILIES

Do you have a story to tell about your family? Sharon High School's TV Media students, in cooperation with the Adult Center, want to record your stories. We are interested in stories about large families, single parent families, blended families, stories about how families endure and/or overcome hardships, how family ties shape individual's personalities, or anything else you would like to share.

This project aims to provide a forum for expressing and passing on thoughts, experiences, and words that you would like to share with others, particularly family members. Students will videotape and edit each story; individuals will receive a DVD of their finished interview. The DVDs are distributed at a special event at the high school when the project is completed.

This activity is loosely modeled after Story Corps, a feature which aired on National Public Radio. Visit www.storycorps.net for more information. The videotaping will take place at the high school during the morning of **Friday, November 4**. If you want to participate, and can spare 30 minutes to be videotaped, contact Marsha Books at the Adult Center, 781-784-8000, or Mary Ann Janosko at the high school, 781-784-1554, extension 7034.

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.

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. 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

Attorney Steven Matthews from Metrowest Legal Services will be holding a clinic at the Sharon Adult Center on **Friday, November 4, 10:00 a.m. to 12:00 noon**. He will see clients by appointment only and you can schedule a private 20-minute appointment by calling Nancy at the Adult Center.

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.

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.

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 15th.
- By October 1st, 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.

UNDERSTANDING MEDICARE OPTIONS PRESENTATION

Peggy McDonough, SHINE Program Coordinator from HESSCO, will be at the Adult Center on **Wednesday, October 12, 10:00 a.m.**, to discuss some of the new options and answer questions. Free transportation available to Sharon residents; if you need transportation, please call the Adult Center no later than noon on Tuesday, October 11th.

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.

MONTHLY CELEBRATIONS

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

Please note: Sharon residents given first preference until RSVP date. Due to the increasing popularity of our monthly parties, out-of-town residents welcome to place name on waiting list and available spaces will be filled after the RSVP date by a lottery system to insure that everyone who registers by the RSVP date has an equal chance to attend our parties.

HALLOWEEN PARTY – THURSDAY, OCTOBER 20

Coffee and pastry at 10:00 a.m.; entertainment by Sharon Men's Club Chorus, "Hits and Mrs.," at 11:15. Lunch at 12:15 is cheese pizza and salad (suggested donation is \$2.50). Candy treats for all who attend. The absolute RSVP date is Tuesday, October 11.

AUTUMN PARTY – THURSDAY, NOVEMBER 17

Coffee and pastry at 10:00 a.m.; entertainment by musician and singer Shane Wood at 11:00. Lunch at 12:15 is a choice of turkey or vegetarian chili (\$2.50 suggested donation either meal) – you must indicate meal choice when you register. Entertainment fee of \$1 will be collected at the door. The absolute RSVP date is Monday, November 7. No reservations for this party will be taken before Friday, October 21. Entertainment funded in part through a grant from the Sharon Cultural Council, a local agency of the Massachusetts Cultural Council, a state agency.

MEMO FROM MARSHA

Marsha Books, Program Coordinator

Greetings to all! Fall has arrived with crisp, refreshing days and beautiful foliage. Here at the Adult Center our fall programs are in full swing!

Dr. Gary Hylander's popular class on the Twenties has begun, but you may still register for any of the remaining four classes (\$8/session). Don't miss Stonehill professor Leslie Goldberg's class "What's New? (In Classical and Non-Classical Music)", which begins October 14. Also this month is a lecture on October 28 by Lois Rudnick, Professor Emerita and former chair of the American Studies Department at UMass-Boston, on "The Big Bang: How Modern Ideas and Culture Changed (almost) Everything in America."

Relive your high school days at our Senior Prom on October 6, sponsored by the Sharon Credit Union. There will be music, dancing, refreshment, prizes, and King and Queen will be chosen! Don't miss our Halloween Party on October 20. EPOCH is sponsoring a talk by a pharmacist on vitamins with a free lunch prepared by our favorite chef, Gretto, on October 25. Also, our monthly Lakeside Café supper for LGBT (lesbian, gay, bisexual, and transgender) seniors, friends, and allies is up and running.

Fall trips include a day in historic Concord, MA; a BSO Open Rehearsal with lunch at Zaftig's; and the Museum of Science to see the new Pompeii exhibit, as well as a show at the newly renovated, state of the art, Hayden Planetarium, the most technically advanced digital theater in New England. A limited number of scholarships are available for Sharon residents; see Susan or Norma in confidence regarding scholarships.

Details for all these programs and trips are in this newsletter. I hope to see you soon!



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.

Trip to Historic Concord – Monday, October 17

Guided tour of Orchard House, the Alcott family home where Louisa May Alcott wrote "Little Women." The upstairs is accessible by a flight of stairs; you may see photos of the rooms if you are unable to do the stairs. Then take guided tour of the Concord Museum, which houses one of the oldest and most treasured collections of Americana in the country. See a short introductory film, Paul Revere's famous 1775 lantern, Henry Thoreau's desk, Ralph Waldo Emerson's restored study, period furniture, and much more. The Museum is handicap accessible. Lunch at the award-winning La Provence (not included in cost of trip) – choice of quiche, salads, and sandwiches (you will receive a menu prior to trip and will pre-order your lunch). After lunch, visit Verrill Farm Stand which has an in-house bakery and seasonal produce grown within two miles of the farm, as well as a deli, cheese department, groceries, and prepared foods. Leave Sharon at 8:45 a.m.; return approximately 5:00 p.m. Cost of \$29 includes all admissions and transportation on COA bus. Call for availability.

Boston Symphony Orchestra Open Rehearsal – Thursday, November 3



Leave for Boston at 8:45 a.m.; the rehearsal begins at 10:30. There may be a pre-concert talk in progress when you arrive; unfortunately we will not be able to be there for the start of this talk. Seating is general admission; no reserved seats available. Program: Haydn Symphony No. 1; Haydn Symphony No. 100, *Military*; Wagner, excerpts from *Die Meistersinger von Nurnberg* with Rafael Fruhbeck de Burgos, conductor; James Morris, bass; Tanglewood

Festival Chorus, John Oliver, conductor. After rehearsal ends, lunch at Zaftig's Deli in Brookline (lunch choices will be sent to those who participate on trip). Cost of \$49 includes ticket, lunch, gratuity, and transportation on COA bus. Call for availability.

Museum of Science – Monday, December 5

Self-guided tour through special exhibit, "A Day in Pompeii," where you will get a glimpse of daily life in one of Imperial Rome's most cosmopolitan cities. This exhibit includes hundreds of artifacts-including body casts of the volcano's victims-and brings to light the vibrancy of this bustling resort town before Vesuvius erupted. There will be time to browse through the museum's other exhibits, gift shop, and lunch at the Riverview Café (self-serve, lunch not included in cost of trip), and attend the 2:30 show at the newly renovated Hayden Planetarium. Leave Sharon at 9:15 a.m.; leave Boston at 3:30, following planetarium show. Cost of \$42 includes admission to all exhibits, including "A Day in Pompeii"; planetarium show; and transportation on COA bus. RSVP with payment accepted until November 2 or trip filled.

The following trips are 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.

Foxwoods – Thursday, November 3



Leave Community Center at 8:30 a.m. Cost for day: \$25. Limited spaces reserved for Adult Center; RSVP with payment accepted until October 3 or spaces filled.

"Les Miserables" – Saturday, November 5

New 25th anniversary production of the legendary musical. Performance is at the Providence Performing Arts Center, 2:00 p.m. show. Tickets are \$65 and an additional \$20 for the bus (motorcoach) and are available sold out.

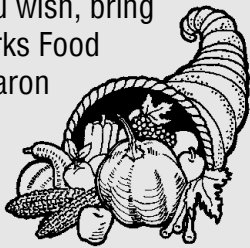
TRANSPORTATION INFORMATION – Call Nancy at the Adult Center to receive a copy of our medical transportation policies and/or monthly bus schedule.

LAKESIDE CAFÉ FOR LGBT SENIORS, FRIENDS, AND ALLIES

The next dinner for LGBT (Lesbian, Gay, Bisexual, Transgender) Seniors, Friends, and Allies will be on Monday, October 17, 4:00-6:00 p.m., here at the Adult Center. In addition to dinner, there will be a trivia game. Suggested meal donation is \$2.50 for those 60+ and there is a \$5.00 fee for those under 60. For more information, or to register, call Jayne Davis at HESSCO, 781-784-4944. To ensure a meal, please RSVP by October 12th. Free transportation is available within Sharon, including from the Sharon Train Station. Please call Nancy Weiner at the Adult Center, 781-784-8000, by October 12th for transportation assistance.

ROTARY THANKSGIVING DINNER

The Annual Rotary Club Thanksgiving Dinner for Seniors will be on **Sunday, November 13**, at Temple Sinai, Canton Street, Sharon, 12:30 p.m. Enjoy a traditional turkey dinner followed by entertainment. **This year the dinner is open to Sharon residents only.** The absolute RSVP date for reservations and transportation, if needed, is Tuesday, November 1st. If you wish, bring a can of food for the Ilse Marks Food Pantry. Thanks to the Sharon Rotary Club and the Masons for once again sponsoring this annual event.



LAKESIDE GALLERY

THIRD ANNUAL JURIED COMMUNITY ART SHOW

This show will be on display from October 19th – December 1st. Submissions by Sharon residents will be accepted on Tuesday and Wednesday, October 11 and 12, from 2:00-4:00 p.m.; and Thursday, October 13, from 2:00-7:00 p.m.; selections to be determined on October 17. Entry forms are available at the Adult Center or online at www.townofsharon.net/adultcenter. The entry fee of \$5 allows for up to two pieces (checks payable to Friends of Sharon COA). All works entered must be original creations by the artist, numbered, dry, show ready, and wired for hanging. The Juror's choice is final; acceptance into show is not guaranteed. The Juror for this show is Marcia Dolgin, noted photographer, graphic designer, illustrator, hand sign carver, art director, printmaker, and master in digital imaging. The public is invited to join the artists at a Reception on Wednesday, October 19, 7:00-9:00 p.m., at the Gallery.

You're Invited.....

To The "Senior Prom"

The Sharon Credit Union and the Adult Center are pleased to invite you to an afternoon of socializing and dancing at the "Senior Prom" on Thursday, October 6, 2:30-4:30 p.m., in the Ballroom of the Sharon Community Center (first floor). Dress is casual and no partner is needed! There will be prizes and a "king" and "queen." Finger sandwiches and desserts will be served. Free transportation is available to Sharon residents. RSVP for space as soon as possible. If transportation is needed, please call by October 3 – 781-784-8000. See you there!

ADULT CENTER/COA STAFF

Executive Director

Norma Simons Fitzgerald,
LICSW

CaseMgr./Coord. of Client & Volunteer Services

Susan Edinger, LICSW

Office Manager

Nancy Weiner

Program Coordinator

Marsha Books

COUNCIL ON AGING

Marilyn Stewart, Chair

Mildred Berman

Rita Edelston

Elliot Feldman

Ralph Generazzo

Arnold Kublin

Robert Maidman

Sheila Pallay

Sui Wen Yang

PRESIDENT, FRIENDS OF SHARON COA

Louise O'Brien



**219 Massapoag Avenue
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