

THE VIEW

SHARON ADULT CENTER

DEC. 2011 JAN. 2012

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

VOLUME 4 - NUMBER 12

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...

Wishing all the best for the holidays and New Year. To end the year with a “bang,” we have great news to share! The Adult Center/COA recently received HESSCO’s Agency Community Commitment Award at their Annual Meeting. The award was given in recognition of “community care, support, and solutions on behalf of elders living in the HESSCO Elder Service area” (refers to the 12 towns surrounding this regional agency). Mentioned in particular at the presentation was the work we are doing in support of diversity (our LGBT Lakeside Café program, Chinese elder socialization program, support groups, English tutoring, past and present programs supporting other new Americans, etc.), and that we “immediately stepped forward” to respond with developing and/or hosting and partnering programs that meet newly identified needs in the community and region. Needless to say, we are delighted with the award and thank HESSCO Elder Services for their recognition. As this is my column, I will also take a moment to mention what a hardworking staff, board, volunteers, and Friends (FSCOA) group we have at the Center. Even if I do say so myself, I think Sharon is very fortunate!

Another highlight was our December 7th opening of the Lakeside Gallery exhibit, “Merging Paths,” which features watercolors by Sharon artists and friends Theresa Craddock and Pat Lloyd. Pat’s brother, Gary Rickson, played jazz on our digital piano, refreshments were served and the whole experience was jaw-dropping. We had over 100 people, families, and friends stopping by to see the artwork and congratulate the artists. Do not miss this show – it ends on February 10th. The Crafts Corner was also open for browsing and shopping!

Fall Town Meeting passed unanimously Article 2, which was submitted by the Council on Aging and the Commission on Disabilities, and supports the establishment of an “ELDERLY AND DISABLED TAXATION FUND,” which will authorize tax bills to be designed with a place for taxpayers “to donate amounts to, and to establish, an elderly and disabled taxation fund to help defray the real estate taxes of elderly and disabled persons of low income, or take any other action relative thereto.” Three town residents will be appointed by the Selectmen to a confidential committee to help administer the funds when available.

Norma

TAX ASSISTANCE

Free tax assistance is available to low and moderate income seniors through the Tax Aid Program of AARP. Trained volunteers will be at the Adult Center on Fridays, 9:00 a.m. to 12:00 noon, beginning February 10th. Appointments must be made in advance, call Nancy at 781-784-8000. Transportation is available. Seniors must bring the federal and state forms received in the mail as well as all W-2 and 1099 forms; real estate tax bill (for Circuit Breaker Tax Credit); water bills; proof of all tax-exempt income; check register(s) if possible; and copies of 2010 federal and state returns.

The Adult Center will be closed on Monday, December 26 (Christmas holiday), Monday, January 2 (New Year’s holiday), and Monday, January 16 (Martin Luther King Day). Please keep these in mind when making medical appointments or requesting transportation. All calls will be returned on the next business day.

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SHARON ADULT CENTER – PROGRAM GUIDE

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: January 9)
Cost: \$53 / eight week session; \$50 for registration prior to January 3
RSVP date: January 3
 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: January 25)
Cost: \$38 / eight week session; \$35 for registration prior to January 18
RSVP date: January 18
 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)

Date & time: Mondays, 2:00-3:00 p.m. (next session: February 13)
Cost: \$38 / eight week session; \$35 for registration prior to February 6
RSVP date: February 6
 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: January 20)
Cost: \$38 / eight week session; \$35 for registration prior to January 13
RSVP date: January 13
 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.

GENTLE YOGA

Date & time: Fridays, 9:00-10:15 a.m. (next session: January 6)
Cost: \$43 / eight week session; \$40 for registration prior to December 30
RSVP date: December 30
 Learn to relax and increase flexibility of body and mind. Basic yoga poses, meditation, breathing. No experience necessary. Sylvia Mignon, instructor.

TAI CHI / CHI KUNG

Date & times: Thursdays, 9:00-10:00 a.m. (next session: January 19)
 Thursdays, 10:30-11:30 a.m. (next session: January 19)
Cost: \$43 / eight week session; \$40 for registration prior to January 12
RSVP date: January 12
 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: Dec. 27)
Cost: \$43 / eight week session; \$40 for registration prior to Dec. 20
RSVP date: December 20
 Same class as taught on Thursdays; led by Mike Showstack.

SIT AND BE FIT

Date & time: Wednesdays, 1:30-2:30 p.m. (next session: January 25)
Cost: \$38 / eight week session; \$35 for registration prior to January 18
RSVP date: January 18
 Build strength, flexibility, balance, and cardiovascular endurance using chair for support; program can be individually customized; appropriate for all fitness levels and those with arthritis.

FELDENKRAIS

Date & time: Mondays, 11:15 a.m.-12:15 p.m. (next session: Jan. 30)
Cost: \$57 / nine week session; \$54 for registration prior to Jan. 23
RSVP date: January 23
 Through gentle movements, change how body functions; develop awareness, flexibility, coordination. Minimum number needed to run class. Aviva Glenn, instructor.

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, December 22

Written, directed, and produced by John Wells, “The Company Men” is an indie drama starring Ben Affleck as a successful businessman who comes face-to-face with America’s downsizing epidemic when he loses his job. Rounding out the all-star cast are Kevin Costner, Tommy Lee Jones, and Chris Cooper (105 minutes, rated R). This movie will also be shown in the evening, 5:45 p.m.



Foreign/Independent Film – Thursday, January 5

Sally Hawkins stars in “Made in Dagenham,” a cheeky dramatization of the 1968 labor strike initiated by hundreds of women who rebelled against discrimination and demanded equal pay. This British film also stars Miranda Richardson and Bob Hoskins (113 minutes; rated R). This movie will also be shown in the evening, 5:45 p.m.



Movie – Thursday, January 19

“Water for Elephants,” based on the best-seller, is a captivating Depression-era melodrama about a young man who joins the circus as an animal caretaker but faces a wrenching dilemma when he’s transfixed by the angelic performer married to the cruel animal trainer. The film stars Robert Pattinson, Reese Witherspoon, and Christoph Waltz (121 minutes; rated R). This movie will also be shown in the evening; 5:45 p.m.

SINGLE SESSION CLASSES/PROGRAMS

Yoga Discussion & Demonstration II – Natalie Hershon, CYT

Date & time: Wednesday, January 11; 2:30 p.m.
Cost: FREE; RSVP for seating suggested (all welcome)
This program focuses on balance, breathing, and body awareness. Staying balanced in body and mind is essential to good health and breathing; body awareness aids in correct postures for balance and breathing. Participation is encouraged but not required.

Opera Film Series – Marilyn Stewart, facilitator

Date & time: Wednesday, January 18; 1:00 p.m.
Cost: FREE; RSVP for seating suggested (all welcome)
This month: “Tarandot” by Puccini; featuring Placido Domingo.

Book Discussion Group – Dr. Joe Rothenstein, facilitator

Date & time: Monday, January 30; 9:00 a.m. (note time change this month).

Cost: FREE; RSVP for seating suggested (all welcome)
January book: “Tolstoy and the Purple Chair” by Nina Sankovitch. No Book Discussion Group in December.

“Laughter is the Best Medicine” – Randy Veraguas, guest speaker

Date & time: Tuesday, January 31; 2:00 p.m.

Cost: FREE; RSVP for seating suggested by January 24 (all welcome)

Join us for an informative discussion on the many faces of depression. Statistics show that 5% of the population suffers from depression. Discover ways to treat the symptoms and learn that laughter truly is the best medicine! Randy is the manager of Morton Hospital’s Elder Behavioral Unit. Light refreshments will be served. This event is co-sponsored by Southeast Rehab & Skilled Care Center, Easton.

Lunch and Program – EPOCH Senior Healthcare, sponsor

Date & time: Tuesday, February 14; 11:30 a.m.

Cost: FREE

RSVP date: February 7 or until program filled

Chef Gretto will prepare lunch and a special Valentine’s dessert! Call for program information. Sharon residents have first preference until Feb. 7th deadline; available spaces filled by out-of-town residents after Feb. 7.

MULTI-SESSION CLASSES

Write Your Life Stories – Julie Cline, instructor

Dates & time: Fridays, beginning January 6; 10:00 a.m. to 12:00 noon

Cost: \$67 / eight sessions; \$64 for registration prior to December 30

RSVP date: December 30

Get your personal story organized and on paper. Basic tools of good writing are covered; then combined with telling personal stories through in-class writing exercises and weekly writing assignments. Students share work and participate in constructively critiquing each other’s work. Limited enrollment.

Techniques in Watercolor – Dorothy Appel, instructor

Dates & time: Fridays, beginning January 20; 10:00 a.m. to 12:00 noon

Cost: \$21 / six sessions; \$18 for registration prior to January 13

RSVP date: January 13

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

Bridge for Beginners – David Rabinowitz, instructor**Dates & time:** Tuesdays, beginning January 24; 1:00-3:00 p.m.**Cost:** \$28 / ten sessions; \$25 for registration prior to January 17**RSVP date:** January 17

Required text: "Bridge for Dummies," available at Barnes & Noble and Amazon.com. Independent study of the text is necessary to learn the game; the more you put into it, the more you will get out of it! Class is designed to supplement and reinforce your independent study of the text through playing and analyzing bridge hands as dealt in class.

Fun with Yiddish – Gladys Heitin, instructor**Dates & time:** Wednesdays, beginning Feb. 29; 9:30-11:30 a.m.**Cost:** \$43 / ten sessions; \$40 for registration prior to February 22**RSVP date:** February 22

Geared to those comfortable with the language; explore lore and culture; master communication skills.

Mah Jongg Lessons – Marcia Liebman, instructor**Dates & time:** Thursdays, beginning January 12; 1:00-4:00 p.m.**Cost:** \$18 / six lessons; \$15 for registration prior to January 5**RSVP date:** January 5

Learn from the beginning; for those who have not previously taken classes. Class limited to four students; Sharon residents first preference.

LIVE AND LEARN SERIES**We Like Ike: America in the 1950s – Dr. Gary Hylander, lecturer****Dates & time:** Mondays, January 30, February 27, March 12, March 26, April 9, April 30; 10:30 a.m. to noon**Cost:** \$35 / six classes or \$8 / single session**RSVP date:** May register day of program (all welcome)

The end of the Truman administration found the U.S. locked in a hot war in Asia and a cold war in the rest of the world. Communists, claimed Sen. Joseph McCarthy, were running rampant in the U.S. Promising a "dynamic conservatism," the enormously popular Dwight D. Eisenhower was swept into the presidency in the election of 1952. Discussion of civil rights movement, Elvis and Marilyn, politics of "better red than dead," arrival of the baby boomers, TV, and much more!

EVENING PROGRAMS – SINGLE SESSION PROGRAMS AND MULTI-SESSION CLASSES**SPECIAL PROGRAM -Martin Luther King's Legacy, and What It Means to Us Today****Date & time:** Wednesday, January 11; 7:00 p.m.**Cost:** FREE; all welcome**RSVP date:** January 9 strongly suggested for seating. Parking may be limited; please carpool.

Panel discussion facilitated by Sharon residents Charles (Chuck) Walker, Jr., Esq., and David Blocker, both former Sharon MLK

Committee co-chairs. Chuck is also the host of "Race and the Law 101: the Heart of the Matter" on Sharon Community TV. Light refreshments will be served.

Basic Drawing – Vera Cross, instructor**Dates & time:** Thursday, beginning January 5; 7:00 p.m. (all welcome)**Cost:** \$21 / six sessions; \$18 for registration prior to December 29**RSVP date:** December 29

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.

Photography Club – Sheila Pallay, facilitator**Date & time:** Monday, January 9; 7:00-8:30 p.m.**Cost:** FREE; RSVP preferred (all welcome)

For those interested in sharing their work, discussing photographic techniques, etc. 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**December 22.. Movie** – repeat showing of "The Company Men," 5:45 p.m., \$1**December 29.. Game Night** - 6:00 p.m.**January 5** **Movie** – repeat showing of "Made in Dagenham," 5:45 p.m., \$1**January 12..... Game Night** - 6:00 p.m.**January 19..... Movie** – repeat showing of "Water for Elephants," 5:45 p.m., \$1**January 26** **Game Night** – 6:00 p.m.**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 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.

ONGOING

Drop-In Chess Group

Wednesdays, 1:00-3:00 p.m. 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, January 5 and 26 - 9:30-11:30 a.m. Knitting needles and yarn are available. Donations of yarn welcome.

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.

Evening Chess Club

Mondays, 7:00-10:00 p.m. Meet in Arts and Crafts Room, second floor of the Community Center. All levels and all ages of players welcome. Sponsored by Sharon Adult Center's Men's Club. For more information call Lester, 781-784-7212.

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 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.

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, January 5, 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. Next clinic: March 1.

ONGOING SUPPORT GROUPS

Caregiver Support Group - Facilitated by a licensed social worker; meets every other Tuesday, 2:00-3:30 p.m., Adult Center. Upcoming meetings: January 10, 24

Cancer Support Group - Facilitated by two licensed social workers; meets second and fourth Monday, 10:30 a.m. to 12:00 noon, Adult Center. Upcoming meetings: January 9, 23.

Low Vision Support Group - First Monday of each month; 10:30 a.m. Upcoming meeting: January 9 (second Monday this month)

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. Upcoming meeting: January 9 (second Monday this month).

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. 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. Call Community Care-A-Van at 508-223-1672 for more information or to schedule your ride.

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. Coordinated by Norfolk County Sheriff's office.

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 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.

Food Assistance Benefits: For 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Holiday – Center Closed</p> 	<p>3</p> <p>9:00..... Men's Club 9:15.....ESL 10:00..... Ping Pong Club 10:00..... Tai Chi 10:30.. Discuss. Grp. (Men's Cl.) 11:00..... Pool 11:30.... Stop & Shop, Norwood 1:00.....Bridge/Can./Mah Jongg 7:00..... Knitting/Crochet</p>	<p>4</p> <p>9:00 Sharon Center 9:00..... Zumba Fitness Class 9:30..... Coffee Hour – at HF 10:15..... Drop-In Meditation 11:00..... Memoir Writing 11:30... Shaw's / Cobbs Corner 1:00..... Can./Cribb./Mah Jongg 1:00..... Drop-In Chess 1:30... Sit & Be Fit Exercise Class</p>	<p>5</p> <p>9:00..... Tai Chi 9:30... Movie (Made/Dagenham) 9:30..... Knitting/Crocheting 10:00..... Ping Pong Club 10:30..... Tai Chi 10:30... Short Story Discussion 12:00..... Podiatry Clinic 1:00... MahJongg/Bridge/Scrabb. 1:00..... Computer Tutor 3:00..... FSCOA Board Meeting 5:45... Movie (Made/Dagenham) 7:00..... Basic Drawing</p>	<p>6</p> <p>9:00 Sharon Center 9:00..... Gentle Yoga 9:15..... Cardio Fitness Class 10:00..... Tech. in Watercolor 10:00..... Write Your Life Stories 10:30..... Wii Bowling</p>
<p>9</p> <p>9:00.....Yoga 10:30..... Visions Group 11:15..... Feldenkrais 1:00..... Recreational Scrabble 1:00..... Open Art Studio 1:00.Parkinsons' Support Group 1:30.. Sewing/Embroidery Group 2:00..... Zumba Fitness Class 7:00..... Photography Club</p>	<p>10</p> <p>9:00..... Men's Club 9:15.....ESL 10:00..... Ping Pong Club 10:00..... Tai Chi 11:00..... Pool 11:30.... Walpole Mall-mall only 1:00.....Bridge/Can./Mah Jongg 2:00..... Caregivers' Group 7:00..... Knitting/Crochet</p>	<p>11</p> <p>9:00 Sharon Center 9:00..... Zumba Fitness Class 9:30..... Coffee Hour – at HF 10:15..... Drop-In Meditation 11:00..... Memoir Writing 11:30... Shaw's / Cobbs Corner 1:00..... Can./Cribb./Mah Jongg 1:00..... Drop-In Chess 1:30... Sit & Be Fit Exercise Class 2:30... Yoga Discussion & Demo 7:00 MLK Program</p>	<p>12</p> <p>9:00..... Tai Chi 10:00.Beat Winter Doldrums Pty 10:30..... Tai Chi 1:00...MahJongg/Bridge/Scrabb. 1:00..... Computer Tutor 6:00..... Game Night 7:00 Basic Drawing</p>	<p>13</p> <p>9:00 Sharon Center 9:00..... Gentle Yoga 9:15..... Cardio Fitness Class 10:00..... Tech. in Watercolor 10:00..... Write Your Life Stories 10:00..... Legal Clinic 10:30..... Wii Bowling</p>
<p>16</p> <p>Holiday – Center Closed</p> 	<p>17</p> <p>9:00..... Men's Club 9:15.....ESL 10:00..... Ping Pong Club 10:00..... Tai Chi 11:00..... Pool 11:30.... Stop & Shop, Norwood 1:00.....Bridge/Can./Mah Jongg 2:30..... COA Board Meeting 7:00..... Knitting/Crochet</p>	<p>18</p> <p>9:00 Sharon Center 9:00..... Zumba Fitness Class 9:30..... Coffee Hour – at HF 10:15..... Drop-In Meditation 11:00..... Memoir Writing 11:30... Shaw's / Cobbs Corner 1:00..... Can./Cribb./Mah Jongg 1:00..... Opera Film Series – (Tarandot) 1:00..... Drop-In Chess 1:30... Sit & Be Fit Exercise Class</p>	<p>19</p> <p>9:00..... Tai Chi 9:30... Movie (Water/Elephants) 10:00..... Ping Pong Club 10:30..... Tai Chi 1:00...MahJongg/Bridge/Scrabb. 1:00..... Computer Tutor 5:45... Movie (Water/Elephants) 7:00..... Basic Drawing</p>	<p>20</p> <p>9:00 Sharon Center 9:00..... Gentle Yoga 9:15..... Cardio Fitness Class 10:00..... Tech. in Watercolor 10:00..... Write Your Life Stories 10:30..... Wii Bowling</p>
<p>23</p> <p>9:00.....Yoga 11:00 ..LGBT Lunch/Program 11:15..... Feldenkrais 1:00..... Recreational Scrabble 1:00..... Open Art Studio 1:30.. Sewing/Embroidery Group 2:00..... Zumba Fitness Class</p>	<p>24</p> <p>9:00..... Men's Club 9:15.....ESL 10:00..... Ping Pong Club 10:00..... Tai Chi 11:00..... Pool 11:30... Westgate Mall-mall only 1:00..... Bridge for Beginners 1:00.....Bridge/Can./Mah Jongg 2:00..... Caregivers' Group 7:00..... Knitting/Crochet</p>	<p>25</p> <p>9:00 Sharon Center 9:00..... Zumba Fitness Class 9:30..... Coffee Hour – at HF 10:15..... Drop-In Meditation 11:00..... Memoir Writing 11:30... Shaw's / Cobbs Corner 1:00..... Can./Cribb./Mah Jongg 1:00..... Drop-In Chess 1:30... Sit & Be Fit Exercise Class</p>	<p>26</p> <p>9:00..... Tai Chi 10:00..... Ping Pong Club 10:30..... Tai Chi 11:00...Chinese New Year Celeb. 1:00...MahJongg/Bridge/Scrabb. 1:00..... Computer Tutor 6:00..... Game Night 7:00..... Basic Drawing</p>	<p>27</p> <p>9:00 Sharon Center 9:00..... Gentle Yoga 9:15..... Cardio Fitness Class 10:00..... Tech. in Watercolor 10:00..... Write Your Life Stories 10:30..... Wii Bowling</p>
<p>30</p> <p>9:00.....Yoga 9:00.....Book Discussion Group (Tolstoy and the Purple Chair) 10:30..... “We Like Ike” 11:15..... Feldenkrais 1:00..... Recreational Scrabble 1:00..... Open Art Studio 1:30.. Sewing/Embroidery Group 2:00..... Zumba Fitness Class</p>	<p>31</p> <p>9:00..... Men's Club 10:00..... Ping Pong Club 10:00..... Tai Chi 11:00..... Pool 11:30... Stop & Shop, Norwood 1:00..... Bridge for Beginners 1:00.....Bridge/Can./Mah Jongg 2:00..... Laughter/Best Medicine 7:00..... Knitting/Crochet</p>	<p>IMPORTANT – NOTE TUESDAY SHOPPING CHANGES FOR THIS MONTH.</p> <p>CRAFT CORNER HOURS – Monday–1:30-3:30 pm Thursday-11:00 am-1:00 pm Other hours by appointment</p>	<p>LAKESIDE GALLERY – thru February 10 “Merging Paths” – works of Theresa Craddock & Pat Lloyd</p>	<p>January 2012</p> 

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LEGAL CLINIC

Attorney Steven Matthews from Metrowest Legal Services will be holding a clinic at the Sharon Adult Center on **Friday, January 13, 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.

CAN I STILL CHANGE MEDICARE PLAN?

Even though the open enrollment period has ended, there are still a few changes you can make, if you qualify. Briefly:

Medicare Advantage Plan: Between January 1 and February 14, you can leave your plan and switch to Original Medicare but you cannot switch to another Medicare Advantage plan. If you drop Medicare Advantage during this period, you will be able to join a Medicare Prescription Drug plan to add drug coverage. You may also add a supplement at this time.

Tufts Medicare Prescription Drug Plan (drug coverage plan only) in 2011: If you did not select a different Medicare drug plan for 2012, then you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012.

Prescription Advantage or "Extra Help" paying for prescription drugs: You can change plan anytime during the year. Those with Prescription Advantage can do this once each year; those with "Extra Help" can change every month.

FUEL ASSISTANCE PROGRAM

The 2011-12 fuel assistance program through Self-Help began November 1st. If your total household income is \$31,218 or less (individual) or \$40,824 or less (couple), you may qualify for a one-time subsidy to help with your heating bill. If your income does not fit into these guidelines, there may be other programs available. Call Susan at the Adult Center for more information or to schedule an appointment.

CIRCUIT BREAKER INFORMATION FOR HOMEOWNERS AND RENTERS

Massachusetts homeowners and renters age 65 and older may qualify for up to \$980 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.

Circuit Breaker Tax Credit Scam Advisory – While the Circuit Breaker Tax Credit helped nearly 80,000 state residents last year, several unscrupulous tax preparers persuaded some elderly public housing residents to fraudulently apply for the credit. Residents of public or subsidized housing are ineligible for the credit or cash refund. The preparers who participated in this scam asked for a payment in order to submit the fraudulent Circuit Breaker application. Some seniors who received the credit mistakenly now find they must repay any funds received to the state. If you are a senior living in public or subsidized housing and have been approached to file for the Circuit Breaker Tax Credit, please contact Dennis Buckley, Taxpayer Advocate, Massachusetts Dept. of Revenue, 617-626-2280.

SNOW REMOVAL ASSISTANCE

The Commission on Disabilities and the Adult Center/COA have again secured the cooperation of the Department of Public Works to remove the residue (berm) left by snowplows at the end of the driveways after streets have been plowed. Due to limited resources, this service will be available only to those disabled residents with low to moderate incomes who do not have any other means to remove the residue and/or do not use the services of a private contractor or other snow plow service to clear their driveway. In addition, there can be no other person who is able to remove the berm. A doctor's certification of a physical disability is required. For more information, or to receive an application form, call Susan Edinger or Norma Simons Fitzgerald at the Adult Center, 781-784-8000.

VETERANS AND WIDOWS

If you are a veteran, or widow or widower of a veteran, with an income of less than \$1,800/month and cash assets of less than \$3,200, or you are a married veteran or married to a veteran and your combined income is less than \$2,430/month with cash assets of less than \$7,000, you may be entitled to reimbursement of medical expenses. You may also be entitled to additional financial assistance if you are a senior citizen veteran, widow or widower of a veteran, and your monthly income is less than \$1,493 and cash assets less than \$3,200, or you are a married senior citizen veteran with a combined income of less than \$1,975/month and cash assets less than \$7,000. Call the Veteran's Agent at Town Hall, 781-784-1500, ext. 1180, or the MA Department of Veterans' Services at 617-210-5480.

EMERGENCY PLANNING IN SHARON

The Sharon Police Department, in partnership with the Norfolk County Sheriff's Department, has implemented an emergency notification system for residents. The CodeRED Emergency Notification System is an ultra high-speed telephone communication service designed to deliver emergency messages and distribute information considered to be important in all or specific areas of the town. The system allows for delivering pre-recorded messages describing a situation to a live person or an answering machine in the affected area, including instructions requiring immediate action on the part of the recipient. You can register a landline phone, mobile phone, or receive text messages after completing the form, available online. If you reside in or own property within Sharon and would like to receive CodeRED emergency messages, go to: [http://www.townofsharon.net/Public Documents/SharonMA Police/CodeRed](http://www.townofsharon.net/Public_Documents/SharonMA_Police/CodeRed). Important – you must use a physical address; do not use post office boxes or addresses outside of town limits. If you do not have access to a computer to register for this important program, contact the Susan, Norma, or Nancy at the Adult Center for assistance. Let the receptionist know you are requesting CodeRED assistance. You can also tune in to Sharon Community Radio, 1630 on the AM radio dial, for emergency information.

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.

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.

WINTER WEATHER REMINDERS

If the Sharon Public Schools are closed due to inclement weather, there are no programs or transportation (shopping or medical) through the Adult Center/COA. No school announcements are on TV channels 4, 5, and 7; cable channel 08; and radio stations 680 and 1030 on the AM dial. Even if schools are open or delayed, if the Adult Center determines that the weather may be hazardous to you and/or our drivers, we may cancel programs and transportation. Call the office, 781-784-8000, **and press 1 for updated program information if no one is available to answer the phone.** If your driveway and/or pathway is unsafe for you or our drivers, we may not be able to pick you up for an activity or medial appointment.

HESSCO makes its own decisions regarding the meal site and home delivered meals. Their cancellation notices are on TV channels 5 and 7 and cable channel 08. If you have any questions, call HESSCO directly, 781-784-4944. If you or a member of your family attends a social day program, be sure to know what their winter weather policies are.

Be prepared for winter; stock up on essentials – extra food (especially ready-to-eat foods) and water, special diet foods, medications, candles, flashlights and batteries.

MEMO FROM MARSHA

Marsha Books, Program Coordinator

Greetings to all! As I write this, I have been reflecting on the beautiful weather we have had in November and early December. I am particularly grateful, after the pre-Halloween storm that knocked out the power and caused hardships for so many.

As the beginning of winter approaches, I invite you to join us here at the Adult Center to socialize, play games and cards, take a class, attend a program, or take in a movie. There is no need to be stuck inside the house! The Adult Center may be able to provide some transportation to activities and programs if you would rather not drive. To celebrate the holiday season, we will be serving cider and cookies during the weeks of December 19-23 and 27-30. Please join us.

Be sure to pre-register for our parties, trips, movies, and classes. We have a special program, "Laughter is the Best Medicine," on January 31; our Live and Learn Series continues with Dr. Gary Hylander presenting a six-part series, "I Like Ike." Also, join us for the Chinese New Year celebration and lunch on January 26. Details for all of these and other programs through the beginning of February can be found in the newsletter. Please don't let the cost of a program stop you from participating. A limited number of scholarships for Sharon residents are available through the Friends of the Sharon COA. Please speak to Susan Edinger or Norma Simons Fitzgerald in confidence regarding scholarships.

Best wishes to everyone and your families for a joyous and safe holiday season and a happy, healthy, and fulfilling 2012! 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.

Making and Preserving Memories – Tuesday, January 17 – Take a (short!) trip to A.C. Moore in Brockton and be introduced to a variety of crafting ideas. During this one hour workshop, your instructor will give instruction on scrap booking and help you to create your own scrapbook for your photos. Please bring 2-3 photos to incorporate into your pages. Meet at the Adult Center at 1:00 p.m. Cost for the program and transportation on the COA bus is \$4. RSVP with payment accepted until January 9 or trip filled. To participate in this workshop, you must register through the Adult Center.

RI School of Design Museum, Providence – Tuesday, February 21 – One-hour docent led tour highlighting the museum's collection including "Pilgrims of Beauty: Art and Inspiration in 19th Century Italy," "From the Land of the Immortals: Chinese Taoist Robes and Textiles," the museum's Impressionist collection, and more. Browse on your own through the museum and gift shop. Lunch (not included in cost of trip) will be at Casserino's Restaurant in Providence. Leave Sharon around 9:45 a.m.; return after lunch. Cost of \$20 includes admission and transportation on COA bus. RSVP with payment accepted until January 24 or trip filled. A minimum number of people are needed for this trip to take place.

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.

Boston Pops – Saturday, June 16

Keith Lockhart and the orchestra perform an entirely new program, "Visions of America." Tickets: 1st balcony, \$55; 2nd balcony, \$30; bus transportation, \$20. Tickets on sale from January 1 to March 13 or until sold out. Refunds will be available until April 6.

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

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.

December 20 Gerry Gottschalk, piano player – all request program

December 27 Reuben Herman – "The Mexican War"

January 3 Janet Penn, Director, Youth Leader Program – "Youth LEAD"

January 17 Linda Oakley, R.N., Norwood Urgent Care – "Operation of Norwood Urgent Care Facility"

January 24 Frank DeSario, retired policeman – "Undercover Cop"

January 31 Bill O'Donnell, Norfolk County Registrar of Deeds – after his presentation, a portable office will be available to check house deed, homestead declaration, etc.

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

Parking is limited; please car pool.

Sharon COA Young at Heart Club: Wednesday, January 11, 10:30 a.m. The movie "Chicago" will be shown.

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.

POSTAGE COSTS TO RISE

Cost for a first class stamp will rise from .44 cents to .45 cents on January 22; postcards will rise to .32 cents. "Forever" stamps are good forever! As a service to our seniors, the Adult Center will have for sale a limited number of books of "Forever" stamps – books or 20 stamps only, no single stamps. The cost is \$8.80 until January 22; then the cost per book will be \$9.00.



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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.**

“Beat the Winter Doldrums” – Thursday, January 12

Coffee and pastry at 10:00 a.m.; vocalist Gary Leanes entertains at 11:00. His performance includes sing-alongs and favorites by Sinatra, Presley, Bennett, Orlando, Diamond, and more. Lunch at 12:15 is chicken parmesan (\$2.50 suggested donation). The \$1 entertainment fee will be collected at the door. The absolute RSVP date is Tuesday, January 3 (Adult Center closed on Monday, January 2).

“Valentines Party” – Thursday, February 9

Coffee and pastry at 10:00 a.m.; entertainment by the Sharon High School Concert Band at 11:00. Lunch at 12:15 is cheese pizza and salad (\$2.50 suggested donation). Candy treats for all who attend. The absolute RSVP date is Monday, January 30. No reservations for this party taken until Friday, January 13.

CHINESE NEW YEAR CELEBRATION

Join in celebrating the Year of the Dragon on Thursday, January 26 (snow date: February 2). Entertainment at 11:00 will be provided by the Sharon Senior Chinese Chorus, with Tai Chi and sword dancing demonstrations. The Chinese lunch at 11:45 will be catered by a local restaurant. Cost is \$9 and reservations will be taken on a first come-first served basis with payment – absolutely no names will be taken without payment. The RSVP date is January 17 (or until filled) with Sharon residents given first preference until the 17th.

LAKESIDE CAFÉ FOR LGBT SENIORS, FRIENDS, AND ALLIES

Hold *Monday, January 23*, for the next LGBT (Lesbian, Gay, Bisexual, Transgender) Seniors, Friends, and Allies program at the Adult Center. Socialize from 11:00 a.m.-noon; lunch will be served at noon.

Suggested meal donation is \$2.50 for those 60+ and there is a \$5.00 fee for those under 60. The RSVP date is Tuesday, January 17. For more information, or to register, call Jayne Davis at HESSCO, 781-784-4944. Free transportation is available within Sharon, including from the Sharon Train Station. Please call Nancy Weiner at the Adult Center, 781-784-8000, by January 17th.

ESOL COMMUNITY NIGHT

Come to a special program for English Speakers of Other Languages (ESOL) which will be held on Sunday, January 22, 4:00-7:00 p.m., at the Community Room of the Sharon Public Library. Join us for a screening of the award-winning film, “To Kill a Mockingbird.” This program is open to ESOL students, their friends and families, as well as the entire community. After watching the movie, which will be shown with English subtitles, there will be a discussion of its implications and themes. Dinner will be served. This event is free; however an RSVP for seating and dinner is suggested by January 18th. Transportation can be arranged for seniors – call the Adult Center, 781-784-8000, by January 18th. For details on the program, or to RSVP, contact Barbra Nadler, Director, Sharon Public Library, 781-784-1587 (bnadler@ocln.org) or Sandra Goverman, Coordinator, Literacy Volunteers of Sharon/Stoughton, 781-232-9362 (stlva@ocln.org). This program is funded by a grant from the Sharon Pluralism Network.

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

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Marilyn Stewart, Chair
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