



**NOVEMBER 2011**

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

VOLUME 4 - NUMBER 11

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**

The winter holidays are fast approaching. If you are at wits end wondering what you could possibly buy your loved one(s), take a gander at the beautiful artwork now on VIEW at our Third Annual Community Art Exhibit for ideas! The show runs until December 1st. Also visit our recently opened CRAFT CORNER displaying contemporary and country crafts from Sharon artisans. The Craft Corner is at the end of the corridor – follow the gallery. At this time, items on display include handmade pens, bottle stoppers (for wine bottles), jewelry, ceramics, and crocheted baby items. (See days/hours in article in this newsletter.) For further information, call Doris Gladstone, manager, at 781-784-5376, or email her at [adultcentercraft@aol.com](mailto:adultcentercraft@aol.com).

**SAVE THE DATE** – The work of two Sharon artists, Theresa Craddock and Pat Lloyd, a new talent (???), will be featured at the next opening at the Lakeside Gallery on Wednesday, December 7, 7:00-9:00 p.m. FYI – Theresa’s work was recently on exhibit at Moose Hill Wildlife Gallery! Read more about the show in the December-January “VIEW,” Sharon Advocate, Sharon Patch, and Sharon Buzz!

*Norma*

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**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.
- You should have received 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.

**IMPORTANT TOWN MEE TING ARTICLE TO BENEFIT SENIORS & TRANSPORTATION TO MEETING**

The second article at the Fall Town Meeting beginning Monday, November 14, was submitted by the Council on Aging and the Commission on Disabilities and supports the establishment of an “Elderly and Disabled Taxation Fund.” If approved, this article will authorize tax bills to be designed with a place for taxpayers to donate amounts to and establish an elderly and disabled taxation fund to defray the real estate taxes of elderly and disabled persons of low income.

**Free door-to-door transportation** is available for seniors to the Fall Town Meeting, November 14, 7:00 p.m., Collins Auditorium of Sharon High School. You must request transportation to the Town Meeting no later than noon on Thursday, November 10 (the Adult Center will be closed on Friday, November 11) – call 781-784-8000.

## 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: November 30)  
**Cost:** \$35 / eight week session **RSVP date:** November 23  
 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: November 21)  
**Cost:** \$35 / eight week session **RSVP date:** November 14  
 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: 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.

#### 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: December 27)  
**Cost:** : \$43 / eight week session; \$40 for registration prior to December 20  
**RSVP date:** December 20  
 Same class as taught on Thursdays at the Adult Center; led by Mike Showstack.

#### 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.

#### FELDENKRAIS – class ongoing

#### 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, 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.



### Foreign/Independent Film – Thursday, December 1

In “Mao’s Last Dancer,” a delegation from Madame Mao’s Beijing Dance Academy selects 11-year-old peasant villager Li Cunxin to study ballet in Beijing, where he trains for seven grueling years to become one of China’s greatest dancers. After performing in America, his eyes are open to a new love and the possibility of a defection from China in this remarkable true story based on Cunxin’s autobiography (117 minutes, rated PG, in English). This movie will also be shown in the evening, 5:45 p.m.



### 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.

## 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

Don’t forget to send in your tickets for the raffle drawing on December 6. All monies support the work of the Friends of the Sharon Council on Aging, Inc. Additional tickets are available at the 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.

**Nov. 8** Doug Pendarvis – “The Godfather of Boxing”

**Nov. 15** Joe Canavan, Norfolk County Sheriff’s Office – “Making Life Easier for Seniors”

**Nov. 22** Scott Aronson, Podiatrist

**Nov. 29** Margherita Desys, U.S. Naval Historian – “The USS Constitution” – *NOTE:* November 29 program begins at 10:00 a.m.

**Dec. 13** Ellenor Yahmarkt, Borderland State Park – “Activities for 2012”

**Dec. 20** Gerry Gottschalk, piano player – all request program

**Dec. 27** Reuben Herman – “The Mexican War”

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

**Parking is limited; please car pool.**

**Sharon COA Young at Heart Club:** Guest speaker for the *November 9<sup>th</sup>* general 10:30am meeting at the Adult Center is Shirley Stein discussing “The Wonderful World of Chocolate.” For information, contact Toby Feidt, 508-238-2164. The *December 14<sup>th</sup>* meeting is the holiday party - \$10, seating limited; contact Gladys Berkowitz, 781-344-1951, for reservation and payment information.

## 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](mailto:adultcentercraft@aol.com).

**Free door-to-door transportation** is available for seniors to the Fall Town Meeting, November 14, 7:00 p.m., Collins Auditorium of Sharon High School. You must request transportation to the Town Meeting no later than noon on Thursday, November 10 (the Adult Center will be closed on Friday, November 11) – call 781-784-8000.

## SINGLE SESSION CLASSES/PROGRAMS

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

**Date & time:** Wednesday, November 16 & December 21; 1:00 p.m.

**Cost:** FREE; RSVP for seating suggested (all welcome)  
This month: “Manon” featuring Natalie Dessay and Samuel Rames. Call early December for name of opera.

**Book Discussion Group –**

**Dr. Joe Rothenstein, Facilitator**

**Date & time:** Monday, November 28; 9:00 a.m. (time change this month)

**Cost:** FREE; RSVP for seating suggested (all welcome)  
November book: “The Sun Also Rises,” by Ernest Hemmingway. – There will be no Book Discussion Group in December.

**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.

**“Talking About It: A story about the secrets and silences of being a white South African and of being white in America” – Nicole le Roux, presenter**

**Date & time:** Monday, November 14; 3:00-4:15 p.m.

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

“This story is my experience discovering my grandfather’s involvement in South Africa’s violent former segregation system, apartheid. I began to discover parts of my own story while living in Sharon and during my college years in Amherst. It is a story about compassion, how learning and speaking our secrets has helped me understand what it means to be white in South Africa and in America, and how I’ve found it possible to transform my privilege by talking about it. During and after the story there will be room for dialogue.” Nicole, a Sharon High School graduate, is the co-founder and co-director of the South Africa-based non-profit organization, “I Am Somebody.”

**“Coping with the Holidays” – Steve Elkin, LICSW, and Cathy Renz, LICSW**

**Date & time:** Wednesday, November 16; 10:15 a.m.-coffee, tea, bagels; 10:30-12:00-seminar

**Cost:** FREE; RSVP for seating and bagels by Thursday, November 10 (all welcome)

Holidays and special days can be extremely difficult for those who have experienced the loss of a loved one. There are ways you can cope with your grief at this time. Come and learn some of the steps you can take to get through this time of year. Share feelings and experiences, receive reassurance and support, learn techniques for coping. Both Steve Elkin and Cathy Renz are specialists in the supportive care of seniors with offices located at Cobbs Corner.

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**Lunch and Program –****EPOCH Senior Healthcare, sponsor****Date & time:** Tuesday, December 6; 11:30 a.m.**Cost:** FREE**RSVP date:** November 29 or until program filled.

Pharmacist Steve Costanzo will speak about vitamins and possible interactions with medications. After the program, he will be available for individual consultations. You may bring a current medication list or a brown bag of medications. Chef Gretto will prepare vegetarian chili and cornbread for lunch. Sharon residents have first preference until November 29 deadline; available spaces filled by out-of-town residents after November 29.

**Yoga Discussion & Demonstration I –****Natalie Hershon, CYT****Date & time:** Wednesday, December 7; 2:30 p.m.**Cost:** FREE; RSVP for seating suggested (all welcome)

Choose your yoga style carefully...not all yoga is alike and there are many choices. Program introduces various types and styles: Iyengar, Bikram, Kundalini, gentle, restorative, therapeutic, and vinyasa. Participation is encouraged but not required.

**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.

**MULTI-SESSION CLASSES****Techniques in Watercolor – Dorothy Appel, instructor****Dates & time:** Fridays, beginning December 9; 10:00 a.m. to 12:00 noon**Cost:** Cost: \$21 / six sessions; \$18 for registration prior to December 2 **RSVP date:** December 2

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

**Beginning Bridge – David Rabinowitz, instructor**

– class ongoing

**Fun with Yiddish – Gladys Heitin, instructor**

– class ongoing

**Short Story Discussion – Ina Kornetsky, facilitator**

– class ongoing

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

– class ongoing

**LIVE AND LEARN SERIES****Flappers, Fitzgerald, and Ford - Dr. Gary Hylander, lecturer****Dates & times:** Monday, November 14 & 28; 10:30 a.m. to noon**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.

Fitzgerald will be discussed at the November 14 session; rescheduled from October 31.

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

**Dates & times:** Fridays, November 18, December 2, 9;  
10:00-11:30 a.m.

**Cost:** \$8 / single session **RSVP date:** may register for  
single session on day of class (all welcome)

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:** Thursdays, beginning November 17; 7:00  
p.m. (all welcome)

**Cost:** \$18 / six sessions **RSVP date:** November 10

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, November 7; 7:00-8:30 p.m.  
(first Monday this month)

Monday, December 12; 7:00-8:30 p.m.

**Cost:** FREE; RSVP preferred (all welcome)

People interested in sharing their work, discussing  
photographic techniques, bringing in speakers, etc.,  
are encouraged to attend. If interested, email Sheila at  
[spallay@verizon.net](mailto:spallay@verizon.net).

**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**

**November 10** Movie – repeat showing of “Barney’s  
Version,” 5:45 p.m., \$1 program fee

**November 17** Game Night, 6:00 p.m.

**December 1** Movie – repeat showing of “Mao’s Last  
Dancer,” 5:45 p.m., \$1 program fee

**December 8** Game Night, 6:00 p.m.

**December 15** Game Night, 6:00 p.m.

**December 22** Movie – repeat showing of “The Company  
Men,” 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, 1:00-  
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**

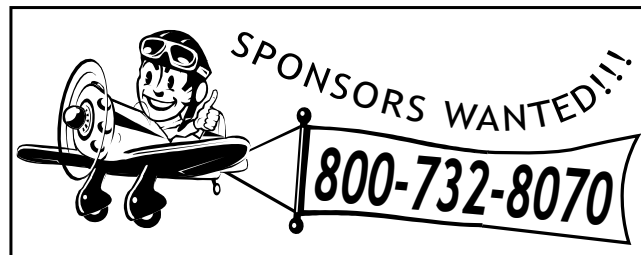
**NEW – Drop-In Chess Group**

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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Happy Thanksgiving</b></p> 	<p>1</p> <p>9:00..... Men's Club 1 9:15..... ESL 10:00..... Ping Pong Club 10:00..... Tai Chi 11:00..... Pool 1:00 Bridge/Can./Mah Jongg 1:00..... Bridge Lessons 2:00..... Caregivers' Group 7:00..... Knitting/Crochet</p>	<p>2</p> <p>9:00..... <b>Sharon Center</b> 9:00..... Zumba Fitness Class 9:30..... Coffee Hour – at HF 9:30..... Fun With Yiddish 10:15..... Drop-in Meditation 11:00..... Memoir Writing 11:30..... <b>Shaw's / Cobbs Corner</b> 1:00..... Can./Cribb./Mah Jongg 1:00..... Drop-In Chess 1:30... Sit &amp; Be Fit Exercise Class</p>	<p>3</p> <p>9:00..... Tai Chi 9:30..... Knitting/Crocheting 10:00..... Ping Pong Club 10:30..... Tai Chi 12:00..... Podiatry Clinic 1:00... MahJongg/Bridge/Scrabb. 1:00..... Computer Tutor 3:00..... Gentle Yoga 3:00..... FSCOA Board Meeting 6:00..... Game Night 7:00..... Basic Drawing</p>	<p>4</p> <p>9:00..... Sharon Center 9:15..... Cardio Fitness Class 10:00..... Tech. in Watercolor 10:00..... Write Your Life Stories 10:00..... Legal Clinic 10:15..... What's New... Music 10:30..... Wii Bowling</p>
<p>7</p> <p>9:00..... Yoga 10:30..... Visions Group 11:15..... Feldenkrais 1:00..... Recreational Scrabble 1:00..... Open Art Studio 1:30.. Sewing/Embroidery Group 2:00..... Zumba Fitness Class 7:00..... Photography Club</p>	<p>8</p> <p>9:00..... Men's Club 8 9:15..... ESL 10:00..... Ping Pong Club 10:00..... Tai Chi 11:00..... Pool 11:30..... <b>Westgate Mall</b> 1:00.. Bridge/Can./Mah Jongg 1:00..... Bridge Lessons 7:00..... Knitting/Crochet</p>	<p>9</p> <p>9:00..... <b>Sharon Center</b> 9:00..... Zumba Fitness Class 9:30..... Coffee Hour – at HF 9:30..... Fun With Yiddish 10:15..... Drop-In Meditation 10:30... Young at Heart Club Mtg. 11:00..... Memoir Writing 11:30.... <b>Shaw's / Cobbs Corner</b> 1:00..... Can./Cribb./Mah Jongg 1:00..... Drop-In Chess 1:30... Sit &amp; Be Fit Exercise Class 2:30... How Yoga... Driving Skills</p>	<p>10</p> <p>9:30 . Movie (Barney's Version) 9:00..... Tai Chi 10:00..... Ping Pong Club 10:30..... Tai Chi 1:00... MahJongg/Bridge/Scrabb. 1:00..... Computer Tutor 3:00..... Gentle Yoga 5:45... Movie (Barney's Version) 7:00..... Basic Drawing</p>	<p>11</p>  <p><b>Holiday – Center Closed</b></p>
<p>14</p> <p>9:00..... Yoga 10:30Flappers, Fitzgerald &amp; Ford 10:30..... Cancer Support 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 3:00...Talking About It... South Africa</p>	<p>15</p> <p>9:00..... Men's Club 9:15..... ESL 10:00..... Ping Pong Club 10:00..... Tai Chi 11:00..... Pool 1:00.. Bridge/Can./Mah Jongg 1:00..... Bridge Lessons 2:00..... Caregivers' Group 2:30..... COA Board Meeting 7:00..... Knitting/Crochet</p>	<p>16</p> <p>9:00..... <b>Sharon Center</b> 9:00..... Zumba Fitness Class 9:30..... Coffee Hour – at HF 9:30..... Fun With Yiddish 10:15..... Drop-In Meditation 10:30... Coping With the Holidays 11:00..... Memoir Writing 11:30.... <b>Shaw's / Cobbs Corner</b> 1:00..... Can./Cribb./Mah Jongg 1:00... Opera Film Series (Manon) 1:00..... Drop-In Chess 1:30... Sit &amp; Be Fit Exercise Class</p>	<p>17</p> <p>9:00..... Tai Chi 10:00..... Autumn Party 10:00..... Ping Pong Club 10:30..... Tai Chi 10:30 Short Story Discussion 1:00..... MahJongg/Bridge Scrabb. 1:00..... Computer Tutor 3:00..... Gentle Yoga 6:00..... Game Night 7:00..... Basic Drawing</p>	<p>18</p> <p>9:00..... <b>Sharon Center</b> 9:15..... Cardio Fitness Class 10:00..... Tech. in Watercolor 10:00..... Write Your Life Stories 10:15..... What's New... Music 10:30..... Wii Bowling</p>
<p>21</p> <p>9:00..... Yoga 11:15..... Feldenkrais 1:00..... Recreational Scrabble 1:00..... Open Art Studio 1:30. Sewing/Embroidery Group 2:00..... Zumba Fitness Class 4:00... LGBT Dinner &amp; Program</p>	<p>22</p> <p>9:00..... <b>Sharon Center</b> 9:00..... Men's Club 9:15..... ESL 10:00..... Ping Pong Club 10:00..... Tai Chi 11:00..... Pool 11:30..... <b>Walpole Mall</b> 1:00.. Bridge/Can./Mah Jongg 1:00..... Bridge Lessons 7:00..... Knitting/Crochet</p>	<p>23</p> <p>9:00..... Zumba Fitness Class 9:30..... Coffee Hour – at HF 10:30.... <b>Shaw's / Cobbs Corner</b> 10:15..... Drop-In Meditation 11:00..... Memoir Writing</p> <p><b>No afternoon programs</b></p>	<p>24</p>  <p><b>HOLIDAY Center Closed</b></p>	<p>25</p>  <p><b>No Programs at Adult Center</b></p>
<p>28</p> <p>9:00..... Yoga 9:00..... Book Disc. (The Sun Also Rises) 10:30..... Cancer Support Group 10:30...Flappers, Fitzgerald &amp; Ford 11:15..... Feldenkrais 1:00..... Recreational Scrabble 1:00..... Open Art Studio 1:30.. Sewing/Embroidery Group 2:00..... Zumba Fitness Class</p>	<p>29</p> <p>9:00..... <b>Sharon Center</b> 9:00..... Men's Club 9:15..... ESL 10:00..... Ping Pong Club 10:30..... Tai Chi 11:00..... Pool 11:30..... <b>Westgate Mall</b> 1:00.. Bridge/Can./Mah Jongg 2:00..... Caregivers' Group 7:00..... Knitting/Crochet</p>	<p>30</p> <p>9:00..... <b>Sharon Center</b> 9:00..... Zumba Fitness Class 9:30..... Coffee Hour – at HF 10:15..... Drop-In Meditation 11:00..... Memoir Writing 11:30.... <b>Shaw's / Cobbs Corner</b> 1:00..... Can./Cribb./Mah Jongg 1:00..... Drop-In Chess 1:30... Sit &amp; Be Fit Exercise Class</p>	<p><b>LAKESIDE GALLERY Through Dec. 1 Third Annual Juried Community Art Show Beg. Dec. 7 – Works of T. Craddock &amp; P. Lloyd</b></p>	<p><b>CRAFT CORNER HOURS</b></p> <p>Mon. – 1:30 – 3:30 pm Thurs. – 11:00 am - 1:00 pm Other hours by appointment.</p>



### 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, November 3, December 1 and 8 - 9:30-11:30 a.m. Knitting needles and yarn are available.

### Ping Pong Club



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

### Wii (Virtual) Bowling

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

### Open Art Studio Time

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

### Computer Tutor

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

**SKYPE – Virtual visiting across the miles!** Skype is a software application that allows users to make free voice calls 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

The Wednesday morning group will resume in the spring. Weather permitting you are more than welcome to play bocce at the court across from the Community Center entrance. Stop by the Adult Center to sign out the equipment.

### 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.

## 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: November 15, 29, December 13, 27

**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: November 14, 28, December 12 (one meeting in December).

**Low Vision Support Group** - First Monday of each month; 10:30 a.m. Upcoming meetings: November 7, December 5

**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 meetings: November 14 (second Monday this month), December 5

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.

## SOCIAL SERVICES INFORMATION

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

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

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

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

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

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

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

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

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

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

## 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.
- 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 of \$25.

## 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.

## 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.

## PREPARE YOUR CAR FOR WINTER

AAA recommends the following to prepare your car for the sometimes harsh New England winters.

1. Get an overall inspection for winter – ask the mechanic to check fluids, tires, belts, hoses, heater/defroster, etc., to pinpoint potential problems.
2. Battery maintenance—if you don't drive your car often, arrange for someone to drive your car for 30 minutes every 2-3 weeks. Starting the car every once in a while is not adequate; cars must be driven to maintain the battery.
3. Tires – have a good set of tires with good traction (you may want to invest in all season tires if you don't already have them on your car), check tire pressure and tread depth.
4. Fluids – make sure levels are full, including windshield washer fluid. Do not add water to the washer fluid reservoir.
5. Windshield wipers – switch to winter-style blades for the winter months. Exposed frames, like those on regular blades, may allow ice and snow to build up.
6. Emergency kit – if possible, keep a kit in your trunk with the following suggested items: shovel, scraper, snow brush, washer fluid, flashlight, warm blanket, flares or triangles, and kitty litter (for tire traction if you get stuck). You may also want to keep a small non-perishable snack and water in the car.

## MEMO FROM MARSHA

### Marsha Books, Program Coordinator

Greetings to all! As we go to press, it is a gorgeous fall day! It is hard to believe that it is November and that the colder weather is approaching. That is no reason, however, to hibernate in the house! We have many exciting programs planned here at the Adult Center and I hope you take advantage of the opportunity to get out, socialize, exercise (both mind and body!), and learn something new.

We have many exercise programs here at the Center, and we partner with the YMCA in Foxboro to offer water aerobics classes at the Y – even if you are not a member. There are movies offered in the morning and evening, cards and games, art lessons as well as open art studio time, Wii bowling, a sewing and embroidery group, a knitting and crocheting group, computer tutor, memoir writing group, a book discussion group, opera film series, and much, much more! We also offer lectures by area professors as part of our "Live and Learn" series. Don't forget to "drop in" for chess on Wednesdays, 1:00 p.m.

Upcoming new programs include a three-part series on different aspects of yoga. The first one, "How Yoga Can Improve Your Driving Skills," will be November 9<sup>th</sup>. Please don't miss this one; I think we can all use it! On November 14, Nicole le Roux, a Sharon High School graduate, will present a program, "Talking About It: A story about the secrets and silences of being a white South African and of being white in America." Join us to hear her compelling story. There will also be an opportunity to join in a dialogue.

Two local social workers will present a special free program, "Coping with the Holidays." Come for the support, discussion, and bagels and coffee! "What's New? (In Classical and-Non Classical Music)," the series by Stonehill College Music Department Chair Leslie Goldberg has been getting rave reviews! You may attend any or all of her remaining sessions.

Please see details for all of these programs and many more in this newsletter. Best wishes to everyone and your families for a lovely Thanksgiving. I hope to see you soon.

The Adult Center will be closed on Friday, November 11 (Veterans Day) and Thursday and Friday, November 24 and 25 (Thanksgiving holiday). Please keep this in mind when making medical appointments or requesting transportation. All calls will be returned on the next business day.



## 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.

### Museum of Science – Monday, December 5

Trip filled – can place name on wait list.

**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 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.

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

## 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).

## 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, 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 medical 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.

***The next issue of "The View" will be a combined December-January one. Please watch for it mid-December. All programs and activities scheduled through mid-December are listed in this issue. A December calendar will be available after November 28<sup>th</sup>. Come in to the Adult Center and pick one up, view it on our website, or call and we will mail it to you.***

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.

## LAKESIDE CAFÉ FOR LGBT SENIORS, FRIENDS, AND ALLIES

The following dinners and programs for LGBT (Lesbian, Gay, Bisexual, Transgender) Seniors, Friends, and Allies have been scheduled at the Sharon Adult Center, 4:00-6:00 p.m.

**Monday, November 21**– Book swap – bring your favorite book so you can participate. To ensure a meal, please RSVP by November 16th.

**Monday, December 12** – Holiday party. To ensure a meal, please RSVP by December 7th.

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. Free transportation is available within Sharon, including from the Sharon Train Station. Please call Nancy Weiner at the Adult Center, 781-784-8000, by the RSVP dates above 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.** Call as soon as possible for space availability. 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.

## 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.**

• **AUTUMN PARTY ..... THURSDAY, NOVEMBER 17**  
Coffee and pastry at 10:00 a.m.; entertainment by the Shane Wood Jazz Duo, music and vocals, 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. Entertainment funded in part through a grant from the Sharon Cultural Council, a local agency of the Massachusetts Cultural Council, a state agency.

• **HOLIDAY PARTY ..... THURSDAY, DECEMBER 15**  
Coffee and pastry at 10:00 a.m.; entertainment by the Sharon High School Show Choir at 11:30. Lunch will be cheese pizza and salad (\$2.50 suggested donation). Candy treats for all who attend. The absolute RSVP date is Tuesday, December 6<sup>th</sup>. No reservations for this party will be taken before Friday, November 18.

### 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  
Richard Gorden  
Mindy Kempner  
Arnold Kublin  
Robert Maidman  
Sheila Pallay  
Sui Wen Yang

### PRESIDENT, FRIENDS OF SHARON COA

Louise O'Brien



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Sharon, Massachusetts 02067

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[www.townofsharon.net/coa](http://www.townofsharon.net/coa)  
email: [sharoncoa@townofsharon.org](mailto:sharoncoa@townofsharon.org)