



Program Guide Winter 2008

This is a complete listing as of the publication date. New and exciting programs are always being planned. Check out our newsletter, "The View," website, or call the office for program information.

Sharon Adult Center
219 Massapoag Avenue at Dubinsky Drive
Sharon, Massachusetts 02067
781-784-8000

www.townofsharon.net - link to Adult Center

SHARON ADULT CENTER
Program Policies and Registration Form

Also available on our website – www.townofsharon.net – link to Adult Center

Classes are on a first come-first served basis until filled. Payment is required to complete registration. Payment from out-of-town or other applicants will be held until after RSVP date to give Sharon residents, 60 and over, first preference. Confirmation calls, letters, or emails will be made to participants prior to start of program.

How to register/payment: Mail payment or bring to Sharon Adult Center at the Sharon Community Center, 219 Massapoag Avenue at Dubinsky Drive, Sharon, MA 02067. Checks payable to “FSCOA,” cash, or money order.

Normal hours of operation: Monday through Friday, 8:30 a.m. to 4:30 p.m.

Refunds: Full refunds will be given for any program that is cancelled. Partial refunds after the start of and before the second week of a program are exceptional, however requests may be submitted in writing to the Sharon Adult Center, Attention: Executive Director.

Pro-rating: Program fees cannot be pro-rated due to absence, late registration, or other circumstances.

Cancellation: Some programs may require a minimum number of participants in order to take place. Please don't delay in registering if you are interested in any program. If a program is cancelled, full payment will be refunded.

Inclement weather: If the Sharon Public Schools are closed due to inclement weather, there will be NO PROGRAMS, either day or evening, at the Sharon Adult Center. No school announcements are on TV channels 4, 5, and 7. Even if schools are open, if the Adult Center staff determines that the weather may be dangerous, the decision will be made to cancel programs and all participants will be notified. If unsure as to whether programs will be held, please call the Adult Center at 781-784-8000.

Make-up programs: Attempts will be made to reschedule programs cancelled due to inclement weather or instructor's absence. We cannot pro-rate program fees if the participant is unable to attend the make-up session. If a make-up program cannot be scheduled, fees will be pro-rated and the appropriate amount will be refunded.

Scholarships: A limited number of scholarships are available through the Friends of the Sharon Council on Aging. Please speak to Susan Edinger or Norma Simons Fitzgerald in confidence regarding scholarships.

SHARON ADULT CENTER – PROGRAM REGISTRATION FORM
(separate payment for each program, please)

Name _____ email address _____

Address _____

_____ zip _____

Telephone (home) _____ (business/cell) _____

_____ please check here if under 60 (in case of over-enrollment, priority is given to Sharon residents age 60+)

Program(s):

Fee(s):

_____	_____
_____	_____
_____	_____
_____	_____

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Program(s):

Fee(s):

_____	_____
_____	_____
_____	_____
_____	_____

NEW PROGRAMS

Life Stories – Writing Your Memoir* *Audrey Wyatt, leader

DATES: Fridays, January 25, February 1, 8, 15, 22, 29

TIME: 10:30 a.m. – 12:00 noon

COST: \$35 / six week session

RSVP BY: January 11

MAXIMUM NO. OF PARTICIPANTS: 10

How do we measure time? This question is integral to the art of memoir writing. We measure time not with the clock on the microwave, but with markers – events which define our lives and the way we view our personal histories. This workshop is an exploration into translating these markers into written works, to publish or pass to others. Participants will work with elements of storytelling, basic writing tools, and the art of critique to bring these events to life. Please bring pen and paper – and don't forget your past.

Audrey Wyatt, right-brained to a fault, has worked in various arts – notably acting, teaching and creating children's theater curricula. Now a fiction writer, she bases her novels, short stories and even a television sitcom on her experiences and culture. Her stories often feature strong-willed, quirky women. One of Audrey's essays appears in the anthology, Letters to My Mother. Her novel, Poles Apart, took second place in The Sandy as well as semi-finalist in the international Summer Literary Seminar's annual fiction contest.. She has published numerous short stories and essays in various venues. Always one to foster aspiring artists, Audrey founded Bay State Writers and teaches Creative Writing in continuing education. Find Audrey at www.audreylwyatt.com.

“Melanie's Law”

Ron Bersani, presenter

DATE: Sunday, January 27 (snow date: February 10)

TIME: 2:00 – 3:30 p.m.

COST: **FREE**

RSVP BY: January 18

MAXIMUM NO. OF PARTICIPANTS: 100

Remember Melanie Powell, age 13, from Marshfield who was killed by a repeat offender/drunk driver in 2003? Her grandfather, Ron Bersani, successfully advocated for the passage of Melanie's Law in order to save the lives of other children and adults on the roads. Ron will speak about his experience, successful efforts to get this life-saving law passed, and more. Adults of all ages and teens are welcome to attend this program.

Remembering Eleanor Roosevelt**Gary Hylander, Ph.D., lecturer**

DATE: Monday, January 28
TIME: 10:00-11:30 a.m.
COST: \$10
RSVP BY: January 21
MAXIMUM NO. OF PARTICIPANTS: 100

Eleanor Roosevelt's life was a long and complex process of self-discovery. Growing up as a shy and awkward child, she found her voice and confidence in the politics of the New Deal. Nicknamed "Eleanor Everywhere" by the press, she traveled where her stricken husband could not go, reporting back to him on the success of new Deal programs and later serving as Franklin's personal emissary to American troops during the war years. Mrs. Roosevelt changed forever the role of First Lady. Diplomat, social activist, and political visionary, she is remembered today as one of the most beloved public figures of the twentieth century.

Gary L. Hylander earned his Ph.D. at Boston College. His advisor and dissertation director was the noted Boston historian, Thomas H. O'Connor. Dr. Hylander is a professor of American History at Stonehill College where he specializes as a Presidential Historian. Gary is a frequent presenter at library forums, historical societies, senior living centers, and civic and professional organizations.

Short Story Discussion**Ina Kornetsky, facilitator**

DATES: Thursdays, January 31, March 27, April 24, May 29 (no meeting in February)
TIME: 10:00 – 11:00 a.m.
COST: \$10/four sessions includes all printed materials
RSVP BY: January 21
MAXIMUM NO. OF PARTICIPANTS: 20

Each month the facilitator will lead a discussion on a different short story. Participants will receive a printed copy of the first story approximately one week before the first class; stories for the next session will be handed out in class.

Sharon resident, Ina Kornetsky, was formerly a teacher at Solomon Schechter Day School in Newton and more recently Senior Adult Director and Group Services Director at the Striar Jewish Community Center.

Beginning Ceramics**Michael Bossin, instructor**

DATES: Mondays, February 4, 11, 25, March 3, 10, 17
TIME: 9:00-10:30 a.m.
COST: \$30 / six week session includes all materials (on-going sessions)
RSVP BY: January 21
MAXIMUM NO. OF PARTICIPANTS: 16

Learn fundamentals of ceramics, including hand building techniques: coil, slab, and pinch pots. Glaze your finished products, which will then be fired in a kiln.

Michael Bossin is an artist, ceramics teacher, and owner of the Gallery in the Square in Sharon.

Photography Seminar: Beyond Point and Shoot – Enhancing your Digital Photography Experience

John Philbert, instructor

Sheila Pally, instructor

DATES: Wednesday, February 6, March 5, and April 2

TIME: 2:00-3:30 p.m.

COST: \$45 including printed materials

RSVP BY January 23

MAXIMUM NO. OF PARTICIPANTS: 15

This three-session seminar will focus on Beyond Camera Basics (February 6), Composition (March 5), and Lighting (April 2). The target audience is the digital camera user who wants to learn how to improve his/her photographs. All participants must own and have used a digital camera and have read their camera manual. BRING YOUR CAMERA AND MANUAL TO CLASS.

John is a photographer and cinematographer who worked at the Smithsonian Institute. He received his MFA from the RI School of Design. A teacher at Massasoit Community College, he also taught at the RI School of Design.

Sheila is passionate about photography and feels the “digital darkroom” has opened up a whole new world for her. She would like to share her experience with you.

Applique and Piecing for Quilt Making

Laura Rosenspan, instructor

DATES: Session I - Fridays, February 8, 15, 22, 29, March 7

Session II – Fridays, May 2, 9, 16, 23, 30

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

COST: \$50 includes all materials

RSVP BY: January 25 for Session I

April 18 for Session II

MAXIMUM NO. OF PARTICIPANTS: 12

In this hand-sewing class you will learn several methods of appliqué, American piecing techniques, English paper piecing skills, and techniques that will comfortably lead you to quilt making. This class is designed for beginners as well as advanced students. Traditional as well as new methods and current trends, including Celtic design, 3-D flowers, and rotary cutting will be demonstrated and many tips will be shared. This class is designed for your enjoyment while being creative with fabric.

Laura Rosenspan is a local artist, teacher, and quilter.

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

DATE: Monday, February 25 (to be held monthly, last Monday of month)
TIME: 10:30 a.m. – 12:00 noon
COST: **FREE**
RSVP BY: February 11
MAXIMUM NO. OF PARTICIPANTS: 20

First book will be Suite Francaise by Irene Nemirovsky (Knopf, 2006; available in paperback).

Sharon resident Dr. Joe Rothenstein is a retired physician who has had considerable experience facilitating discussion groups in various settings in the area.

The American President**Gary Hylander, Ph.D., lecturer**

DATES: Mondays, February 25, March 3, 17, 24, 31, April 7 (no class March 10)
TIME: 3:00 - 5:00 p.m.
COST: \$40
RSVP BY: February 11
MAXIMUM NO. OF PARTICIPANTS: 100

In 1787, delegates to the Constitutional Convention voted that the executive of the United States consist of a single individual designated as “President of the United States.” Ever since, the presidency has been at the mercy of the accident of personality. Rather than a chronological approach to the study of the Presidency, this course will offer a thematic approach, which will allow us to make connections between early and modern presidencies and bring coherence to the sprawling presidential experience. Join us as we find common ground between Presidents Jimmy Carter and John Adams.

Gary L. Hylander earned his Ph.D. at Boston College. His advisor and dissertation director was the noted Boston historian, Thomas H. O’Connor. Dr. Hylander is a professor of American History at Stonehill College where he specializes as a Presidential Historian. Gary is a frequent presenter at library forums, historical societies, senior living centers, and civic and professional organizations.

Computer Fundamentals – Survival Tools for the 21st Century**Michael L. Woodson, M.A., instructor**

DATES; Tuesdays, February 26, March 4, 11, 18, 25, and April 1
TIME: 1:00 – 2:30 p.m.
COST: \$40 / six-week session, includes text
MAXIMUM NO. OF PARTICIPANTS: 8
PRE-REQUISITE: Very basic experience using a computer; students should be comfortable using a mouse to navigate on the computer screen.

More than ever before, adults need to reinvent themselves many times over to keep up with the larger changes occurring in the world of the 21st century. This

course will provide an introduction to and overview of word processing, spreadsheets, presentation software, e-mail, and internet-related tools. Students will leave the course with a fundamental understanding of the possible uses of the computer as a powerful tool and a basic set of skills necessary to operate the computer in a productive and meaningful manner.

Michael L. Woodson received a Master of Arts degree from both Utica College of Syracuse University and Boston University. He has served as an Adjunct Professor at Northeastern University, Curry College, and Cambridge College. Michael developed the curriculum for the first Introduction to Cyber Crime Investigation course for Curry College, Milton, and is a frequent lecturer on computer-related crimes. A former Boston police officer, Michael has taught computer classes to various groups, from police officers and high school students, to diplomats.

“Too Young to Retire – exploring the many possibilities for fulfillment during the next phase in your life (beyond financial planning)”

Donna Singer, instructor

DATES: Thursdays, February 28, March 6, 13, 20, 27, and April 10

TIME: 7:00-8:30 p.m.

COST: \$150 including book, workbook, and journal (\$250 for couples)

RSVP: February 3

MAXIMUM NO. OF PARTICIPANTS: 15

What’s next, “retirement”? Good question – one that increasing numbers of people 50 and older are asking themselves. The good news is there is a NEXT. If you are ready to retire from your career, *what’s next* could be a span of years equal to your entire working life. That’s way too much time to fill with leisure 24/7, and way too much time to approach without preparation. The majority of people now recognize that retirement is being redefined, reinvented, even retired! During this course, explore the path to “positive aging” and reflect on some important aspects of the meaning, purpose, and passion of life. You will begin to design a life where you can continue to express your values, talents, and interests.

Donna Singer is a professional certified coach (PCC) through the International Coach Federation, as well as a certified retirement coach. She has been coaching executives and managers within corporations, healthcare organizations, and non-profit organizations for more than 20 years. She leads retirement seminars throughout the United States and was on the planning team for the Life Planning Track of the Positive Aging Conference, which took place in Florida, December 2007. Donna is on the faculty of the University of New Hampshire’s Corporate Education Center.

“China and the U.S.--Wary Coexistence or Dangerous Rivalry”?

Alan M. Wachman, lecturer

DATE: Friday, February 29
TIME: 10:00 – 11:30 a.m.
COST: \$10
RSVP BY: February 25
MAXIMUM NO. OF PARTICIPANTS: 100

With a population of 1.3 billion (20 percent of the world’s people) and a surging economy that is now the fourth largest in the world after the U.S., Japan, and Germany, the People’s Republic of China (PRC) is a formidable economic power. Moreover, it appears to be growing. In addition to the PRC’s economic might and political influence has come a large increase in military capabilities that has unsettled the balance of power in Asia and worried many U.S. allies. What does the rise of China mean for the future of world politics generally and for the United States? Are the U.S. and the PRC able to coexist peacefully or are they bound to conflict? The question is one being actively debated inside the White House and Congress, the corridors of the Pentagon, the halls of American industry, and in family living rooms around the country. This lecture will consider China’s rise, examining how it brings with it both benefits and grave challenges.

Alan Wachman is an Associate Professor of International Politics at The Fletcher School of Law and Diplomacy, Tufts University. He teaches about Chinese foreign policy, the history of American relations with China, and Taiwan. Formerly, Wachman served in New York as president of the China Institute in America and prior to that, was the American Co-director of The Johns Hopkins University-Nanjing University Center for Chinese and American Studies, in Nanjing, PRC. Professor Wachman’s most recent book is titled *Why Taiwan? Geostrategic Rationales for China’s Territorial Integrity*. He is at work now on a manuscript concerning Sino-Mongolian relations and is also studying the diplomatic and military posture of the US in the Pacific.

Fun With Yiddish

Gladys Heitin, instructor

DATES: Wednesdays, March 5 – May 7 (10 weeks)
TIME: 9:30 – 11:30 a.m.
COST: \$45 including materials
RSVP BY: February 20
MAXIMUM NO. OF PARTICIPANTS: 20

Learn Yiddish from its Aramaic and Hebrew roots to the present day Yiddish. Experience the flavor of Yiddish proverbs, idioms, and witticisms. Enjoy Yiddish culture, and above all, Yiddish humor.

Gladys Heitin, a graduate of the I.L. Peretz School of Yiddish Studies in Brookline; has been an instructor of Adult Yiddish and conversational Yiddish classes in and around the Boston area as well as at Temple Isaiah in Palm Springs, California, for the past 20 years.

Men's Book Club

David Nelson, leader
Mike Kiernan, co-leader

DATES: Wednesdays, March 5 & 12
TIME: 7:00 – 8:30 p.m.
COST: **FREE**
RSVP BY: February 20
MAXIMUM NO. OF PARTICIPANTS: 20

The group will discuss one book each month, on either one or two Wednesday evenings a month. This first session is a two-part discussion of the Pulitzer Prize-winning novel, Killer Angels by Michael Shaara (Ballantine Books, 1987; available in paperback). This work of historical fiction about the Battle of Gettysburg was the basis for the HBO special.

David Nelson is a long-time Sharon realtor and former Sharon High School history teacher. Co-leader for this book, Mike Kiernan, is a long-time Sharon resident, retired Boy Scout leader, and student of the Civil War period.

WELLNESS

Wellness Series

Sue Harris, leader

Acupressure Facial and Acupuncture Facelift Demo

DATE: Friday, February 8
TIME: 1:00-2:00 p.m.
COST: **FREE**
RSVP: January 25
MAXIMUM NO. OF PARTICIPANTS: 60

Want to improve your appearance and still look like yourself – without invasive surgery or injections? Learn how acupressure and acupuncture can improve facial muscle tone, stimulate collagen production, promote circulation in the face, and reduce wrinkles.

Alternative Approaches to Preventing and Handling Arthritis Pain

DATE: Friday, March 7
TIME: 1:00-2:00 p.m.
COST: **FREE**
RSVP: February 22
MAXIMUM NO. OF PARTICIPANTS: 60

Noticing stiffness in the morning? Swelling in joints? Limited range of motion? Afraid of the side effects of medication? Come learn natural treatments with acupuncture and Chinese herbs.

Five Secrets to Looking and Feeling Younger

DATE: Friday, April 11
TIME: 1:00-2:00 p.m.
COST: **FREE**
RSVP: March 28
MAXIMUM NO. OF PARTICIPANTS: 60

Learn how Chinese medicine helps cultivate energy and flexibility, stimulates cognitive function, and maintains general health and immunity.

Sue Harris is the owner of Whole Person Health, a full-service holistic clinic in Stoughton. A licensed acupuncturist, Sue graduated from New England School of Acupuncture in Watertown and has had extensive post-graduate training, including clinics at Beijing University, of Traditional Chinese Medicine. She also has a master's degree in environmental science from Montclair State College.

Exercise Programs – New Classes – Introductory Sessions

Cardio and Strength Training ***Kimberly Cohen, instructor***

DATE: Fridays, beginning January 18
TIME: 8:45 – 9:45 a.m.
COST: \$35 for six week introductory session
RSVP: January 11
MAXIMUM NO. OF PARTICIPANTS: 12

Designed for people 55+, this traditional group exercise class is set to music and includes 30 minutes of cardiovascular work to strengthen the heart and lungs and 30 minutes of muscle conditioning to help strengthen the muscles to help prevent osteoporosis.

Zumba ***Kimberly Cohen, instructor***

DATE: Wednesdays, beginning January 16
TIME: 9:00 – 10:00 a.m.
COST: \$35 for six week introductory session
RSVP: January 9
MAXIMUM NO. OF PARTICIPANTS: 12

ZUMBA is a fusion of Latin and international music – dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Bring a water bottle. This class is designed for those 55+.

Yoga / Pilates Fusion Class**Kimberly Cohen, instructor**

DATE: Thursdays, beginning January 17
TIME: 3:00 – 4:00 p.m.
COST: \$50 for six week introductory session
RSVP: January 10
MAXIMUM NO. OF PARTICIPANTS: 10

This holistic approach to fitness incorporates both yoga and pilates moves geared towards the needs of people who are over 55. Class uses pilates and yoga-based moves standing and lying on mats. It will help increase flexibility, increase joint range of motion, core strength (abdominal and back) while providing breath work and meditation techniques to help alleviate stress. Bring a beach towel.

Kimberly Cohen is the Wellness Director at the Hockomock YMCA in Foxboro.

Tai Chi / Qi Gong**Mike Showstack, instructor**

DATE: Thursdays
TIME: 9:00 – 10:00 a.m.
COST: \$24 / eight week session
RSVP: call Adult Center for information
MAXIMUM NO. OF PARTICIPANTS: 20

Tai Chi Chuan, an ancient Chinese martial art, is a simple and graceful method which helps with stress management and relaxation, balance, and harmony of the mind and body..

Mike Showstack, director of the Wu Li Academy, has been trained in Shaolin Hung Gar Tiger Crane Kung Fu and Yang Tai Chi Chuan for over 16 years.

Other exercise programs may be added in the future. Call the Adult Center for information.

ONGOING PROGRAMS**Opera Appreciation****Sandy Stewart, leader**

DATES: Monday, January 14 – usually second Monday of month
TIME: 1:00 – 4:00 p.m.
COST: **FREE**
RSVP: call Adult Center for information and to confirm dates
MAXIMUM NO. OF PARTICIPANTS: 20

January program: Puccini's "Girl of the Golden West." Appreciate opera through concerts, videos, arias, and excerpts as well as full-length operas.

Sharon resident Sandy Stewart has led numerous opera appreciation groups in the Greater Boston area.

Memoir Writing

group is self-led

DATES: Wednesdays – weekly
TIME: 11:00 a.m. – 12:15 p.m.
COST: **FREE**
RSVP: call Adult Center for information
MAXIMUM NO. OF PARTICIPANTS: 15

Share your memories, values, etc., with others in the group or to pass on to your families.

Vision Support Group

DATES: First Monday of each month
TIME: 10:30 a.m. – 12:30 p.m.
COST: **FREE**
RSVP: call Adult Center for information
MAXIMUM NO. OF PARTICIPANTS: 30

This group, offered by MAB Community Services (formerly MA Association for the Blind) offers support in adjusting to vision loss.

Movie & More

DATES: Thursdays, January 24 & February 21
one – two Thursdays / month – call Adult Center for future dates and movie titles
TIME: 9:15 a.m.
COST: \$1 (includes refreshments)
RSVP: call Adult Center for information
MAXIMUM NO. OF PARTICIPANTS: 30

Knitting Club

group is self-led

DATES: Thursdays, January 17, 31, February 14, 28
one – two Thursdays / month – call Adult Center for future dates
TIME: 9:30 – 11:30 a.m.
COST: **FREE** – please bring own yarn / knitting needles
RSVP: call Adult Center for information
MAXIMUM NO. OF PARTICIPANTS: 20

Current projects include preemie hats, afghans, Linus blankets for Children's Hospital, and mittens for needy children.

Cards and Games

Bridge

DATES: Fridays TIME: 1:00 p.m.

Canasta

DATES: Wednesdays TIME: 1:00 p.m.

Cribbage

DATES: Wednesdays TIME: 1:00 p.m.

Scrabble

DATES: Thursdays
Intermediate level play.

TIME: 1:00 p.m.

Whist

DATES: Fridays

TIME: 1:00 p.m.

Drop-In Center and Lakeside Café

In addition to scheduled activities, the Adult Center is a drop-in center. Please do drop in and plan to stay during our open hours! When there is no meal being served, bring a snack or lunch with you. Coffee, tea, cocoa, and other light snacks and refreshments are available for sale all day long at the ***Lakeside Café***.