



JUNE 2016

www.townofsharon.net/sac or www.townofsharon.net/coa
Telephone: 781-784-8000

VOLUME 8—NUMBER 5

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.

My VIEW from the Sharon Adult Center...

It's that time again! Another copy of THE VIEW is ready to be sent. The weather is getting warmer; the flowers are in bloom—summer is arriving! It is now much easier to get outside and enjoy the warmth of the day—a great time to get out and walk. If you haven't done any walking since the winter, please take it slow. Make sure you wear a good pair of supportive shoes/sneakers. Start slowly and gradually increase your distance. As always, make sure you bring water with you—it is important to remain hydrated!

As mentioned in the May issue of this newsletter, every Sharon resident age 55+ should have now received a Needs Assessment Survey. It is very important that each person in the household who receives one complete it. If you prefer to complete the survey online, you can find the link on the Council on Aging/Adult Center page on the town website: www.townofsharon.net. We hope to hear from all of you as the answers to this survey will assist us in directing resources to help you stay involved with meaningful activities, intellectual stimulation, and wellness opportunities. Also, this information will help other departments in town plan for the future. Thank you for helping. If you have any questions, please feel free to contact the Adult Center.

As always, there are a number of programs/speakers scheduled in June and all through the summer. Check this newsletter for dates, times, and descriptions. The Lakeside Gallery's newest show, the Sharon Photography Club's Annual Exhibit, begins June 8 and runs through August 31. A reception open to the public will be on June 8, 7:00-9:00 p.m. We hope to see you there.

Kathie

IMPORTANT PROGRAM ON OPIOID CRISIS IN MASSACHUSETTS

Tuesday, June 7; 2:00—3:30 p.m.

Almost daily there is something in the news about the opioid crisis in Massachusetts. It has taken numerous young lives and has touched many, many others. Sharon has lost at least five young adults to overdoses in the last couple of years. Learn what is being done to try to stem the tide of this terrible epidemic and how you personally may be affected by new legislation. Assistant District Attorney Jennifer Rowe will share her experiences from the front lines at the Norfolk District Attorney's Office, and Rep. Lou Kafka, member of the House leadership, will speak about the legislative process that produced the new Opioid Bill 2016 and how this bill might affect seniors. An officer from the Sharon Police Department will be at this program to collect any unused/unwanted medications. This program is free and all are welcome and encouraged to attend.

"THE MEMORY CAFÉ BY THE LAKE"

Monday, July 11 ~ 2:00—3:30 p.m.

Memory Cafés are welcoming places designed for those with Alzheimer's or other cognitive impairments and their care partner as a way to enjoy activities together—a break from normal routine. Sharon's Memory Café by the Lake will be held in a setting where those with memory deficits can feel comfortable and welcome with no stigmas attached. At each meeting there will be a hands-on activity or entertainment and healthy snacks. The Memory Café will take place once a month, usually the second Monday (call to confirm date). For more information, or to register for the July Memory Café, call Susan Edinger at the Adult Center, 781-784-8000.

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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 — 781-784-8000.

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 programs for Sharon residents. Please speak to Susan Edinger in confidence regarding scholarships.

IMPORTANT REGISTRATION INFORMATION:

- Registrations are accepted on a first come-first served basis 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 posted RSVP date, the program or class may be cancelled. In the case of fitness classes, the RSVP date is ten days before a session is to begin.
- 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.
- Sending payment does not guarantee acceptance into a class. You will be notified if 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. TRY YOUR FIRST CLASS FOR FREE! Call the Adult Center; registration for free class is required.

YOGA

Date & time: Mondays, 9:00-10:00 a.m. (next session: June 20)

Cost: \$53 / eight week session; \$50 for registration *prior to June 8*

Holistic approach geared towards those 55+. Taught by Diane Lancaster from the Hockomock Y, Foxboro.

ZUMBA GOLD - 60 minute class

Date & time: Wed., 8:45 a.m. (next session: July 6)

Cost: \$38 / eight week session; \$35 for registration *prior to June 27* (call for space availability in current session)

It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant.

Bring a water bottle. Taught by Cassandra Hunt.

ZUMBA GOLD— 50 minute class

Date & time: Mon., 9:00-9:50 a.m. (next session: July 11)

Cost: \$38 / eight week session; \$35 for registration *prior to June 29* (call for space availability in current session)

By popular request! An additional Zumba class geared to the active older participant. Same format as the Wednesday Zumba Gold class. Bring a water bottle. Taught by Christine Morrison.

GENTLE YOGA

Date & time: Fri., 9:00-10:15 a.m. (next session: June 24)

Cost: \$43 / eight week session; \$40 for registration *prior to June 15*

Learn to relax and increase flexibility of body and mind. Basic yoga poses, meditation, breathing. No experience necessary. Taught by Sylvia Mignon.

TAI CHI / CHI KUNG

Date & times: Thursdays, 9:00-10:00 a.m. or 10:30-11:30 a.m. (next session: June 16)

Cost: \$43 / eight week session; \$40 for registration *prior to June 7*

Movements are slow and fluid; evenly defined and circular;

ever interchanging and interweaving; great for balance. Must indicate session choice. Taught by Michael Showstack.

CARDIO AND STRENGTH TRAINING

Date & time: Fridays, 9:15-10:15 a.m. (next session: July 15)

Cost: \$38 / eight week session; \$35 for registration *prior to July 6* (call for space availability in current session)

Traditional group exercise class set to music includes 30 minutes of cardiovascular work and 30 minutes of muscle conditioning. Taught by Mary Coulter-Bennett from the Old Colony YMCA.

SIT AND BE FIT

Date & time: Wednesdays, 1:00-2:00 p.m.

Cost: \$3 / class (pre-registration not required)

Build strength, flexibility, balance, and cardiovascular endurance using chair for support; can be individually customized; appropriate for all fitness levels, including those with arthritis and other conditions. Can be done seated, standing, or assisted. Taught by Joyce Collins from the Hockomock Y, Foxboro.

WATER AEROBICS CLASSES

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

THE ADULT CENTER IS A COOLING CENTER during regular business hours (Monday—Wednesday, 8:30 a.m. to 4:30 p.m.; Thursday, 8:30 a.m. to 8:00 p.m.; Friday, 8:30 a.m. to 12:30 p.m.). The Public Library is another option; call 781-784-1578 for their hours. Remember to stay well hydrated and wear appropriate clothing. If you are feeling ill and cannot drive or have no one to call upon, call 911.

UPCOMING MOVIES

Coffee & pastry at 9:30; movies begin at 10:00 unless otherwise noted. 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. Closed-captioning, when available, will be turned on for both the day and evening movies.

Thursday, June 9 (morning showing only)

The Intern is 2015's story about e-commerce entrepreneur Jules Ostin who hires a 70-year-old intern as part of a community outreach program. The intern brings his own special brand of business savvy to her fashion enterprise. Starring Robert DeNiro and Anne Hathaway (rated PG-13; 121 minutes).

Thursday, June 16 (evening showing only; 5:45 p.m.)

The Intern—see above

Thursday, June 23 (morning and evening showings)

In 2016's Best Picture nominee, *Brooklyn*, Eilis Lacey readily adapts to the vastly different New York City after emigrating from Ireland. After falling in love with a young Italian, tragedy pulls her back to her hometown where she finds her loyalties divided between two nations and two men. Starring Saoirse Ronan (Best Actress nominee), Domhnall Gleeson, Julie Walters (rated PG-13; 111 minutes). Movie also shown at 5:45 p.m.

Thursday, July 7 (morning and evening showings)

Steven Spielberg's *Bridge of Spies* is the story of the downing of an American spy plane in 1960 and the pilot's subsequent capture by the Soviets. Brooklyn attorney James Donovan is drawn into the middle of an intense effort to secure the aviator's release. Nominated for 2016 Best Picture Oscar; starring Tom Hanks, Mark Rylance, Amy Ryan (rated PG-13 142 minutes). Movie shown at **5:30 p.m.**

Thursday, July 14 (evening showing only; 5:45 p.m.)

Suffragette is the 2015 historical period drama which tells of the foot soldiers of the early feminist movement in Great Britain. However, when the peaceful protests of the suffragettes accomplish nothing, they're driven to more radical methods of effecting change. Starring Carey Mulligan, Helena Bonham Carter, Brendan Gleeson (rated PG-13 for some violence; 106 minutes).

Thursday, July 28 (morning showing only)

Suffragette—see above

SINGLE SESSION CLASSES / PROGRAMS

Opera Film Series

Date & time: Wed., June 15 & July 13; 1:00 p.m.

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

June 15: *Samson et Dalila* by Saint-Saen. Featuring Plácido Domingo; San Francisco Opera; 2000 performance (157 minutes).

July 13: *Cinderella* by Rossini. Australian Opera Chorus featuring Bernadette Cullen, Anne-Maree McDonald; 1987 performance (146 minutes).

TechConnect—Miki Wolfe, Librarian, Sharon Public Library

Dates & times: see below

Cost: FREE; pre-registration required one week before each session.

This is a class with hands-on instruction; bring your laptop if you have one (not required). Join Miki to learn more about tech issues with a different topic each session. If you cannot make it for the Wednesday session at the Adult Center, register for the Tuesday class at the Sharon Public Library, and vice versa. For classes at the Adult Center, RSVP to 781-784-8000. For classes at the Library, contact Miki at 781-784-1578 or mwolfe@ocln.org. Limited enrollment.

At the Adult Center:

Wed., June 15; 1:00 p.m.—Pinterest, Part 2

Wed., June 29; 1:00 p.m.—Facebook, Part 1

Wed., July 20; 1:00 p.m.—Facebook, Part 2

Wed., Aug. 3; 1:00 p.m.—Overview of eBay & Etsy

Wed., Aug. 17; 1:00 p.m. - Calling all Questions (open tech discussion; all questions must be sent ahead of time to mwolfe@ocln.org)

At the Library:

Tuesday, June 7; 11:00 a.m.—Pinterest, Part 2

Tuesday, June 21; 11:00 a.m.—Facebook, Part 1

Tuesday, July 12; 11:00 a.m.—Facebook, Part 2

Tuesday, July 26; 11:00 a.m.—Overview of eBay & Etsy

Tuesday, Aug. 9; 11:00 a.m. - Calling all Questions (open tech discussion; all questions must be sent ahead of time to mwolfe@ocln.org)

Interested in a topic but don't see it listed? Please contact Marsha Books with your request at the Adult Center by phone or email: mbooks@townofsharon.org

Microsoft Office Basics—Miki Wolfe, Librarian

Dates & times: see below

Cost: FREE; pre-registration required one week before each session.

Interested in learning more about Microsoft Office software?

One—or all—of these classes may be for you.

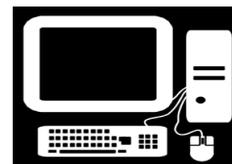
All sessions are 2:30-4:00 p.m. at Adult Center and have limited enrollment. Sharon residents given first preference.

June 7 Word Basics

June 14 Publisher Basics

June 21 Excel Basics

June 28 Powerpoint Basics



Make Greeting Cards—Cindy Wilson, instructor

Date & time: Wednesday, June 22; 10:30 a.m.

Cost: FREE; RSVP required by June 15

Cindy returns to the Adult Center for this fun craft project. Limited to 15 participants; Sharon residents have first preference until the June 15 RSVP date. Sponsored by Wingate at Sharon, formerly EPOCH Senior Healthcare.

(continued from page 3)

“Make Way for the Revolution”—Dr. Gary Hylander

Dates & times: Remaining lecture: Monday, June 27; 10:30 a.m. (make-up date)

Cost: \$8 / single session (please arrive early if not pre-registered) (all welcome)

Iranian Revolution: Early in 1979, a popular revolution inspired by the exiled Muslim cleric Ayatollah Khomeini overthrew the shah and declared Iran to be an Islamic Republic, marking a profound shift in the Middle East to religious fundamentalism.

Lunch & Program—sponsored by Wingate of Sharon
(formerly EPOCH Senior Healthcare)

Date & time: Wed., July 13; 11:30 a.m.

Informative program on a topic of interest to seniors followed by lunch. Wingate’s new chef Ben Riley will prepare a delicious and nutritious meal.

Savor the Flavor of Eating Right—Chandra Ganapathy, presenter

Date & time: Wednesday, August 3; 10:45 p.m.

Cost: FREE; RSVP required by July 28

Eating right is not complicated! Learn to enjoy flavor without losing taste. Presentation will discuss healthy eating habits and choosing healthy foods. There will also be a cooking demo emphasizing using flavor to enhance recipes. Afterwards, taste what Chandra has prepared. Chandra is a nutritionist and dietician at HESSCO Elder Services and a leader in the “Healthy Eating for Successful Aging” series.

Jewelry Making—Cindy Wilson, instructor

Date & time: Tuesday, August 9; 10:30 a.m.

Cost: FREE; RSVP required by August 1

Make a necklace or bracelet for yourself or as a gift. All materials supplied. Limited enrollment; Sharon residents have first preference until August 1. Sponsored by Wingate at Sharon, formerly EPOCH Senior Healthcare.

Boston-Set Movies: Filming In and Around Beantown—Frank Mandosa, lecturer

Date & time: Thursday, July 28; 6:45 p.m.

Cost: FREE; RSVP for seating suggested by July 25

Cop thrillers and gangster flicks are usually set in inner city areas of LA or Brooklyn, while romantic comedies tend to find themselves in the Big Apple. Superhero movies are smack in the middle of fictional urban areas like Gotham City or Metropolis. But where does one of America’s first cities enter the picture? Local film buff and lecturer Frank Mandosa will take you through films both large and small that were either shot in or take place in and around the Bay State’s capital! Don your Fenway Park gear, leave your “Rs” at home (i.e., pahk the cah ...), bring your Beantown pride, and immerse yourself in the cinematic world of Boston, Massachusetts! Enter to win a free raffle. A high school English teacher by trade, Frank loves entertaining people with Hollywood stories and film recommendations of all kinds.

THREE PROGRAMS YOU WON’T WANT TO MISS!

all welcome to attend ~ light refreshments

Mystery Writers Panel

Date & time: Thursday, June 9; 6:45 p.m.

Cost: FREE; RSVP for seating suggested

Join best selling authors Hank Phillippi Ryan, Hallie Efron, and Elisabeth Elo as they share their journeys, joys, and their writing secrets at this special mystery event. Hallie’s *Night Night Sleep Tight* is a Mary Higgins Clark Award nominee and Hank’s *What You See* is an Agatha nominee and a Library Journal Best of 2015. Elisabeth is the author of the critically acclaimed *North of Boston*. Enter a raffle to have your name in Hank and Hallie’s next books; also participate in fun, free raffles. Books available for purchase and signing. Event held in Community Center Ballroom.

Ghost Army—Rick Beyer, author

Date & time: Tues., June 14; 12:45 p.m. (note time change)

Cost: FREE; RSVP for seating suggested

In the summer of 1944, a handpicked group of young GIs landed in France to conduct a secret mission. Rick Beyer tells how this traveling road show of artists wielding imagination, paint and bravado saved thousands of American lives. Beyer is a best-selling author and an award-winning documentary producer. *The Ghost Army* premiered nationally on PBS in 2013 as a documentary film. Books and DVDs will be available for purchase and signing.

The “Mill Girls” of New England - Doug Stewart, lecturer

Date & time: Tuesday, June 21; 1:00 p.m.

Cost: FREE; RSVP for seating suggested

Writer Doug Stewart will give an illustrated talk about America’s first industrial labor force: the “mill girls” of New England. These often feisty mill workers helped undercut 19th century America’s male-dominated status quo and set the stage for the women’s rights movement. Doug Stewart is a freelance magazine writer who has written more than 60 stories for *Smithsonian* magazine.

Short Story Discussion Group (group led)

No meetings in July and August; group will resume in September. Story for the September 1st meeting will be in the mid-summer issue of THE VIEW.

Book Discussion Group (group led)

Date & time: Mon., June 27 and July 25; 10:30 a.m.

Cost: FREE; RSVP suggested (all welcome)

June 27: *City of Thieves* by David Benioff

July 25: *The Island of Worthy Boys* by Connie Hertz Mayo

Book Discussion Group (group led)

Date & time: Thursday, June 30 & July 28; 10:30 a.m.

Cost: FREE; RSVP required, limited enrollment

Book: *The Children Act* by Ian McEwan

Call after June 30 for July book title.

ADDITIONAL PROGRAMS LISTED ON PAGE 9.

EVENING PROGRAMS—SINGLE SESSION PROGRAMS AND MULTI-SESSION CLASSES

Photography Club – Sheila Pallay, facilitator

Date & time: Monday, June 13

No meetings in July and August

People interested in sharing their work, discussing photographic techniques, bringing in speakers, etc., are encouraged to attend. Club meets monthly. Free; all welcome. Information: email Sheila at sheilapallay@me.com

Knitting/Crocheting Club – Dorcas Ligon, facilitator

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

Informal drop-in group; not lessons. Free program; all welcome. Enter Community Center building from main entrance; take elevator to lower level.

June / early July evening programs:

June 9 Mystery Writers Panel; 6:45 p.m. (see page 4)

June 16 Movie (*The Intern*); 5:45 p.m.

June 23 Movie (*Brooklyn*); 5:45 p.m.

June 30 Game Night; 6:00 p.m.

July 7 Movie (*Bridge of Spies*); **5:30 p.m.**

July 14 Movie (*Suffragette*); 5:45 p.m.

Movie descriptions on page 3; RSVP suggested for evening movies. Movie program fee: \$1.

CARDS AND GAMES

On-going groups - not instructional; newcomers welcome.

Rules and Reminders:

All games played at the Adult Center are open play, thus allowing newcomers to the Adult Center an opportunity to make friends and join in. Private games are not allowed as we are a public entity, receive government funding, and welcome all populations. Please read our game and Adult Center rules, policies, and protocols posted on our bulletin boards and available at the reception desk. Come in, relax, and enjoy meeting new friends!

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

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

Canasta: Tuesdays, 1:00-4:00 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 sets for use on a first come-first served basis. No private games.

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

Chess: Currently on hold; contact Marsha, 781-784-8000, if interested in forming a daytime drop-in group.

ONGOING

Wii (Virtual) Bowling: Fridays, 10:30 a.m. to noon Co-ed league. \$1/month funds a kitty; first person to bowl a perfect score wins the pot! All adults welcome!

Memoir Writing: Mondays; 10:30 a.m. to 12:00 noon.

Ping Pong Club: Tuesdays & Thursdays, 10:00 a.m.–noon; first floor of Community Center. Bring your own paddle.

Knitting/Crocheting Club: Mondays, 9:30-11:30 a.m. Knitting needles/ yarn available. Donations of yarn welcome.

Evening Chess Club: Mondays, 7:00-10:00 p.m.

Arts and Crafts Room, 2nd floor of the Community Center. All levels and all ages of players welcome. Sponsored by Adult Center's Men's Club. Information: Lester, 781-784-7212.

Open Art Studio: Mondays, 1:00-3:00 p.m.

Must bring own projects and supplies – watercolor, pastels, pencil, or charcoal only. Not an art class.

Computer Tutor: David Rabinowitz available Thursdays, 12:00-3:00 p.m., to help you brush up on computer skills, learn about Word, Excel, emailing, the Internet and more. You must have a specific question/concern in mind; this is not a computer class. Appointment necessary; \$2 fee.

Bocce: Wednesdays, 9:30 a.m. (weather permitting)

Meet at court across from Community Center entrance. All welcome. Adult Center has a set of bocce balls; please call to reserve if you want to play other days/times.

In addition...

Pool table/game room: Ping pong, pool, and other game tables in the Recreation Department. Call 781-784-1530.

Do "Drop In"...

The Sharon Adult Center offers a DROP IN center for adults: Monday-Wednesday, 9:00 to 4:30; Thursday, 9:00 to 8:00; Friday, 9:00 to 12:30. Enjoy our café with a few reasonably priced snacks, coffee or tea, 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 as programs may already be scheduled.

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

GO GREEN—NEW WAY TO REGISTER ONLINE

Subscribe free online and get THE VIEW before it is mailed. Using "Internet Explorer," go to www.ourseniorcenter.com/find/sharon-adult-center-council-on-aging When you subscribe, call Eileen or Nancy at 781-784-8000; your name will be removed from the paper copy mailing list. This will help the Friends of the Sharon COA by saving on monthly postage.

CHECK OUT THE ADULT CENTER LIBRARY!

There is a large assortment of fiction and non-fiction books, including over 100 large print editions, to choose from. Stop by, browse a while, and borrow a book or two! The Library also has a collection of jigsaw puzzles you can borrow for a bit.

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: June 14; June 28; July 12.

Low Vision Support Group - First Monday of each month; 10:30 a.m.-12:00 noon. Next meeting: September 12.

Parkinson's Support Group - First Monday of each month, 1:00-2:30 p.m.; designed as an education, networking, and support group for people with Parkinson's and their families. Upcoming meetings: June 6; July 11.

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

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IT'S NOT A DIET...IT'S A LIFESTYLE!

Tuesdays —11:00 a.m.—noon

If you would like to meet with Addie Johnson, retired dietician, on a Tuesday morning, please call the Adult Center by Monday. Optional, private weigh in.

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SOCIAL SERVICE INFORMATION

Safety Program Information: The Adult Center has information on a variety of safety programs including: Are You OK?, Carrier Alert, ID Bracelet, Vial of Life, "Safe Return," Lockbox, and Emergency Management Program Identification Form. Call Susan at the Adult Center for more information or to discuss other possible programs.

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. Hours are Monday-Friday, 8:00 a.m. to 7:00 p.m.; Saturday, 10:00 a.m. to 2:00 p.m.

Money Management Program: Offered through HESSCO, this free program assists low-income people 60 and over who have difficulty paying bills on time or managing money and who have no family or friends to help them. All volunteers undergo intensive training and are supervised by HESSCO staff. If you think you would benefit from this program, or have questions regarding the program, call HESSCO at 781-784-4944.

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 Vera Ochea from Metrowest Legal Services will be holding a clinic at the Sharon Adult Center on **Friday, July 8, 10:00 a.m. to 12:00 noon**. She will see clients by appointment only; schedule a private 20-minute appointment by calling Nancy at the Adult Center. Next clinic: September 9.

SHINE (Serving Health Insurance Needs of Everyone)

The Adult Center has a SHINE counselor who takes appointments on Tuesday mornings. SHINE counselors are trained and certified to provide information, counseling, and assistance regarding health insurance and benefits to seniors. This free program is available to elders, their families or caregivers, and Medicare beneficiaries of all ages. To schedule an appointment call the Adult Center. You can also call 1-800-AGE-INFO (243-4636). SHINE is funded and managed by the MA Executive Office of Elder Affairs.

CIRCUIT BREAKER INFORMATION: Massachusetts homeowners and renters age 65 and older may qualify for up to \$4,150 in a cash refund or credit from the State Department of Revenue for the past three years if your property taxes (or 25% of your rent) exceeds 10% of your annual income and you meet other qualifying criteria. Call Adult Center for detailed information sheet on the guidelines. Also: www.mass.gov/dor/seniors or call the Department of Revenue, Customer Service, 617-887-6367.

Medicare Advocacy Project: The Medicare Advocacy Project (MAP) operates legal aid offices across the state, assisting elders and persons with disabilities in obtaining Medicare and Medicare-related health insurance coverage to which they are entitled, representing both individual and group issues. To reach MAP, call Greater Boston Legal Services, 617-603-1576.

Home Modification Loan Program: State-funded Home Modification Loan Program provides loans to make modifications to primary, permanent residence of elders, adults with disabilities, and families with children with disabilities. Various loans available based on income. For more information, contact the South Middlesex Opportunity Council at 508-202-5919, or www.mass.gov and search for "Home Modification Loan Program."

Senior Medicare Patrol Program: Provides information on how to protect, detect, and report healthcare errors, fraud, and abuse. Contact 1-800-892-0890, or www.masmp.org.

Grandparents Raising Grandchildren: For additional information/resources, contact: Grandparents Raising Grandchildren of MA (508-771-4336 or www.massgrg.com), Susan Edinger at the Adult Center, or Tara Flannigan, Family Caregiver Specialist at HESSCO, 781-784-4944.

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TOWN SPONSORED TRASH PICKUP

Free town sponsored trash pickup is available for residents age 60 and over, and those of any age with disabilities, who meet income guidelines. Verification of income and disability (if applicable) is required. Applications for the 2016-2017 season, beginning July 1, were mailed to those residents who were participants in the 2015-2016 season. You must reapply for 2016-2107 in order to continue service. New applicants should apply through the Adult Center. Please call Susan Edinger at the Adult Center for more information or to schedule an appointment to fill out the application form.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lakeside Gallery Annual Adult Center Photography Club Exhibit June 8—August 31 Reception: June 8; 7-9 pm</p> <p>Craft Corner Hours Tues., Wed., Thurs. 11 am—1 pm; other hours by appointment</p>	<p style="text-align: center;">JUNE 2016</p> <p style="text-align: center;">Schedule subject to change—call to confirm</p>	<p style="text-align: center;">1</p> <p>8:45 Zumba Gold Class 9:00 Sharon Center 9:30 Coffee Hr. / Bocce 9:30 Tech. in Watercolors 10:30 Senior ID Program 10:45 Meditation/Stressful Times 11:30 Shaw's/Cobbs Corner 1:00 Sit & Be Fit 1:00 Cribbage/Mah Jongg</p>	<p style="text-align: center;">2</p> <p>9:00 Tai Chi 10:30 Tai Chi 10:30 Short Story Disc. Group 12:00 Computer Tutor 12:00 Podiatry Clinic 1:00 Mah Jongg/Bridge/Scrabble 3:30 Ethical Dilemmas in Modern Medicine 6:00 Game Night</p>	<p style="text-align: center;">3</p> <p>9:00 Sharon Center 9:00 Gentle Yoga 9:15 Cardio Fitness Class 10:30 Wii Bowling</p>
<p style="text-align: center;">6</p> <p>9:00 Zumba Gold Class 9:00 Yoga 9:30 Knitting/Crocheting 10:30 Memoir Writing 1:00 Parkinson's Group 1:00 Recreational Scrabble 1:00 Open Art Studio</p>	<p style="text-align: center;">7</p> <p>9:00 Men's Club 9:15 ESOL 11:00 Not a Diet...A Lifestyle 11:00 SHINE Counselor 11:30 Walpole Mall 1:00 Bridge/Can/Mah Jongg 1:00 Bridge Lessons 2:00 Opioid Crisis in MA 2:30 Word Basics 7:00 Knitting / Crochet</p>	<p style="text-align: center;">8</p> <p>8:45 Zumba Gold Class 9:00 Sharon Center 9:30 Coffee Hr. / Bocce 9:30 Tech. in Watercolors 10:45 Meditation/Stressful Times 11:30 Shaw's/Cobbs Corner 1:00 Sit & Be Fit 1:00 Cribbage/Mah Jongg 7:00 Gallery Reception</p>	<p style="text-align: center;">9</p> <p>9:00 Tai Chi 9:30 Movie (<i>The Intern</i>) 10:30 Chinese Elders 10:30 Tai Chi 12:00 Computer Tutor 1:00 Mah Jongg/Bridge/Scrabble 6:45 Mystery Writers Panel</p>	<p style="text-align: center;">10</p> <p>9:00 Sharon Center 9:00 Gentle Yoga 9:15 Cardio Fitness Class 10:30 Wii Bowling</p>
<p style="text-align: center;">13</p> <p>9:00 Zumba Gold Class 9:00 Yoga 9:30 Knitting/Crocheting 10:30 Memoir Writing 1:00 Recreational Scrabble 1:00 Open Art Studio 7:00 Photography Club</p>	<p style="text-align: center;">14</p> <p>9:00 Men's Club 9:15 ESOL 11:00 Not a Diet...A Lifestyle 11:00 SHINE Counselor 11:30 Westgate Mall 12:45 "Ghost Army" 1:00 Bridge/Can/Mah Jongg 1:00 Bridge Lessons 2:00 Caregivers' Group 2:30 Publisher Basics 7:00 Knitting / Crochet</p>	<p style="text-align: center;">15</p> <p>8:45 Zumba Gold Class 9:00 Sharon Center 9:30 Tech. in Watercolors 9:30 Coffee Hr. / Bocce 10:45 Medit./Stressful Times 11:30 Shaw's/Cobbs Corner 1:00 Sit & Be Fit 1:00 Cribbage/Mah Jongg 1:00 Opera Film (<i>Samson et Dalila</i>) 1:00 Pinterest, Part 2</p>	<p style="text-align: center;">16</p> <p>9:00 Tai Chi 10:00 Summer Preview Party 10:30 Tai Chi 12:00 Computer Tutor 1:00 Mah Jongg/Bridge/Scrabble 1:00 Let's Quilt Together 5:45 Movie (<i>The Intern</i>)</p>	<p style="text-align: center;">17</p> <p>9:00 Sharon Center 9:00 Cardio Fitness Class 10:30 Wii Bowling</p>
<p style="text-align: center;">20</p> <p>9:00 Zumba Gold Class 9:00 Yoga 9:30 Knitting/Crocheting 10:30 Memoir Writing 1:00 Recreational Scrabble 1:00 Open Art Studio 2:30 Honoring Choices</p>	<p style="text-align: center;">21</p> <p>9:00 Men's Club 9:15 ESOL 11:00 Not a Diet...A Lifestyle 11:00 SHINE Counselor 11:30 Walpole Mall 1:00 "Mill Girls" 1:00 Bridge/Can/Mah Jongg 2:30 Excel Basics 2:30 COA Board Meeting 7:00 Knitting / Crochet</p>	<p style="text-align: center;">22</p> <p>8:45 Zumba Gold Class 9:00 Sharon Center 9:30 Coffee Hr. / Bocce 9:30 Tech. in Watercolors 10:30 Make Greeting Cards 11:30 Shaw's/Cobbs Corner 1:00 Sit & Be Fit 1:00 Cribbage/Mah Jongg</p>	<p style="text-align: center;">23</p> <p>9:00 Tai Chi 9:30 Movie (<i>Brooklyn</i>) 10:30 Chinese Elders 10:30 Tai Chi 12:00 Computer Tutor 1:00 Mah Jongg/Bridge/Scrabble 1:00 Let's Quilt Together 5:45 Movie (<i>Brooklyn</i>)</p>	<p style="text-align: center;">24</p> <p>9:00 Sharon Center 9:00 Gentle Yoga 9:15 Cardio Fitness Class 10:30 Wii Bowling</p>
<p style="text-align: center;">27</p> <p>9:00 Zumba Gold Class 9:00 Yoga 9:30 Knitting / Crochet 10:30 Memoir Writing 10:30 Make Way/Revolution 10:30 Book Discussion Group 1:00 Recreational Scrabble 1:00 Open Art Studio</p> <p style="text-align: center;"><i>Trip—Historic Lowell</i></p>	<p style="text-align: center;">28</p> <p>9:00 Men's Club 9:15 ESOL 11:00 Not a Diet...A Lifestyle 11:00 SHINE Counselor 11:30 South Asian Lunch 11:30 Westgate Mall 1:00 Bridge/Can/MahJongg 2:00 Caregivers' Group 2:30 Powerpoint Basics 7:00 Knitting / Crochet</p>	<p style="text-align: center;">29</p> <p>8:45 Zumba Gold Class 9:00 Sharon Center 9:30 Coffee Hr. / Bocce 9:30 Tech. in Watercolors 11:30 Shaw's/Cobbs Corner 1:00 Sit & Be Fit 1:00 Cribbage/Mah Jongg 1:00 Facebook, Part 1</p>	<p style="text-align: center;">30</p> <p>9:00 Tai Chi 10:30 Chinese Elders 10:30 Tai Chi 10:30 Book Discussion Group 12:00 Computer Tutor 1:00 Mah Jongg/Bridge/Scrabble 1:00 Let's Quilt Together 6:00 Game Night</p>	

**RESERVED
FOR SPONSORS**

COMMUNITY EDUCATION / ADULT CENTER CLUB NEWS

Speakers open to the public; programs begin at 9:15 a.m. unless otherwise noted. Meetings in Ballroom of the Community Center. Community Center opens at 8:30 a.m.

Sharon Adult Center 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.

June 14 Kathie Medeiros, Director, Sharon Adult Center—"Memory Café"

June 21 Steve Hahn—"Name That Car, Radiator Caps"

June 28 Ms. Rumni Saha, Special Education Teacher and Columnist

July 12 Rob Eicher, Channel 7 Meteorologist—"Weather Safety and Weather Myths"

July 19 Dr. Ricky Stern—"Smart Trash Program, What's In It For You"

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

Parking is limited; please carpool (illegally parked cars subject to ticketing per Town of Sharon Parking Clerk).

UPCOMING TRIPS

Following trips are sponsored by the Adult Center. We accept paid reservations on a first come-first served basis until trip is filled; Sharon residents given first preference unless otherwise noted. Out-of-town residents welcome to place name on waiting list for spaces that become available after RSVP date (out-of-town residents should not send payment until notified if space is available). If you need special accommodations (i.e., wheelchair access, etc.), please put this in writing and include it with your payment. Door-to-door transportation is available for Sharon residents to meet at the Community Center. You should request transportation when you register. Send checks, payable to "Town of Sharon" to Nancy at the Sharon Adult Center, 219 Masapoag Avenue, Sharon, MA 02067. For additional information, call 781-784-8000.

Charles Riverboat Cruise and Lunch at Cheesecake Factory—Monday, July 25

Enjoy a 70-minute, fully narrated sightseeing cruise along the Charles River. Your captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge. Cost of the trip including lunch at the Cheesecake Factory (Cambridgeside Galleria) is \$52. Transportation on Adult Center bus. Lunch includes an entrée, cheesecake dessert, non-alcoholic beverage, and gratuity. This trip involves a walk from the boat to the restaurant, which is the length of the mall. Meet at the Adult Center at 8:00 a.m.; return after lunch. RSVP with payment accepted until June 13 or trip filled.



Trip to Lowell National Historical Park—Monday, June 27

Dig into the living legacies of the Industrial Revolution and two centuries of hard work and innovative engineering. Hear about the stories of people who came from faraway lands looking to make a better life for themselves and their families. See a video, "Lowell: the Industrial Revolution," at the Visitors Center; go on a ranger-led Trolley and Canal Boat Tour; and explore the Boott Cotton Mills Museum and the "Mill Girls and Immigrants" exhibit. Break for lunch at a local restaurant (not included in cost of trip) after the Canal Boat Tour ends around 12:30. After lunch, continue on to the Boott Cotton Mills Museum. Leave Sharon at 8:30 a.m.; return approximately 5:15 p.m. Cost of this trip including admission to all of the above and transportation on the Adult Center bus, is \$32 (not including lunch). RSVP with payment accepted until June 8 or trip filled.

Newport Music Festival—Tuesday, July 12

The Vienna Piano Trio (piano, violin, and cello) will perform at The Elms mansion; program includes works by Hayden, Ravel, Brahms, and Frank Bridge. After the concert, lunch at La Forge Restaurant at the Tennis Hall of Fame, on the enclosed porch overlooking the courts. There is a choice of three appetizers, six entrees, and four desserts. You will receive a menu after we receive your registration and payment. Leave Sharon at 8:30 a.m.; return after lunch. Cost of the trip, including concert, lunch, and transportation on the Adult Center bus, is \$78. RSVP with payment accepted until noon on June 24 or trip filled. A minimum number of people are needed in order for this trip to take place.

Cape Cod Canal Cruise and Lunch at Lindsey's Restaurant—Monday, August 29

Three-hour narrated sightseeing cruise through Cape Cod Canal to Sandwich and return. Restrooms on boat are down one flight of stairs and not handicapped accessible. Snack bar on boat. After cruise, lunch at Lindsey's Restaurant. Lunch choices: *starters*—garden salad OR clam chowder; *entrees* (fresh vegetable included) - lemon crumb haddock with mashed potatoes, roast turkey with stuffing and mashed potatoes, OR teriyaki tenderloin tips over rice; *dessert* (gingerbread or fruit cup). **Please indicate choice of starter, entrée, and dessert when registering.** Leave Sharon at 8:00 a.m. for 10:00 cruise; return after lunch, approximately 4:00-4:30 p.m. Cost of trip is \$59 and includes cruise, lunch, and transportation on Adult Center bus. RSVP with payment accepted until August 1 or trip filled.

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NORWOOD THEATRE PRESENTS

"NORTH SHORE A CAPPELLA"

Wednesday, September 14 ~ 2:00 p.m.

See this fantastic group who have appeared on NBC's "The Sing Off." The show is free; however **reservations are required.** A limited number of spaces have been reserved for Sharon residents through the Adult Center. Call 781-784-8000 to reserve your space (one or two spaces only). No transportation provided. Out-of-town residents should call the box office directly—781-555-9000, Monday - Friday, 10:00 a.m. to 12:00 p.m. and 3:00 - 5:00 p.m.

CRAFT CORNER—contemporary and country crafts from Sharon artisans. Hours: Tuesday, Wednesday, & Thursday, 11:00 a.m. to 1:00 p.m.; other hours by appointment. Information: Doris Ann Gladstone, manager, at 781-784-5376, or adultcentercraft@aol.com. The Craft Corner is seeking artists (Sharon residents only); call Doris Ann.

REMINDERS FROM THE ADULT CENTER

- ◆ **PROGRAMS IN June** were publicized in the **May issue**. This issue of **THE VIEW** contains information on late June programs, as well as other currently scheduled programs.
- ◆ **LARGE PRINT NEWSLETTER**—If you would like a large print copy of **THE VIEW**, by mail, please call the Adult Center and leave your name and address.
- ◆ **TRANSPORTATION INFORMATION**—Call the Adult Center to receive a copy of medical transportation policies and/or monthly bus schedule.
- ◆ **STAMPS FOR SALE AT ADULT CENTER**—"Forever" stamps, \$9.40/book (20). No single stamps; cash only.
- ◆ The Adult Center 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.
- ◆ **PARKING AT THE COMMUNITY CENTER** is not always easy. Be mindful of others and park inside the white lines. No parking at drop-off area in front of the Adult Center entrance! Remember that illegally parked cars are subject to ticketing per order of Town Parking Clerk. Carpooling to large events is recommended.
- ◆ **PER TOWN OF SHARON BYLAWS, THERE IS NO SMOKING IN THE COMMUNITY CENTER BUILDING OR ON THE COMMUNITY CENTER GROUNDS, INCLUDING THE PARKING LOT.**

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BE PREPARED FOR POSSIBLE POWER OUTAGES

Stock up on essential food (especially ready-to-eat foods) and water, special diet foods, medications, candles, flashlights, batteries, and have a fully charged cell phone. If you need assistance during an extended power outage, call the non-emergency telephone numbers for either the Police Dept. (781-784-1587) or Fire Dept. (781-784-1522).

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LAKESIDE GALLERY NEWS

The newest show, the **Annual Sharon Adult Center Photography Club Exhibit**, is on display until August 31. A reception open to the public will be on Wednesday, June 8, 7:00-9:00 p.m. Gallery hours are: Monday—Wednesday, 9:00 a.m. to 4:00 p.m.; Thursday, 9:00 a.m. to 7:30 p.m.; and Friday, 9:00 a.m. to noon.

SOUTH ASIAN SOCIAL

Next program: Tues., June 28, 11:30 a.m. to 1:30 p.m. Program designed for people 55+ from the Indian subcontinent. Meet at the Adult Center and discuss current events, news, and more. Contact Chandra at HESSCO, 781-784-4944, or email cganapthy@hessco.org for more information or for a reservation. Free transportation available to Sharon residents; call the Adult Center, 781-784-8000, no later than June 22.

LAKESIDE CAFÉ FOR LGBT SENIORS

Next program: Monday, July 25; 11:00 a.m.—1:00 p.m. Program for LGBT seniors, and friends and allies of the LGBT community. This will be the annual BBQ. Suggested meal donation is \$3.00 for those 60+; \$5.00 fee for those under 60. RSVP date is July 20. Free transportation available to Sharon residents; reserve by July 20th. For more information, or to register, call Jayne Davis at HESSCO, 781-784-4944. There will be no Lakeside Café in June due to a conflicting date with the Annual Pride Luncheon in Boston.

RMV NEAR ME

Volunteer available Wednesdays, 10:00—11:30 a.m. (no appointment necessary) to assist with the following: registration renewals, change of address, duplicate license or registration, how to report a lost or stolen disability placard and how to request a replacement, and license renewals for licensed drivers younger than age 75. If you are 75 and older, you can complete the renewal application online, thus reducing your wait time at the Registry. If you cannot come to the Adult Center during that time, call 781-784-8000 to schedule an appointment. You must have a valid checking account or credit card to process any transaction; no cash accepted. Please be advised that the staff/volunteers at the Sharon Adult Center are not required to provide assistance, and there may be instances where Adult Center staff/volunteers may decline to process your transaction with the Registry. For information, contact the Adult Center.

EQUIPMENT GIVEAWAY

The Adult Center has some walkers, sets of crutches, and a few canes that we are giving away. These would be great to use as a spare. They are being given away on a first come-first serve basis—please call the Adult Center, 781-784-8000, before you come to make sure we still have some available.

SHARON COMMUNITY CHORUS PRESENTS "POPS 2016—HEROES & VILLIANS" on Friday, June 10, 8:00 p.m., and Saturday, June 11, 7:30 p.m. Concert at the First Congregational Church, 29 North Main Street, Sharon. Purchase tickets through website: ssc-ma.org. Refreshments will be available.

====MONTHLY CELEBRATIONS====

Held in the Ballroom, main level of 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. 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.

Please continue to donate to the refreshment fund so that we can keep providing coffee and pastry for you.

Summer Preview Party—Thursday, June 16

Coffee and pastry at 10:00 a.m. Entertainment at 11:00 will be pianist Steve King. Lunch at 12:15 is either a chicken salad plate or a tuna salad plate; please indicate lunch choice when registering (\$3 suggested lunch donation for either meal). Call for available spaces. Our thanks to Cornerstone at Canton for sponsoring the pastry and entertainment for this party.

Ice Cream Social—Thursday, July 21

Coffee and pastry at 10:00 a.m. Entertainment at 11:00 will be Jim Porcella and Renee Legendre, father and daughter vocalists. Lunch at 12:15 is French bread cheese pizza and salad (\$3 suggested lunch donation). Dessert will be brownie hot fudge sundaes; ice cream generously donated by Crescent Ridge Dairy. The \$1 entertainment fee will be collected at the door. RSVP date is Monday, July 11. No reservations for this party will be taken **before 9:00 a.m.** on Friday, June 17.



SAVE THE DATE!

Annual BBQ ~ Thursday, August 25

Watch for details in mid-summer issue of THE VIEW. No reservations for the Annual BBQ will be taken before Friday, July 22.

LIBRARY ON WHEELS

Sharon residents temporarily or permanently unable to visit the library in person due to health problems may be able to receive home delivery of materials through the Library on Wheels program. Contact the Library, 781-784-1578, for information.

PROPERTY TAX WORK OFF PROGRAM

FY'17 ~ July 1, 2016—June 30, 2017

All applicants, whether re-enrolling or new, may apply for the fiscal year 2017 program until June 20. Applications received later than June 20th will be considered after July 1st for any available openings.

If you are disabled and cannot perform the required work, you may have a proxy work on your behalf providing there is an appropriate placement. However you must fill out an application no later than June 20th and supply all required financial information. Also, veterans of any age may participate in the Property Tax Work Off Program. Veterans must submit an application and the required financial information. For more information about the program, contact Susan Edinger, LICSW, at the Adult Center, 781-784-8000.

SUMMER SUPPER

Thursday, August 11 ~ 5:15—7:30 p.m.

Savor a delicious Chinese buffet catered by Asia Treasures, Walpole. At 6:30, join Jordan Rich from WBZ for a special trivia event, "Who Said That? Guess the Famous Voices of Radio, TV, Film and Modern History." Cost is \$13/person. Reservations accepted until August 3 or program filled; no reservations without payment. All welcome to attend. Our thanks to Brightview, Canton, for sponsoring the entertainment for this event.



ADULT CENTER / COA STAFF

Executive Director
Kathie Medeiros

**Case Manager / Coord. of Client
& Volunteer Services**
Susan Edinger, LICSW

**Office Manager / Transportation
Coordinator**
Nancy Weiner

Program Coordinator
Marsha Books

Receptionist
Eileen Wright

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Robert Maidman, Chair
Mildred Berman
Hridaya Bhargava
Rita Edelston
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Ralph Generazzo
Richard Gorden
Neil Grossman
Madhav Kacker
Mindy Kempner
Sui Wen Yang
Doris Ann Gladstone, Alternate
Ruth Palan Lopez, Alternate
PRESIDENT, FSCO
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