

THE VIEW



SHARON ADULT CENTER

SEPTEMBER 2022

www.townofsharon.net/coa

Phone: 781-784-8000



WBZ Ice Cream Social sponsored by Crescent Ridge

My VIEW from the Sharon Adult Center

By Kathie Medeiros

Welcome to fall. Most summer vacations have ended; we now head into our fall schedules. Fall also signals that we have hopefully gotten away from those heat waves that we experienced this summer to a time of cooler, more enjoyable weather. I am aware that we will probably start complaining that it is too cold outside and need to turn on the heat in our homes though that is still a bit away from now!

One fall ritual for seniors is Medicare Open Enrollment which begins on October 15 and runs through December 7. You should soon be hearing from your current Medicare plan provider about changes for the upcoming year. If you have any questions or want to look at other available options, you can schedule an appointment with a SHINE counselor. Call the Adult Center to schedule that appointment.

I always try to find different holidays celebrated in each month to add to my article. On September 28th, we celebrate National Good Neighbor Day. It wasn't until 2003 that the US Senate passed a resolution officially creating this day. Take the time to recognize and appreciate your good neighbors. I can't forget National Grandparents Day on September 11. I am fortunate that my grandchildren live within an hour of my home and enjoy the time I get to spend with them. I hope the following quote puts a smile on your face: "If momma ain't happy, nobody's happy. If Grandma ain't happy..... RUN!"

Happy New Year to those who celebrate.

Until next month....Kathie

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Hours of Operation
Mon.-Wed. 8:00am—5:00pm
Thurs. 8:00am—6:00pm
Fri. 8:00am—12:30pm

Fitness Classes

YOGA—MONDAY

Date & Time: Mondays, 9:00—10:00 AM
Next session: October 31 (8 week session)

Holistic approach geared towards those 55+. Taught by Diane Lancaster from Hockomock Y, Foxboro. **Cost \$53.**

ZUMBA GOLD—MONDAY

Date & Time: Mondays, 9:00—10:00 AM
Next Session: October 17 (8 week session)

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. Taught by Ruth Karmelin-Brice. **Cost \$43.**

YOGA AND RELAXATION—TUESDAY

Dates & Time: Tuesdays, 9:00—10:15 AM
Next session: October 4 (8 week session)

Learn to relax and increase flexibility of body and mind. Basic yoga poses, meditation and breath work. No experience needed. **You must be able sit down, lie down, and get up from the floor without assistance. Please bring a yoga mat and blanket.** Taught by Sylvia Mignon. **Cost \$53**

CHAIR YOGA—TUESDAY

Date & Time: Tuesdays, 10:30—11:30 AM
Next Session: Sept. 27 (8 week session)

Want to increase your strength and flexibility in the comfort of a chair? Then chair yoga is for you! Reduce stress and joint stiffness while boosting your mood. No experience needed. Taught by Sylvia Mignon. **Cost: \$53**

ZUMBA GOLD—WEDNESDAY

Date & Time: Wednesdays, 9:00—10:00 AM
Next Session: September 7 (8 week session)

Same format as the Monday Zumba. Taught by Jazmin Westcott. **Cost \$43.**

SIT AND BE FIT—WEDNESDAY (ongoing)

Date & Time: Wednesdays, 12:30—1:30 PM (no class 9/14)

Cost: \$4/class paid day of class—*please pre-register*

Build strength, flexibility, balance, and cardio endurance using chair for support; appropriate for all fitness levels, including those with arthritis and other conditions. Can be done seated, standing, or assisted. Taught by Joyce Collins.

YOGA AND RELAXATION—THURSDAY

Dates & Time: Thursdays, 9:00—10:15 AM
Next session: September 1 (8 week session)

Same class as on Tuesdays; another session offered. **Cost \$53.**

TAI CHI—THURSDAY

Date & Time: Thursdays, 9:30—10:30 AM
Next Session: September 22 (8-week session)

Gentle form of exercise, incorporating the healing technique of Qi Gong; can help maintain strength, flexibility and balance. Growing evidence shows that this mind-body practice has value in treating or preventing many health problems. Taught by Michael Showstack. **Cost \$48.**

FOREVER FIT—FRIDAY

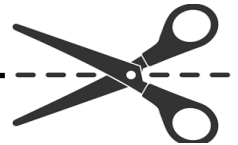
Date & Time: Fridays, 9:00—10:00 AM
Next session: October 21 (8 week session)

Traditional group exercise class set to music includes 30 minutes of cardiovascular work and 30 minutes of muscle conditioning. Taught by Mary Coulter-Bennett. **Cost \$43.**

MOVING IN THREE PLANES OF MOTION

Fridays, 10:45-11:45 AM
Session: September 23 (six classes)

This program is designed to redesign the way our bodies move. We should move in three planes of motion. We don't. This causes instability, imbalances, and pain. This can be corrected. Program is facilitated by Steve Avellino EFT, CES, SSF, SSN. **Cost \$42.**



FITNESS REGISTRATION FORM

To register for fitness classes, please return this form with payment to 219 Massapoag Ave, Sharon, MA 02067 or bring directly to the Adult Center. For all other programs, please call 781-784-8000 to register.

Name: _____ **Date:** _____

Address: _____ **Phone:** _____

Program: _____ **Program Date:** _____ **Fee:** _____

Email address: _____

Upcoming Movies



Movies begin at **10:30 AM—New Time!**

Program fee: \$1. RSVP for seating is required.

Cruella—Thursday, September 1

In this live-action origin story based on the Disney classic "101 Dalmatians," young Cruella de Vil is working as a fashion designer in 1970s London -- until an obsession with dog skins leads her astray. Starring Emma Stone and Emma Thompson. (rated PG-13, 2h 14m)



American Underdog—Thursday, September 8

As Kurt Warner stocks shelves in a supermarket with his dreams all but out of reach, his wife, coaches, and teammates encourage him to show the world the champion they know him to be. Kurt perseveres and finds the strength to become the legendary two-time NFL MVP, Super Bowl MVP, and Hall of Fame quarterback — proving that anything is possible with faith, family, and determination. Starring Zachary Levi, Anna Paquin, Dennis Quaid. (rated PG-13, 1h 52m)



The Graduate—Thursday, September 22

In this Oscar-winning classic with an iconic Simon and Garfunkel soundtrack, Dustin Hoffman turns in a landmark performance as a naïve college grad who is seduced by middle-aged neighbor Mrs. Robinson but ends up falling in love with her daughter. Starring Anne Bancroft, Dustin Hoffman. (rated PG, 1h 45m)



Belfast—Thursday, September 29

In 1960s Belfast, Buddy's family lives in a largely Protestant district with a few Catholic families, but one day his community and everything he thought he understood about life is suddenly turned upside down. Buddy's family gets caught in the mayhem and must decide to stay or leave the only place they have ever called home. Through it all, his passionate parents and quick-witted grandparents keep the joy alive through music and the magic of movies. Starring Caitriona Balfe and Judi Dench. (rated PG-13, 1hr 37m)



Adult Center Reminders

Jungle Cruise—Thursday, October 6

Dr. Lily Houghton travels from London to the Amazon jungle to uncover an ancient tree with unparalleled healing abilities, possessing the power to change the future of medicine. She enlists wisecracking skipper Frank Wolff's questionable services to guide her downriver on his ramshackle-but-charming boat. Starring Emily Blunt and Dwayne Johnson. (rated PG-13, 2h 7m)



The Adult Center will be closed on Monday, September 5th for Labor Day.

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.

STAMPS FOR SALE AT ADULT CENTER—\$12.00 per book of 20. No single stamps; cash only.

Check out the **ADULT CENTER LIBRARY**. We have a large assortment of fiction books, large print books and puzzles.

SHOPPING

Alternating Brockton area/Market Basket or Walpole area: Tuesday mornings

Cobbs Corner / Shaw's shopping: Wednesday mornings, 10:30 AM pickup start.

Sharon Center: Friday mornings



MEDICAL TRANSPORTATION

Limited local medical transportation will be available some Monday through Friday mornings. Call for further information.

Upcoming Programs

NOTE FROM MISSY—

Missy Lothrop, Program Coordinator

This time of the year is refreshing and always seems to have an air of change and renewal to it. Here at the Adult Center, we have many new programs you'll want to check out. We have an entomologist joining us for a *Tick Talk*, as ticks are actually very active in the early fall. If you have an interest in genealogy, you'll want to sign up for the *Be a Good Ancestor* program. Richard Hughes, and his traveling Silent Movie shows, is bringing to life the Buster Keaton silent film *Sherlock Jr.*, you don't want to miss this unique and interactive presentation. For a relaxing afternoon of art, please join me for *Cerealism* as we learn about (and make!) pop art collages. Don't forget to sign up early for any of the bus trips you want to go on and attend our monthly parties too. I will see you around the center!

Tick Talk

Presented by: Blake Dinius, Entomologist

Date & Time: Wednesday, September 7th at 10:45 AM

Cost: FREE, RSVP for seating required

Hate ticks? Ticks are shrouded in both fear and misinformation. Are the ticks getting worse? Is what they say about deer or opossums true? What about "all-natural" sprays? Is there anything that works? Spoiler alert: there is a lot you can do to prevent bites! In this workshop, we'll discuss the science behind ticks. We will bust myths and learn practical applications based on scientific research. Together, we will review the following: tick biology, tick-borne disease epidemiology, personal protection methods, yard protection and pet protection. With the right knowledge and tools, all tick-borne diseases are preventable. Blake Dinius is the Plymouth County Entomologist Extension Educator and tick expert!



Be a Good Ancestor

Presented by: Seema Kenney, Genealogist

Date & Time: Tuesday, September 13th at 1:30 PM

Cost: FREE, RSVP for seating required

While you may feel there's nothing important or noteworthy about your life, sometime within the next 100 years, someone who is researching their own history is going to want to know more about you! In this presentation, genealogist and certified legacy planner, Seema Kenney will go over ways to leave them something to find and take a look at how you can leave a helpful trail for future generations to research about you.

How to Register:

Please call the Adult Center at 781-784-8000 to register for all programs.

Personal Change: Becoming More of the Person You Wish to Be

Presented by: Dr. Caroline Stanley

Date & Time: Wednesday, September 14th at 10:45 AM

Cost: FREE, RSVP for seating required

If you could enhance your personality in one way, what would it be? What trait do you want or need in your life at this moment? Dr. Stanley addresses these questions as she introduces an evidence-based, educational technique for experimenting with personal change. If you're striving for personal growth, this talk offers ideas on how you might obtain it. Dr. Stanley is a clinical psychologist and professor at Bridgewater State University.

New Yorker & The Atlantic Magazine Discussion Group

Led by: Marty Agulnek, facilitator

Date & Time: Monday, September 19th at 10:30 AM

Cost: Free, pre-registration required, include email when registering

This month we will be discussing global warming and climate change. The article that we will read is from the January 2022 *New Yorker*: *How the Refrigerator Became an Agent of Climate Catastrophe*. Beginning with ice harvesting for food storage through the evolution of the modern refrigerator and cooling efficiencies that now make it increasingly economical to power and cool the server farms that mine and manage cryptocurrencies. The more efficient we become the more uses we find for our comfort and convenience and add additional lanes for that 1.5-degree Celsius rise. After a brief introduction, the group will provide a forum for discussion.

SENIOR WOMEN'S SHARING GROUP

Presented by Sandy Lerner

Tuesday, September 20th at 11:00 AM

Share your thoughts and wisdom with this newly formed group of caring women. Cost: Free, RSVP for seating required.

Programs continued..

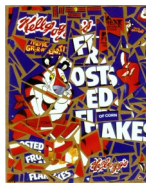
Cerealism: Collage Art in the Style of Artist Michael Albert

**Facilitated by: Missy Lothrop,
Program Coordinator**

**Date & Time: Tuesday, September 20th at
1:30 PM**

Cost: FREE, RSVP for seating required

Join Missy from the COA staff for an afternoon of relaxing collage making in the style of pop artist Michael Albert. We will first watch a pre-recorded video of Mr. Albert explaining his style of collage, which involves the use of cereal boxes and other cardboard consumer brand packages. We will look at examples of his work and then get to creating our own projects. All the cardboard, glue and scissors are provided. You will just need to show up ready to relax and create!



Silent Movie Matinee: Sherlock Jr.

**Presented by: Richard Hughes,
Pianist & Film Presenter**

**Date & Time: Wednesday,
September 21st at 10:45 AM**

**Cost: FREE, RSVP for seating re-
quired**

Richard Hughes and his traveling Silent Movie Shows will be presenting a Buster Keaton romantic comedy silent film called "Sherlock Jr." with live piano accompaniment plus a demonstration of animation devices that were the forerunners of the motion picture camera. Keaton was the best at 'slap stick' humor and yet, he never cracked a smile so be sure to mark this event on your calendar to be entertained by the "Old Stone Face".



"Nixon's America"

Join us this fall for another engaging historical series presented by Dr. Gary Hylander. Watch for topic details in the next VIEW.



5-Part Series, Wednesdays at 10:45 AM

October 12, October 19, (skip 26th due to another event)
November 2, November 9, November 16

[Watch for details in future issues of THE VIEW](#)

- Autumn hike at Borderland State Park on October 17th.
- We have a real estate presentation scheduled for October 25th with Team Impresa on various housing options if you are deciding to downsize.
- Our favorite music historian, John Clark, will be here October 27th for a talk on the history of Latin American Music. From Rhumba to Samba, Tango to Mambo, he will cover it all.
- Dedham Savings is joining us on November 15th for a Fraud Prevention presentation.
- Don't miss Anthony Sammarco on November 22nd for his talk *Thanksgiving Traditions in Boston*.

GO GREEN—REGISTER ONLINE

Subscribe free online and get THE VIEW before it is mailed. Go to ourseniorcenter.com, search for Sharon Adult Center and follow the prompts. Contact the Adult Center if you need assistance.



HEALTH CLINICS

BLOOD PRESSURE CLINIC

Wednesday, October 12th

9:30-10:45 AM

Adult Center Library



PODIATRY CLINIC, Thursday, October 13th

Clinic begins at 1:00 PM and an appointment is required. NO WALK-INS WILL BE ACCOMMODATED. Please call the Adult Center at 781-784-8000 to book an appointment. There is a \$30 fee payable directly to Dr. McLaughlin.

Outreach Programs

CONTACT THE ADULT CENTER OR THE NUMBER LISTED FOR MORE INFORMATION ON THE FOLLOWING PROGRAMS:

- **Safety Programs** - Carrier Alert, Vial of Life, Safety Net, etc..
- **Town-Sponsored Trash & Water Discount Program:** For those age 60+ and those of any age with disabilities. Verification of income from all members of the household and disability (if applicable) is required.
- **Property Tax Work Off Program:** For those age 65+ as of July 1st. Work for a Town department towards a credit off property tax bill. Verification of income from all members of the household is required.
- **Food Assistance** - SNAP (food stamps); Hotline 800-645-8333
- **Money Management** - Offered through BayPath, helping low-income people over 60 manage money and pay bills. Call BayPath @ 508-573-7241
- **Medicare Advocacy Project** - offering assistance for elders and people with disabilities in obtaining Medicare. Call MAP 617-603-1576
- **Circuit Breaker Information**—Dept. of Revenue 617-887-6367
- **Home Modification Loan Program**—contact South Middlesex Opportunity Council 508-202-5919
- **Senior Medicare Patrol Program**—800-892-0890 or www.masmp.org
- **Elder Dental Program** - offering low-income adults 60 and over, access to quality dental care at reduced costs. Call 774-203-1326 for more information.

Support Groups

LOW VISION SUPPORT GROUP

Zoom Meeting

Monday, September 26, 10:30 AM—12:00 PM

Meetings are held on the 4th Monday each month. Sharon residents may contact the Adult Center at 781-784-8000 to book transportation.

DEMENTIA SUPPORT GROUPS

In-Person Meeting

Monday, September 26, 7:00 PM—8:30 PM

On-Line Meeting—via Zoom

Monday, September 12, 7:00 PM—8:00 PM

Designed to provide emotional support, information and resources for caregivers. Join one group or both! Please RSVP to SPellegrine@rahbsw.com or call 508-668-8001.

Community Events

MEDICARE OPEN ENROLLMENT OCT. 15 - DEC. 7, 2022

During the annual Medicare open enrollment period, Medicare plan enrollees can reevaluate their coverage – whether it's Original Medicare with supplemental drug coverage, or Medicare Advantage – and make changes if they want to do so. If you have questions or want to discuss plan options, call the Adult Center at 781-784-8000 to make an appointment with a SHINE counselor.

State Primary Election Day – Tuesday, September 6th

Transportation to Sharon High School will be provided between 9:00 AM and 1:00 PM. Please call the Adult Center to schedule a ride.

MORE ELECTION INFORMATION
CAN BE FOUND ON THE TOWN
WEBSITE AT
WWW.TOWNOFSHARON.NET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			<p>9:00 Yoga & Relaxation ¹</p> <p>9:30 Tai Chi</p> <p>10:30 <i>Movie—Cruella</i></p> <p>1:00 Bridge, Mah Jongg, Scrabble, Rummikub</p>	<p>²</p> <p>9:00 Sharon Center</p> <p>9:00 Forever Fit</p> <p>10:45 Stability work—Pt. 2</p>
<p>⁵</p>  <p>HAPPY LABOR DAY</p> <p>CLOSED</p>	<p>9:00 Yoga & Relaxation ⁶</p> <p>9:00 Men's Club</p> <p>10:30 Chair Yoga</p> <p>10:30 Brockton Area</p> <p>11:00 SHINE</p> <p>1:00 Bridge, Canasta, Mah Jongg</p>	<p>9:00 Zumba ⁷</p> <p>9:00 Bocce</p> <p>10:30 Shaw's/Cobbs Corner</p> <p>10:45 Tick Talk</p> <p>12:30 Sit & Be Fit</p> <p>1:00 Cribbage & Whist</p>	<p>⁸</p> <p>9:00 Yoga & Relaxation</p> <p>9:30 Tai Chi</p> <p>11:00 <i>Movie—American Underdog</i></p> <p>1:00 Bridge, Mah Jongg, Scrabble, Rummikub</p>	<p>9:00 Sharon Center ⁹</p> <p>9:00 Forever Fit</p> <p>9:00 Legal Clinic</p> <p>10:45 Stability Work—Pt. 2</p>
<p>¹²</p> <p>9:00 Zumba</p> <p>9:00 Yoga</p> <p>9:30 Knitting/Crochet</p> <p>1:00 Open Art Studio</p> <p>2:00 Memory Cafe</p>	<p>9:00 Yoga & Relaxation ¹³</p> <p>9:00 Men's Club</p> <p>10:30 Chair Yoga</p> <p>10:30 Walpole Area</p> <p>11:00 SHINE</p> <p>1:00 Bridge, Canasta, Mah Jongg</p> <p>1:30 Be a Good Ancestor</p> <p>6:30 Lakeside Gallery Reception</p>	<p>¹⁴</p> <p>9:00 Zumba</p> <p>9:00 Bocce</p> <p>10:30 Shaw's/Cobbs Corner</p> <p>10:45 Personal Change</p> <p>12:30 Sit & Be Fit</p> <p>1:00 Cribbage & Whist</p>	<p>¹⁵</p> <p>9:00 Yoga & Relaxation</p> <p>9:30 Tai Chi</p> <p>11:00 Fall Fling Party</p> <p>1:00 Bridge, Mah Jongg, Scrabble, Rummikub</p>	<p>¹⁶</p> <p>9:00 Sharon Center</p> <p>9:00 Forever Fit</p>
<p>9:00 Zumba ¹⁹</p> <p>9:00 Yoga</p> <p>9:30 Knitting/Crochet</p> <p>10:30 New Yorker Discussion</p> <p>11:00 LGBT Luncheon</p> <p>1:00 Open Art Studio</p>	<p>9:00 Yoga & Relaxation ²⁰</p> <p>9:00 Men's Club</p> <p>10:30 Chair Yoga</p> <p>10:30 Brockton Area</p> <p>11:00 SHINE</p> <p>11:00 Sr. Women's Sharing Group</p> <p>1:00 Bridge, Canasta, Mah Jongg</p> <p>1:30 Cerealism</p>	<p>²¹</p> <p>9:00 Zumba</p> <p>9:00 Bocce</p> <p>10:30 Shaw's/Cobbs Corner</p> <p>10:45 Silent Movie Matinee</p> <p>12:30 Sit & Be Fit</p> <p>1:00 Cribbage & Whist</p>	<p>9:00 Yoga & Relaxation ²²</p> <p>9:30 Tai Chi</p> <p>10:30 <i>Movie—The Graduate</i></p> <p>10:45 Norwood Theater Bus Trip</p> <p>1:00 Bridge, Mah Jongg, Scrabble, Rummikub</p>	<p>²³</p> <p>9:00 Sharon Center</p> <p>9:00 Forever Fit</p> <p>10:45 The Planes of Motion</p>
<p>²⁶</p> <p>9:00 Zumba</p> <p>9:00 Yoga</p> <p>9:30 Knitting/Crochet</p> <p>10:30 Low Vision Support Group</p> <p>1:00 Open Art Studio</p>	<p>²⁷</p> <p>9:00 Yoga & Relaxation</p> <p>9:00 Men's Club</p> <p>10:30 Chair Yoga</p> <p>10:30 Walpole Area</p> <p>11:00 SHINE</p> <p>1:00 Bridge, Canasta, Mah Jongg</p>	<p>²⁸</p> <p>9:00 Zumba</p> <p>9:00 Bocce</p> <p>10:30 Shaw's/Cobbs Corner</p> <p>11:00 South Asian Social</p> <p>12:30 Sit & Be Fit</p> <p>1:00 Cribbage & Whist</p>	<p>²⁹</p> <p>9:00 Yoga & Relaxation</p> <p>9:30 Tai Chi</p> <p>10:30 <i>Movie—Belfast</i></p> <p>1:00 Bridge, Mah Jongg, Scrabble, Rummikub</p>	<p>³⁰</p> <p>9:00 Sharon Center</p> <p>9:00 Forever Fit</p> <p>10:45 The Planes of Motion</p>

Community Services

- **SHINE** (Serving Health Insurance Needs of Everyone) - the Adult Center offers Tuesday morning appointments with SHINE counselors offering assistance with health insurance and benefits.
- **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 PM; Tuesday and Thursday, 9:30 AM 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 SERVICES/LEGAL CLINIC** - Attorney Vera Ochea from Metrowest Legal Services will be holding a clinic on **Friday, September 9th, from 9:00 AM to 12:00 PM**. Schedule a private 20-minute appointment by calling Eileen at the Adult Center. **The next clinic will be Friday, November 4th.**
- **RMV NEAR ME** - A volunteer is available by appointment only to assist with registration renewals, change of address, and license renewals for licensed drivers younger than age 75. The Adult Center is **not** a full-service Registry—no pictures, eye exams, etc., are available. Call the Adult Center at 781-784-8000 to schedule an appointment.
- **LOCAL FOOD PANTRIES**
 - ⇒ **ILSE MARKS FOOD PANTRY**—Location: 116 Seaver Street, Stoughton; hours: Tuesdays, 8:30-10:30 AM. Open to residents of Sharon & Stoughton. Phone: 781-341-1994. Bagged food will be brought to your car; no one allowed in food pantry. If you are not a current client, please call pantry for further assistance.
 - ⇒ **CONGREGATIONAL CHURCH OF SHARON**—Location: 29 North Main St.: Hours: Monday through Thursday, 10:00 AM to 1:00 PM; Sunday, 9:00 AM to 11:00 PM. Phone: 781-784-2631. Email: admin@fccofsharon.org . All welcome.

MEN'S CLUB

Sharon Adult Center Over 60 Men's Club: Meetings held every Tuesday, 9:15 AM, Sharon Community Center Ballroom. Membership information: Bud Adler (781-784-3834). Tuesday speakers' program coordinated by the Men's Club.

Tuesday, September 6—The LiveSTRONG Program

Tuesday, September 13—China's Belt and Road Initiative

Tuesday, September 20—Remembering the Comedy Team of Laurel & Hardy

Tuesday, September 27—No Meeting, Second Day of Rosh Hashanah

The Men's Club programs are free and open to the public. Parking is limited; please carpool.

FARMERS MARKET COUPONS

Farmers Market coupons are available at the Adult Center to Sharon Residents who **DO NOT** live at Hixson Farm. Coupons for Hixson Farm residents are available at the meal site.

In order to receive these coupons through the Adult Center, you must be over 60 and meet certain financial guidelines. You will be required to sign a form confirming you meet the eligibility requirements.



Get a Flu Shot Today

BigY Pharmacy Walpole has Fluzone-HD in Stock!

**Walk-ins are welcome!!
Mon-Fri from 10am to 5pm**

Bus 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; Sharon residents given first preference unless otherwise noted. Out-of-town residents welcome to place name on waiting list (out-of-town residents should not send payment until notified if space is available).

Norwood Theater: Memories of Elvis Lunch-Theater Combo Thursday, September 22

The Norwood Theater is proud to offer a Lunch-Theater combo package for a special performance of Chris MacDonald's "Memories of Elvis." Chris's show is not an overdone impersonation. It is a natural, heartfelt tribute to a legendary performer and music icon. He draws his audience in with the look, sounds and nuances that made Elvis the King of Rock 'n' Roll! Before the show you will enjoy a set meal of a chicken dish, potatoes or rice, a small salad, vegetable, and a dessert before heading over to the theater.

Meet at 10:45 AM at The Adult Center parking lot
Transportation on COA bus
Lunch in Norwood at 11:30 AM, Performance begins at 1:00 PM; Cost is \$50.00 per person

Samuel Slater Experience Monday, November 14th



Samuel Slater traveled from England to America in 1789 with Britain's textile industry secrets in his head. He would become known as the "Father of the American Industrial

Revolution." The Samuel Slater Experience is not a museum in the traditional sense, with visitors simply looking at artifacts and static displays. Rather, the Samuel Slater story is told here with high-tech media using video, audio, motion, wind, and scents to create an immersive experience that make the American Industrial Revolution and its people come alive. The museum is wheelchair accessible and there are places to sit down throughout the building. There is also a small gift shop. Before we head back to Sharon, we will stop at the Panera Bread in Webster for a bite to eat, lunch is not included in the cost of the trip, pay cashier at the counter.

Meet at 9:00 AM at The Adult Center parking lot
Transportation on COA bus
Museum experience begins at 10:30 AM
Cost is \$25.00 per person
Lunch (not included) at Panera Bread after museum

← This & That →

\$99
PER PERSON

BUS TRIP TO MAINE

Maine's famous "Bull and Claw" Lobster Bake

LOBSTER BAKE INCLUDES
Cup of clam chowder, sauteed mussels, fresh Maine clams, tossed green salad, fresh baked rolls. Entree choice of Maine Lobster, Prime Rib or Cranberry Stuffed Chicken Breast. Finish with hot blueberry crisp with French vanilla ice cream!

MONDAY, OCTOBER 3
DEPART SHARON
AT 8:30AM

TOUR INCLUDES

- +Travel on a luxury Silver Fox Coach
- +Lobster feast at the Bull and Claw
- +Time to stroll and shop in Ogunquit
- +Stop at When Pigs Fly Bakery
- +Arrive back approx. 6:30 PM
- +Must provide proof of vaccine

SIGN UP: 781-784-8000
All welcome, not just Sharon Residents!

Made with PosterMyPrint.com

LAKESIDE ART GALLERY
PRESENTS

KEN DONO
SEPTEMBER 7 - NOVEMBER 2, 2022

THIS IS AN EXHIBIT OF MONOCHROME IMAGES BY SHARON PHOTOGRAPHER KEN DONO. THE PEOPLE, PLACES AND THINGS PHOTOS ARE PRESENTED IN BLACK AND WHITE TO ALLOW FORM AND CONTRAST TO PREDOMINATE OVER COLOR.

ALL ARE WELCOME TO AN ARTIST'S RECEPTION TUESDAY, SEPTEMBER 13TH, FROM 6:30 PM - 8:00 PM.

Gallery hours: Mon. - Wed. 9:00 AM - 4:00 PM, Thurs. - 9:00 AM - 5:00 PM, Fri. 9:00 AM - 12:00 PM

Cards & Games

ON-GOING GROUPS - NOT INSTRUCTIONAL;
NEWCOMERS WELCOME



All cards and games are on a reservation only basis. When calling for a reservation, names of all people who are expected in the group will be required. One person may call for the entire group.

- **Decks of playing cards:** Stop at the Reception Desk for a deck of cards.
- **Checkers** & other board games.
- **Pool:** You may reserve either a 60 or 90 minute block of time. Please no drop-in players.
- **Canasta:** Tuesdays, 1:00-4:00 PM
- **Whist:** Wednesdays, 1:00-4:00 PM
- **Cribbage:** Wednesdays, 1:00-3:00 PM
- **Super Scrabble:** Thursdays, 12:00-3:00 PM
- **Scrabble:** Thursdays, 12:00-3:00 PM—bring a partner
- **Mah Jongg:** Tuesdays, Wednesdays, and Thursdays, 1:00-4:00 PM
- **Bridge:** Tuesdays and Thursdays, 1:00-4:00 PM

ON-GOING ACTIVITIES

- **Knitting/Crocheting Club:** Mondays, 9:30-11:30 AM
- **Open Art Studio:** Mondays, 1:00-3:00 PM
- **Computer Tutor:** David Rabinowitz will be available 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. Please call the Adult Center to schedule an appointment for a one-on-one session; \$2 fee.
- **Bocce:** Wednesdays at 9:00 AM, weather permitting.
- **Pickle ball:** Contact Jack Yee at jackwj.yee@gmail.com for more information.
- **The Sharon Camera Club:** Photo enthusiasts of all levels are welcome. The Club meets monthly. Currently, meetings will be held by ZOOM. For further information regarding attendance and other Club activities, please contact Martin Becker at beckerim@comcast.net.

**PUZZLE
PACKETS**

ARE BACK!!!

Stop by the Adult Center for a fun packet of puzzles to challenge your mind! Each packet contains everything from spot the difference, anagrams, Sudoku, word search, riddles, rebus puzzles and more. Packets will be available the first of each month at the Adult Center Reception Desk.

What's happening...

MONTHLY CELEBRATIONS

Held in the Ballroom, main level of Community Center.

Please note: Sharon residents given first preference until RSVP date. Out-of-town residents welcome to place name on waiting list. Available spaces will be filled after the RSVP date.



FALL FLING, THURSDAY, SEPTEMBER 15TH

Join us for coffee and apple cider donuts at 10:30 AM.

Entertainment at 11:00 AM

will be Steve King on piano and vocals. Lunch to follow will be salmon with sides. The RSVP date is Tuesday, September 6th. Reservations for the September Party begin on Friday, August 26th.

OCTOBERFEST, THURSDAY, OCTOBER 20TH

Refreshments at 10:30 AM.

Entertainment at 11:00 will be Tom Madden on keys, guitar and vocals. Lunch is TBD.

The RSVP date is Monday, October 10th. Reservations for the October Party begin on Friday, September 16th.

Monthly party fee of \$5 will be collected at the door. This includes the entertainment fee along with the suggested lunch donation of \$3.



"THE MEMORY CAFÉ BY THE LAKE"

Monday, September 12th

2:00 PM to 3:30 PM

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 is held in a setting where those with memory deficits can feel comfortable and welcome with no stigmas attached. For more information or to register, call Kathie Medeiros or Melissa Shea at the Adult Center, 781-784-8000.

LAKESIDE CAFÉ FOR LGBT SENIORS

Monday, September 19th

11:00 AM to 1:00 PM

Program for LGBT seniors, and friends and allies of the LGBT community. Suggested meal donation is \$3.00 for those 60+; \$5.00 fee for those under 60. Contact Jayne Davis at HESSCO, 781-784-4944, or email jdavis@hessco.org for more information or for a reservation.

SOUTH ASIAN SOCIAL

Wednesday, September 28th

11:00 AM to 1:00 PM

Program designed for people 55+ from the Indian subcontinent. Meet at the Adult Center. Contact Jayne Davis at HESSCO, 781-784-4944, or email jdavis@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 one week prior to program.

ADULT CENTER / COA STAFF

Executive Director

Kathie Medeiros extension 1301

Social Worker and Wellness

Coordinator

Melissa Shea extension 1303

Office Manager / Transportation

Coordinator

Joyce Sheehan extension 1302

Program Coordinator

Missy Lothrop extension 1304

Receptionist

Eileen Wright general mailbox

COUNCIL ON AGING

Robert Maidman, Chair
 Rita Edelston
 Elliot Feldman
 Bette Gladstone
 Doris Ann Gladstone
 Richard Gorden
 Neil Grossman
 Madhav Kacker
 Mindy Kempner
 Sui Wen Yang
 Ruth Palan Lopez, Alternate
 Jeff Shapiro, Alternate
PRESIDENT, FSCOA
 Louise O'Brien



**219 Massapoag Avenue
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