

THE VIEW



SHARON ADULT CENTER

SEPTEMBER 2020

www.townofsharon.net/coa

Telephone: 781-784-8000

VOLUME 12—NUMBER 8

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...

Autumn is quickly approaching; it does not seem possible that summer is already winding down. It looks as though people have found ways to salvage some of their vacation time. I, for one, found the time to be extremely relaxing, getting away from the constant planning of what has been and what will be happening at the Adult Center.

We are looking to enter our last phase of reopening activities at the Adult Center. This includes fitness classes and monthly parties. Restraints on the number of people allowed to be present may slow some of this. Please sign up for any program you may be interested in. If we do have to postpone anything, we will contact you. Prior registration is required to attend any program and masks must be worn.

We understand if people do not yet feel comfortable returning to the Adult Center. When possible, we have had Sharon Cable TV film some of our lectures. Please see page 4 for details how to view these.

The 2020 federal census needs to be completed. I've read that only approximately 60% of people have finished theirs. It is not too late to complete your 2020 census either online (my2020census.gov), by phone (844-330-2020), or by mail (you should have received one). Census workers have started visiting households who have not completed it. It is vital to get accurate and up-to-date numbers as that affects federal, state, and local funding.

Medicare Open Enrollment begins October 15 and runs through December 7. SHINE appointments can be made; currently they are being conducted by phone. Please call the Adult Center to schedule an appointment.

We do hope to see you back at the Adult Center soon. Be safe and remain healthy.

Kathie

WE'RE STILL TAKING IT SLOWLY!!

Following is the latest information as of this writing. Guidelines based on state regulations and the Town of Sharon.

Hours of Operation:

Monday—Wednesday: 8:30 a.m. to 4:30 p.m.

Thursday: 8:30 a.m. to 6:00 p.m.

Friday: 8:30 a.m. to 12:30 p.m.

Public will have access to the Adult Center during the above hours for business transactions. These are not "drop in" hours. See specific hours for programs, etc.

Shopping:

Cobbs Corner / Shaw's shopping: Wednesday mornings, 10:00 a.m. pickup start.

Sharon Center: Friday mornings

Occasionally other shopping trips (i.e., Big Y) will be scheduled on a Tuesday. See the calendar or call the Adult Center for information.

Medical Transportation:

Limited local medical transportation will be available Monday, Tuesday, Thursday, and Friday mornings. Call for further information.

Lectures: As of the printing of this newsletter, the maximum number for lectures is 25. You **must** pre-register for any program you wish to attend. Those who pre-register will be given first access. Masks required.

Cards & Games: Cards and games on a **reservation only** basis and with specific guidelines for all cards and games. Please see page 5 for listing of regulations. Masks required.

Re-Opening Guidelines continued on page 9

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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 6:00 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.

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 Melissa Shea or Kathie Medeiros in confidence regarding scholarships.

IMPORTANT REGISTRATION INFORMATION:

- **Registrations are accepted on a first come-first served basis until the program / class is full.** Some programs / classes may fill before RSVP date; do not delay in registering for any program, class, or trip you are interested in.
- No registrations will be accepted without the appropriate fee; spaces cannot be held; registration accepted for full sessions only.
- 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.
- **Fitness classes need a minimum of five (5) paid registrations by RSVP date or session may be cancelled.**
- Preference given to Sharon residents for all programs and classes unless otherwise noted (noted as "all welcome"). Out-of-town residents will be placed on a waiting list and any available spaces will be filled after the RSVP date in the order calls were received.
- 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 or postpone 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 A CLASS FOR FREE! Call the Adult Center; registration for free class is required.

IT IS NOT KNOWN AT THIS TIME WHEN FITNESS CLASSES WILL BE ABLE TO RESUME. PLEASE CALL FOR UPDATED INFORMATION.

YOGA

Date & time: Mondays, 9:00-10:00 a.m.

Cost: \$53 / eight week session

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

ZUMBA GOLD - MONDAY

Date & time: Mondays, 9:00-10:00 a.m.

Cost: \$38 / eight week session

Zumba Gold 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 Jazmin Westcott.

ZUMBA GOLD - WEDNESDAY

Date & time: Wednesdays, 9:00-10:00 a.m.

Cost: \$38 / eight week session

Same format as the Monday Zumba Gold class. Bring a water bottle. Taught by Jazmin Westcott.

GENTLE YOGA

Date & time: Fridays, 8:45-10:00 a.m.

Cost: \$53 / eight week session

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

TAI CHI

Date & times: Thursdays, 9:30-10:30 a.m. or 10:45-11:45 a.m. *Must indicate time slot.*

Cost: \$48 / eight week session

Gentle form of exercise; 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 Mike Showstack.

CARDIO AND STRENGTH TRAINING

Date & time: Fridays, 9:15-10:15 a.m.

Cost: \$43 / eight 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 from the Old Colony YMCA, Stoughton.

SIT AND BE FIT

Date & time: Wednesdays, 12:30-1:30 p.m.

Cost: \$4 / class 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. **Limited enrollment—pre-registration required; payment can be made day of class.**

GLUTE WORKSHOP TO RELIEVE BACK, HIP AND LEG PAIN

Dates & time: Fridays, 10:45-11:45 am

Cost: \$42 / six classes

Program focuses on activating muscles of the buttocks. Hip flexors become short and tight as we usually spend a lot of time sitting. When hip flexors are "turned on," glute muscles are "turned off." By working the glutes, the hip flexors "turn off" and the pain starts to go away, enabling you to become more stable on your feet (and look better as well!). **This is NOT a drop-in program; regular attendance is required.** Class size is limited. Class taught by Steve Avellino, a Certified Fitness Instructor.

YOGA AND RELAXATION

Dates & time: Wednesdays, 9:00-10:15 a.m.

Cost: \$53 / eight week session

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

UPCOMING MOVIES

Movies begin at 10:00 unless otherwise noted. Program fee: \$1. RSVP for seating is required. Those who register for the movie will have first seating preference. Closed-captioning, when available, will be turned on. There will be no evening movies at this time.



Until further notice, we will not be offering coffee and pastry for morning movies, per direction from the Town of Sharon. You may bring your own coffee, tea, or water if you wish.

Second Act—Thursday, September 3 (morning only)

Maya, a 40-year-old woman struggling with frustrations of not having achieved more in life, gets passed over for a promotion solely because she doesn't have a college degree. Until, that is, she gets the chance to prove that street smarts are as valuable as book smarts. This 2019 comedy stars Jennifer Lopez, Leah Remini, Treat Williams and more (rated PG-13; 1 hour, 44 minutes).

The Tomorrow Man—Thursday, September 10 (morning only)

Ed spends his life preparing for a disaster that may never come, Ronnie spends her life shopping for things she may never use. These two will try to find love while trying not to get lost in each other's stuff. John Lithgow and Blythe Danner star in this 2019 drama (rated PG-13; 1 hr., 34 min.)

The African Queen—Thursday, September 17 (morning only)

Another classic to be watched again—or for the first time! This 1951 drama stars Humphrey Bogart as the booze-guzzling captain of a broken down riverboat and Katharine Hepburn as the strait-laced missionary who helps him take on a menacing German gunboat during World War I (NR; 1 hour, 45 minutes).



SINGLE SESSION CLASSES / PROGRAMS

THERE WILL BE LIMITED ENROLLMENT IN ALL OF THE PROGRAMS LISTED. RSVP FOR SEATING IS REQUIRED. THOSE WHO HAVE PLACED THEIR NAME ON THE LIST WILL BE GIVEN FIRST ACCESS TO THE PROGRAM. IF YOUR NAME IS NOT ON THE LIST, WE CANNOT GUARANTEE YOU WILL BE ABLE TO PARTICIPATE. MASKS WILL BE REQUIRED FOR ATTENDANCE AT ALL ADULT CENTER PROGRAMS.

AT THIS TIME WE WILL NOT BE OFFERING BEVERAGES OR LIGHT REFRESHMENTS AT ANY OF OUR PROGRAMS. YOU ARE WELCOME TO BRING YOUR OWN COFFEE, TEA OR WATER IF YOU WISH.

Book Discussion Group (group led) - Currently on hold.

Opera Film Series

Dates & time: Wednesday, September 23; 1:00 p.m.

Cost: FREE; RSVP for seating required

La Fanciulla del West by Puccini; 1992 Metropolitan Opera Orchestra and Chorus performance featuring Plácido Domingo, Barbara Daniels, Sherrill Milnes (2 hr., 19 min.).

Title of opera subject to availability (all welcome)

Lyrical Songs—Martin Agulnek, presenter

Date & time: Wednesday, Sept. 9; 10:45 a.m.

Cost: FREE; RSVP for seating required

The music and lyrics of Harold Arlen and Marvin Hamlisch. Music and words reflect a bygone era and a different America than we know today. A short biography and interesting background of the composers along with a review of the exceptional and well known lyrics are part of the presentation—as well as clips of musical renditions. There will be time for questions and answers or your own reflections. Martin began piano lessons as an adult and became enamored with the Great American Song Book. (all welcome)

Brain Healthy Cooking—Cornerstone, Canton

Date & time: **Tuesday, October 13;** 11:30 a.m.

(rescheduled from September 15)

Cost: FREE; RSVP required, limited spaces available

Eating a diet rich in brain healthy foods can benefit people at any and every age. Hear from experts why making more healthful and mindful food choices can benefit you. Chef Dennis DiBiasio from Cornerstone will prepare a delicious brain healthy(!) lunch including a whole grain, leafy green vegetables, and a dessert. (all welcome)

President Roosevelt's Federal Music Project of the 1930s—Leslie Amper, presenter

Date & time: Tuesday, September 22; 1:30 p.m.

Cost: FREE; RSVP for seating required

Program recounts this inspiring story with music performed by Leslie, images, and historic recordings. A pianist and speaker, Leslie has presented this program in colleges and museums nationally including the Smithsonian American Art Museum. She is a Sharon resident. (all welcome)

A Healing Partnership: Your Doctor and You—Dr. Donald Levy, presenter

Date & time: Tuesday, October 20; 1:00 p.m.

Cost: FREE; RSVP for seating required

What do we need to discuss with our health providers to create an optimal environment for healing and staying healthy? Dr. Levy will discuss these issues and some ways we can develop resilience and maximize our health at any age—even in this time of pandemic. Dr. Levy is Assistant Clinical Professor of Medicine at Harvard Medical School, where he has taught for 35 years, and Medical Director of the Osher Clinical Center for Integrative Medicine at Brigham and Women's Hospital since 2003. (all welcome)

The Legendary Judy Garland—Bruce Hambro, presenter

Date & time: **Tuesday, September 15;** 1:00 p.m.

(rescheduled from August 25)

Cost: FREE; RSVP for seating required

An engaging review of the life and fabulous career of the *Girl from Oz*! Presentation analyzes the genius of Judy Garland with an informative discussion teamed with a Power-Point presentation that includes fascinating archival photos many of which harken back to the delightful motion pictures in which she starred. Program also highlighted by the sounds of many of her hit recordings including *Over the Rainbow*, *The Trolley Song*, and *The Man That Got Away*. Bruce is a cultural historian and former entertainment industry executive who has always been enchanted by the magic of Judy Garland. (all welcome)



(continued from page 3)

The Art of Bel Canto: *Maria Stuardo* (Mary, Queen of Scots)—Erika Reitshamer, presenter

Date & time: Wednesday, November 4; 10:45 a.m.

Cost: FREE; RSVP for seating required

You will learn about the art of *bel canto* as well as the opera *Mary, Queen of Scots*. Erika was active in the formation of the Boston Lyric Opera Company and has lectured for many years on opera and great singers of opera. Erika's love of opera will inspire all, and her open style and sense of humor are irresistible. (all welcome)

Yadda, Yadda, Yadda: My Life as a TV Writer—Steve Kandel, presenter

Date & time: Wednesday, November 18; 10:45 a.m.

Cost: FREE; RSVP for seating required

Steve, a writer for TV shows and TV movies from the 50s to the present day, will share anecdotes and stories about his experiences in the industry—including writing the pilot for the *Star Trek* TV show and winning an Emmy Award with an asterisk (now *there's* a story!). He is also known for his writing for *MacGyver*, *Mannix*, *Iron Horse*, and *Batman*, among many others. How many of these do you remember? He will gladly answer your questions. Steve is a Sharon resident. (all welcome)

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Still working on rescheduling these!.....

Behind the Scenes at Fenway Park—Mike Shalin, presenter

Mike has been an official scorer at Fenway Park since 2003 and a Baseball Hall of Fame voter since 1989. He will give the inside scoop as to what goes into putting on a game at Fenway, interactions with the players, the new baseball season and much more.

My Years at Amnesty International: The Triumphs and Tragedies—Joshua Rubenstein, speaker

Joshua served as an organizer and regional director for Amnesty International USA for 37 years. His work involved helping the organization develop in the United States and meet the challenge of serious human rights violations here and abroad. He will give you a candid account of some of his most colorful experiences, both here and abroad.

Dick Flavin and Manny Delcarmen and Special Guest at the Adult Center

Program cancelled by Red Sox Organization. We will work with them to reschedule the program.

Health Care Options for People with Medicare—Sue Flanagan, presenter

As Blue Cross/Blue Shield will not yet allow presenters to make on-site visits, this program will need to be rescheduled. Presentation geared towards differences between Medigap and Medicare Advantage plans and more. We are working with Sue to try to get a video of the presentation which can be shown at the Adult Center, on Cable TV, or as a DVD you can borrow from the Adult Center.

MULTI SESSION CLASSES

World at War—Dr. Gary Hylander, lecturer

Dates & time: Wednesdays, September 16, 23, 30; October 7, 14, 21; 10:45 a.m.

Cost: FREE; RSVP for seating required

Series offers a global perspective of the Second World War, developing the inter-relationships among theaters of operation and choices made by wartime leaders. In Europe, the war began with the German blitzkrieg assault across Poland in 1939 and in Asia with the Japanese invasion of China. Pearl Harbor globalized the conflict. World War II was the most cataclysmic event of the 20th century. By the time it ended in 1945, the war had involved every major world power and claimed the lives of over 40 million people. Lectures are: On the Brink of War: Europe and Asia (Sept. 16); War Comes to Poland and China (Sept. 23); FDR Responds: Lend-Lease, Doolittle Raid and the Casablanca Conference (Sept. 30); Midway and Rosie the Riveter (Oct. 7); The Manhattan Project (Oct. 14); and Yalta Conference and Hiroshima and Nagasaki (Oct. 21). (all welcome)



You may register for any or all of the sessions. Thanks to the Friends of the Sharon Council on Aging for sponsoring this program.

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**REMEMBRANCE TEA**

The Adult Center will be holding a "Remembrance Tea" on **Tuesday, October 6, 2:00-3:30 p.m.** With some lovely music and light refreshments, you will have the chance to come together and share and honor the memories of those loved ones lost in the past year or so. Please feel free to bring a picture to share. RSVP required by September 29; contact Melissa Shea at the Adult Center, 781-784-8000.



**MISSED THE LECTURE?  
HERE'S YOUR CHANCE TO CATCH IT**

We know some of you just don't feel comfortable yet coming to the Adult Center so we asked Sharon Cable TV to tape some of our lectures for viewing on TV or your computer. Please check [www.sharontv.com](http://www.sharontv.com) for a schedule of programs. The Adult Center also has DVDs of these programs we can loan to you if you can't access the programs on TV or a computer. Programs recorded so far are: *International Cinema: French and Italian Directors* (Frank Mandosa), *History of Clocks and Watches* (Bob Frishman), and *U-Boats So Close to Home* (Michael Tougias). We will keep you updated as more lectures are scheduled to be taped.

**FLU CLINICS**

The Sharon Public Health Department has ordered doses of the flu vaccine and the high dose flu vaccine for those over 65. The Health Department is currently developing plans to safely hold clinics in light of COVID-19. Please visit the Town of Sharon website, [www.townofsharon.net](http://www.townofsharon.net), for updated information.

### **EVENING PROGRAMS—SINGLE SESSION PROGRAMS AND MULTI-SESSION CLASSES**

#### **Photography Club – Sheila Pallay, facilitator**

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.  
On hold until further notice.

**September:** *no evening programs scheduled*

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### **REGULATIONS FOR CARDS AND GAMES**

Following are the regulations for all cards, games and other programs at the Adult Center. These were designed with everyone's safety in mind and have been approved by the Town of Sharon. **Do not arrive early; you may be asked to wait in your car until game time.**

~ All cards and games are on a **reservation only** basis as there will be limited tables available due to maximum number of people allowed at one time in the Adult Center under current state guidelines. Absolutely no groups will be allowed as a same day "drop in." A group may reserve a table up to one week in advance. Same day reservations will be accepted if space available. Single time reservation only; no multiple week reservations will be accepted.

~ 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.

~ The Adult Center will not guarantee which room any group will be playing in and groups cannot request specific rooms.

~ All participants must wear a mask while in the Adult Center. This is for your safety as well as the safety of others.

~ Everyone who comes to the Adult Center must register at the Reception Desk. This is for contact tracing if needed.

~ **Mah Jongg:** Groups are encouraged to bring their own Mah Jongg set if possible. Some Adult Center sets may be available. You must bring own Mah Jongg card; the Adult Center card will not be available. There will be no Thursday 4:00-6:00 p.m. Mah Jongg game until further notice.

~ **Decks of playing cards:** Stop at the Reception Desk for a deck of cards. Cards will be disposed of after use. Groups may bring their own playing cards if they wish.

~ **Cribbage, Scrabble and Rummikub:** Games must be left open on the table after playing. Adult Center staff will put games away.

~ **Pool:** You may reserve either a 60 or 90 minute block of time. No drop-in players will be allowed. When calling for

a reservation, names of all people expected in the group will be required. A maximum of four people will be allowed in the Game Room at one time. You are encouraged to bring your own cue stick if you have one.

~ **Open Art Studio:** Reservations must be made for the Open Art Studio. There will be a maximum of six people allowed in the Arts & Crafts room during the Art Studio.

~ Availability of space for cards and games subject to change based on other activities going on at the Adult Center (i.e., lectures).

~ **PLEASE DO NOT COME TO THE ADULT CENTER IF YOU ARE NOT FEELING WELL.**

### **CARDS AND GAMES**

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

**Scrabble:** Thursdays; 1:00 p.m.

**Canasta:** Tuesdays, 1:00-4:00 p.m.

**Mah Jongg:** Tuesdays, Wednesdays, and Thursdays, 1:00-4:00 p.m.

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

**Whist:** *currently on hold* (Fridays, Hixson Farm)

**Rummikub:** Thursdays, 1:00-3:00 p.m.

### **ONGOING**

**Memoir Writing:** Mondays, 10:00 a.m. to 12:00 noon.

**Ping Pong Club:** *currently on hold*

**Knitting/Crocheting Club:** Mondays, 9:30-11:30 a.m.

**Evening Chess Club:** *currently on hold*

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

**Computer Tutor:** Thursday, 12:00-3:00 p.m. by appointment only. You must have a specific question/concern; this is not a computer class. You must schedule a one on one session with David Rabinowitz no later than Tuesday noon of the week you wish to come; \$2 fee. Call Adult Center.

**Bocce:** Wednesdays, 9:30 a.m. Masks required; social distancing when possible.

**Pickleball:** Tuesdays and Fridays, 9:00-11:00 a.m. at the Community Center. Masks required; social distancing when possible. Information: Jeff at jeffsch107@yahoo.com

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### **PODIATRY CLINIC**

Dr. E. Kelly McLaughlin is planning to hold a Podiatry Clinic at the Adult Center on **Thursday, October 8**. Clinic begins at 1:00 p.m. and an appointment is required. **NO WALK-INS WILL BE ACCOMMODATED; call the Adult Center for any available appointments.** There is a \$30 fee payable directly to Dr. McLaughlin. You must register for the clinic; please call the Adult Center, 781-784-8000.

## ONGOING SUPPORT GROUPS

**Low Vision Support Group**—First Monday of each month; 10:30 a.m.-12:00 noon. Upcoming meeting: September 14 (in-person) (Second Monday due to holiday.)

**Parkinson's Support Group**—First Monday of each month, 1:00-2:30 p.m.; designed as an educational, net-working, and support group for people with Parkinson's and their families. Upcoming meeting: September 14 (virtual) (Second Monday due to holiday.)

Call the Adult Center if interested in either of these groups. Also contact the Adult Center for information on other area support groups.

## SOCIAL SERVICE INFORMATION

**Safety Program Information:** The Adult Center has information on a variety of safety programs including: Are You OK?, Carrier Alert, Vial of Life, Safety Net, Lock-box, Yellow Dot Program, and Emergency Management Program Identification Form. Call the Adult Center for more information or to discuss other possible programs.

**Town-Sponsored Trash Pickup and Income-Based Water Discount Programs:** Free trash pickup and an income-based water discount program are available for residents 60+ who meet income guidelines. Free trash pickup is available for those under 60 who have a verified disability and meet income guidelines. For additional information/guidelines, call Melissa Shea at the Adult Center.

**Food Assistance Benefits:** For information about SNAP (food stamp) benefits and an application, call the Department of Transitional Assistance SNAP Benefits Hotline, 800-645-8333. 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 BayPath, this free program assists low-income people 60 and over as well as persons with disabilities who have difficulty paying bills on time or managing money and who have no family or friends to help them. Certain income and asset guidelines may apply. Volunteers are background checked, trained, and supervised by BayPath staff. If you think you would benefit from this program, or have questions regarding the program, call Sue at BayPath, 508-573-7241.

**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 on **Friday, September 11, 10:00 a.m. to 12:00 noon**. She will call clients on the telephone by appointment only; schedule a private 20-minute appointment by calling Nancy at the Adult Center.

## 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 home-owners and renters age 65 and older may qualify for up to \$4,380 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 a detailed information sheet on the guidelines. Also: [www.mass.gov/dor/seniors](http://www.mass.gov/dor/seniors) or call the Department of Revenue, Customer Service, 617-887-6367.

**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](http://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](http://www.masmp.org)

## Grandparents Raising Grandchildren:

For additional information/resources, contact: Grandparents Raising Grandchildren of MA (508-771-4336 or [www.massgrg.com](http://www.massgrg.com)), the Adult Center, or Haley Stansberry, Family Caregiver Specialist at HESSCO, 781-784-4944.

**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.


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## ASSISTANCE AVAILABLE FROM THE SHARON FIRE DEPARTMENT

Any Sharon family or individual in need of support and/or assistance, including food, related to the COVID-19 emergency should contact the Fire Department at their non-emergency telephone number, 781-784-1522. The department will act as a liaison with other Sharon town departments and the community to secure the needed resources.

For non-emergency services, either call the Fire Department or email Chief Wright at [jwright@townofsharon.org](mailto:jwright@townofsharon.org). If the situation requires immediate assistance, please call the Fire Department; although emails will be frequently checked, responses could be delayed a few hours.

**For any emergency situation, please call 9-1-1.**

| MONDAY                                                                                                                                                                                               | TUESDAY                                                                                                                                                                             | WEDNESDAY                                                                                                                                            | THURSDAY                                                                                                                                                            | FRIDAY                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SEPTEMBER 2020</b>                                                                                                                                                                                | <b>1</b><br>9:30 <i>Transportation to Polls</i><br>10:30 <i>Big Y, Walpole</i><br>11:00 SHINE-phone only<br><br><b>No programs at Adult Center today; Adult Center office open.</b> | <b>2</b><br>9:30 Bocce<br>10:00 <i>Shaw's/Cobbs Corner</i><br>1:00 Cribbage, Mah Jongg—by reservation only                                           | <b>3</b><br>10:00 Movie ( <i>Second Act</i> )<br>12:00 Computer Tutor—by appointment only<br>1:00 Bridge, Mah Jongg, Scrabble, Rummikub—by reservation only         | <b>4</b><br>9:00 <i>Sharon Center</i>                                                                                                                 |
| <b>7</b><br>HOLIDAY—<br>CENTER CLOSED<br>                                                                           | <b>8</b><br>11:00 SHINE-phone only<br>1:00 Bridge, Canasta, Mah Jongg—by reservation only                                                                                           | <b>9</b><br>9:30 Bocce<br>10:00 <i>Shaw's/Cobbs Corner</i><br>10:45 Lyrical Songs<br>1:00 Cribbage, Mah Jongg—by reservation only                    | <b>10</b><br>10:00 Movie ( <i>The Tomorrow Man</i> )<br>12:00 Computer Tutor—by appointment only<br>1:00 Bridge, Mah Jongg, Scrabble, Rummikub—by reservation only  | <b>11</b><br>9:00 <i>Sharon Center</i><br>10:00 Legal Clinic-phone appointments only                                                                  |
| <b>14</b><br>9:30 Knitting/Crochet<br>10:00 Memoir Writing<br>10:30 Low Vision Support Group (in-person)<br>1:00 Open Art Studio<br>1:00 Parkinson's Group (virtual)<br>2:00 Memory Café (in person) | <b>15</b><br>11:00 SHINE-phone only<br>1:00 The Legendary Judy Garland<br>1:00 Bridge, Canasta, Mah Jongg—by reservation only                                                       | <b>16</b><br>9:30 Bocce<br>10:00 <i>Shaw's/Cobbs Corner</i><br>10:45 World at War<br>1:00 Cribbage, Mah Jongg—by reservation only                    | <b>17</b><br>10:00 Movie ( <i>The African Queen</i> )<br>12:00 Computer Tutor—by appointment only<br>1:00 Bridge, Mah Jongg, Scrabble, Rummikub—by reservation only | <b>18</b><br>9:00 <i>Sharon Center</i>                                                                                                                |
| <b>21</b><br>9:30 Knitting/Crochet<br>10:00 Memoir Writing<br>1:00 Open Art Studio                                                                                                                   | <b>22</b><br>10:00 <i>Big Y, Walpole</i><br>11:00 SHINE-phone only<br>1:00 Bridge, Canasta, Mah Jongg—by reservation only<br>1:30 FDR Federal Music Project                         | <b>23</b><br>9:30 Bocce<br>10:00 <i>Shaw's/Cobbs Corner</i><br>10:45 World at War<br>1:00 Opera Film<br>1:00 Cribbage, Mah Jongg—by reservation only | <b>24</b><br>10:00 Ice Cream Social<br>12:00 Computer Tutor—by appointment only<br>1:00 Bridge, Mah Jongg, Scrabble, Rummikub—by reservation only                   | <b>25</b><br>9:00 <i>Sharon Center</i>                                                                                                                |
| <b>28</b><br>9:30 Knitting/Crochet<br>10:00 Memoir Writing<br>1:00 Open Art Studio                                                                                                                   | <b>29</b><br>11:00 SHINE-phone only<br>1:00 Bridge, Canasta, Mah Jongg—by reservation only                                                                                          | <b>30</b><br>9:30 Bocce<br>10:00 <i>Shaw's/Cobbs Corner</i><br>10:45 World at War<br>1:00 Cribbage, Mah Jongg—by reservation only                    |                                                                                                                                                                     | <b>Pre-registration required for all programs and activities including movies and cards &amp; games. No "drop-in" cards &amp; games at this time.</b> |

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## COMMUNITY EDUCATION / ADULT CENTER CLUB NEWS



***No Men's Club meetings currently scheduled at the Adult Center.*** The Men's Club has been "Zooming"! If you are a current member of the Men's Club and would like information how to join in a virtual meeting, call Bud Adler at 781-784-3834.

## 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/walker 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. Request transportation when you register. Send checks payable to "Town of Sharon" to Nancy at the Sharon Adult Center, 219 Massapoag Avenue, Sharon, MA 02067. For additional information, call 781-784-8000.

### **King Tut: Treasures of the Golden Pharaoh Exhibit at the Castle at Park Plaza—Monday, October 19**

The legend of Tutankhamun captured imaginations globally when his tomb was unearthed by British explorer Howard Carter and financier Lord Carnarvon in 1922. This exhibit features more than 150 original objects from the tomb, 60 of which are travelling out of Egypt for the first and final time before they return for permanent display within the Grand Egyptian Museum. Discover the most famous of the Pharaohs and the young sovereign's personal belongings as you follow his passage into everlasting life. The exhibition hall is located on one level and requires a lot of walking. The exhibition is wheelchair accessible and ADA restrooms are located within the hall. Leave Sharon at 8:45 a.m. for Boston. After time at the exhibit, have lunch at a local restaurant (not included in cost of trip); return to Sharon after lunch. Cost of this trip is \$38 and includes admission to the exhibit and transportation on the Adult Center bus. RSVP with payment accepted until September 8 or trip filled. A minimum number of registrations are needed for this trip to run.



## GO GREEN—REGISTER ONLINE

Subscribe free online and get THE VIEW before it is mailed. Using "Internet Explorer," go to [ourseniorcenter.com](http://ourseniorcenter.com) and search for Sharon Adult Center (center name). 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 Council on Aging by saving on monthly postage and saves paper as well.



Recently there was an issue with online subscriptions through the publisher. It should now be fixed and if for some reason, you still aren't getting your newsletter online, you should re-subscribe.

## LOCAL FOOD PANTRIES

**ILSE MARKS FOOD PANTRY**—Location: 116 Seaver Street, Stoughton; hours: Tuesdays, 8:30-10:30 a.m. 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, SHARON**—Location: North Main St. Phone: 781-784-2631; call Church for updated information.

## COVID-19 SCAMS

Scammers are continuing to capitalize on the confusion and fear over COVID-19. Below are some major scams that have recently been identified.

- **Vaccine**—A phone and social media-based scam purporting to be from medical organizations such as hospitals or the CDC claiming to have a dose of vaccine; asks for over-the-phone payment. *No vaccine has been developed as yet.*
- **Charities**—Scammers ask for donations for families affected by the virus or the economic fallout. *Research any charity you are considering thoroughly; never give cash or gift card donations or wire money.*
- **News**—The coronavirus crisis is evolving and people are eager to have the most up-to-date information. It is important to avoid exposing computers and other devices to harm from malware and viruses. For instance, one email scam uses the logo of the World Health Organization to lure users into clicking on a link that unleashes malware; another uses a mimic of the Johns Hopkins University coronavirus map to install spyware that can steal passwords, credit card data, etc. *Closely analyze any URL to be sure it's actually connected to the source.*
- **Services**—Similar to the vaccine scam, scammers call or email posing as professional cleaners offering to sanitize homes and businesses; often randomly call potential customers. *Reputable businesses do not engage in hard sells or pressure tactics.*
- **Cures**—While not a scam in the usual sense, fraudsters attempt to sell existing products as treatments or cures. *No vaccine exists at this time; no drugs/products can prevent or treat the virus itself.*

(Information adapted from [www.seniorliving.org](http://www.seniorliving.org))



## RE-OPENING GUIDELINES (cont. from page 1)

**Fitness Classes:** All fitness classes currently on hold; start date has not yet been determined.

**Library:** The Adult Center Library will be open during regular business hours, restricted to one person in the library at a time. There are lots of books to choose from! If you are returning books, please give them to an Adult Center staff member; do not return them to the Library.

**Computer Room:** A limited number of computers will be available for public use on an appointment only basis. Call the Adult Center to schedule a one hour block of time.

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## FROM THE SHARON COMMISSION ON DISABILITIES

*by Members of the Commission on Disabilities*

Members of the Sharon Commission on Disabilities want you to know that the RIDE, the MBTA's paratransit door-to-door service, is available to people with disabilities for travel to and from medical appointments, shopping, and social events. The MBTA established the RIDE to become compliant with the Americans with Disabilities Act (ADA).

People with disabilities who cannot use busses, trains, and subways are eligible for the RIDE. The RIDE Eligibility Center (TREC) is currently closed for in-person interviews due to COVID-19, but those who feel they may be eligible may either email TREC at [trec@paratransit.org](mailto:trec@paratransit.org) or call 617-337-2727 to schedule a phone interview. According to TREC, it may give temporary eligibility to "new users with recent and unexpected medical situations." Current users can call TREC for eligibility recertification. Passengers of this service pay fees for trips and are allowed to bring a personal care attendant or a guest at no additional cost. For more information, visit [www.mbta.com](http://www.mbta.com), then choose The RIDE.

The Commission on Disabilities began in 1991 to handle projects to meet your special needs. Donations are welcome. You can reach the Commission at [sharoncod.org](http://sharoncod.org).

## FARMERS' MARKET COUPONS

**A limited number of Farmers' Market coupons are available at the Adult Center** for Sharon residents who



DO NOT live on Hixson Farm Road (all buildings). Coupons for all residents of Hixson Farm Road may still be available at the meal site (51 Hixson Farm Road); check with the meal site. In order to receive these coupons through the Adult Center, you must be over 60 and meet certain financial guidelines. As you are required to sign a form confirming you meet the eligibility requirements, forms must be picked up in person—no coupons will be sent by mail. Call Nancy or Eileen at the Adult Center to pick up your coupons.

## CABARET NIGHT

Thursday, October 8 ~ 6:30-8:45 p.m.

Featuring vocalist Athene Wilson  
and her three piece band

Enjoy an evening of music with award-winning jazz singer Athene Wilson and her band. Dancing optional; no partner necessary! Athene will play two sets with a break mid-way for fancy desserts and coffee, tea, and soft drinks. This evening is free; an RSVP is required by September 17. Sharon residents have first preference until the September 17 deadline. Transportation available for Sharon residents; request transportation by September 17. Thanks to the Friends of the Sharon COA for their generous support for this event. Entertainment funded in part through a grant from the Sharon Cultural Council, a local agency of the Massachusetts Cultural Council, a state agency. **Please note: holding this event is dependent upon state guidelines for the number of people allowed at an indoor function at the time of the program.**



## MANAGE YOUR HEALTH AND IMPROVE YOUR WELL-BEING

Enjoy connecting with others from the comfort of your home. In this free six-week series plus Intro Session, you will learn ways to make simple lifestyle changes that improve your health and well-being. The Intro Session ensures everyone can get started with conferencing, as well as group introductions and materials overview. Any person over age 60 who is living with a physical or mental health condition such as diabetes, heart disease, asthma, COPD, cancer, arthritis, depression, anxiety, chronic pain, or other ongoing health condition can join. All workshop materials will be provided. Consistent attendance is required.

There are two options for participating:

- ◆ Tele-Conference—Tuesdays, 2:30-3:30 p.m.  
Instructor-led chat (5-6 people) with review of subject material and sharing action plans; individual self-study required between calls.
- ◆ Zoom—Thursdays, 1:00-3:30 p.m.  
On-line video chat (8-12 people) covers subjects in-depth; more time for group discussion.

For more information and to register for programs beginning in September and October, contact Renee D'Argento, Healthy Living Program Coordinator at BayPath Elder Services, 508-573-7214 or [rdargento@baypath.org](mailto:rdargento@baypath.org). All workshop materials are provided as funded by a grant to HESSCO from the Administration on Community Living and Massachusetts Executive Office of Elder Affairs; program administered by BayPath Elder Services.

**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](mailto:adultcentercraft@aol.com). The Craft Corner is seeking artists (Sharon residents only); call Doris Ann.

## REMINDERS FROM THE ADULT CENTER

- ♦ **This issue contains information on any currently scheduled and re-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, \$11.00 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 within the white lines. No parking at drop-off area in front of the Adult Center entrance. **For the safety of all drivers and pedestrians, follow the directional arrows.** 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). The Public Safety Building (Police/Fire) is open 24 hours/day and can be used as an emergency shelter.

=====

## SOUTH ASIAN SOCIAL

**No programs until further notice.**

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](mailto: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.

## RMV NEAR ME

**Beginning September 11, a volunteer will be available Fridays, 10:00-11:30 a.m. by appointment only** 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. Our volunteer can also assist with paperwork for the REAL ID; you will need to go to a Registry or AAA office to complete the process. 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. The Adult Center is **not** a full-service Registry—no pictures, eye exams, etc., are available. Call the Adult Center, 781-784-8000, to schedule an appointment.



## LAKESIDE GALLERY NEWS

Exhibits will begin again when the Adult Center is able to resume full programming.

## LAKESIDE CAFÉ FOR LGBT SENIORS

**No programs until further notice.**

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. For more information, or to register, call Jayne Davis at HESSCO, 781-784-4944.

## MASKS, PLEASE

The Sharon Adult Center **requires** that all persons attending our programs and classes wear masks. This is not only for your safety but for the safety of everyone else attending programs with you as well as Adult Center staff. Please bring a mask with you when you come here.



For those who do not have masks, some community members have graciously donated a limited number of masks; we can give you one. **If you do not wish to wear a mask, you will not be permitted to attend our programs.**

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# ====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. Please remember your mask.

At this time we cannot serve coffee and pastry at our parties but you are more than welcome to come anytime after 10:00 and socialize with friends and neighbors. All meals will be boxed lunches. As meals are prepared and packaged off-site, there can be no substitutions and no special requests.

## Ice Cream Social—Thursday, September 24

Socialize beginning at 10:00 a.m.; entertainment at 11:00 will be vocalist Steve King. **LUNCH CHANGE:** Lunch will be a boxed lunch consisting of a tuna salad sandwich, chips, side salad, dessert, and lemonade (\$3 suggested lunch donation will be collected at the table). Also enjoy an ice cream sundae; thanks to Crescent Ridge Dairy for once again donating the ice cream. The \$1 entertainment fee will be collected at the door. The RSVP date is Monday, September 14. **Please note: space for this party may be limited due to COVID-19 restrictions.**

## Halloween Party—Thursday, October 24

Socialize beginning at 10:00 a.m.; entertainment at 11:00 will be the fabulous Krisanthi Pappas. There will be a boxed lunch, choices are: sliced turkey and cheese on a croissant or tuna salad sandwich; both meals come with chips, side salad, dessert, and lemonade (\$3 suggested lunch donation for either meal will be collected at the table). The \$1 entertainment fee will be collected at the door. Candy treats for all who attend. The RSVP date is 10:00 a.m. on Tuesday, October 13 (Adult Center closed on October 12). Reservations for the Halloween Party begin at 9:00 a.m. on Friday, September 25.

**Please note: holding this party is dependent upon state guidelines for the number of people allowed at an indoor function at the time of the program.**



## “THE MEMORY CAFÉ BY THE LAKE”

**Monday, September 14 ~ 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 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.

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## MASSACHUSETTS PRIMARY ELECTION

**TUESDAY, SEPTEMBER 1**

**7:00 a.m.-8:00 p.m.**

**Sharon High School Gymnasium**

The Adult Center will provide free, door-to-door transportation the morning of September 1 for those seniors who wish to vote in person; pickup time begins at 9:30. Call the Adult Center, 781-784-8000.

Town Meeting will be scheduled for some time in October. Watch for details.

**PLEASE NOTE: The Adult Center will be closed on Monday, September 7, for the Labor Day holiday.** Please keep this in mind when making medical appointments or requesting transportation. All calls will be returned the next business day.

### ADULT CENTER / COA STAFF

**Executive Director**  
Kathie Medeiros extension 1301

**Social Worker and Wellness Coordinator**  
Melissa Shea extension 1303

**Office Manager / Transportation Coordinator**  
Nancy Weiner extension 1302

**Program Coordinator**

**Receptionist**  
Eileen Wright general mailbox

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