

THE VIEW



SHARON ADULT CENTER

APRIL 2024

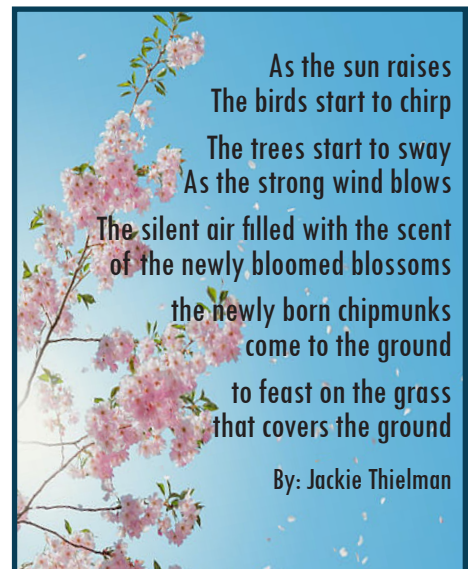
townofsharon.net/coa

Ph: 781-784-8000

my view

from the Sharon Adult Center
Beth Caruso, Executive Director

Spring is such a magical time of year- grass turns green again, trees bud and then leaf out, flowers poke their heads out and reach for the sun and we can lighten up on the layers of clothing. The birds are singing louder in the mornings and the air smells fresher. It is truly a wonderful time to get out and about. Come to the Adult Center and participate in a game, class, movie, or presentation. Carefully read this issue of **The View**, mark your calendar with programs of interest and sign up where needed. Stop in whenever the Adult Center is open and walk through the new Lakeside Gallery Sharon Artists Show. The reception is on April 4th at 6:30pm. We have a sitting area outside the building that is a peaceful and pleasant place to read, visit with a friend or just enjoy nature. Missy has many great programs and trips planned. Join Cris at the Memory Café or the Jellybean celebration at this month's Sharon High School student hosted coffee. He is also available for assistance and referrals.



More Sharon High School connections: the National Honor Society is partnering with the COA for a Spring Day of Service for older adults. We continue to seek individuals who would be willing to meet with Sharon High School students to share life stories, discuss employment, or converse in another language. To start this off, we are looking for individuals who speak Chinese or those with a background in business (i.e. running a business), personal finance (i.e. stocks), or science (biotech, forensics, astronomy). Also started a list of others who would like to participate but have different expertise/interest.

The COA Board encourages you to attend the Town Meeting on May 6th. Also, the Board reminds you to swipe in at the kiosk every time you come to the Adult Center. Let us know if you need a new key fob or instructions on using the fob.

As always, please keep your feedback coming to bcarus@townofsharon.org or 781-784-8000, ext. 1301. Happy and Healthy Spring!

Cheers! Beth

IN THIS ISSUE

Fitness Classes	2
Movies	3
Programs	4
Outreach.....	6
Calendar	7
Community Services..	8
Trips & More.....	9
Cards & Games	10
Events	12

● CENTER HOURS OF OPERATION ●

Mon - Wed: 8:00 a.m. - 5:00 p.m. | Thurs: 8:00 a.m. - 6:00 p.m. | Fri: 8:00 a.m. - 12:30 p.m.
PHONE (781) 784-8000 | FAX (781) 784-6126



FITNESS CLASSES



YOGA | MONDAYS | 9:00 - 10:00 AM

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

Next session: April 29 (8 wks)

CODE: MYOG0429 COST: \$53

ZUMBA GOLD | MONDAYS | 9:00 - 10:00 AM

Zumba Gold takes the lively Zumba formula and modifies the moves and pacing to suit the needs of the active older participant with added balance and strength.

Taught by Beverly Anderson.

Next Session: May 6 (8 wk session)

CODE: MZUM0506 COST: \$43



YOGA & RELAXATION | TUESDAYS | 9:00 - 10:15 AM

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.

Next session: May 14 (8 wks)

CODE: TYOG0514 COST: \$60

CHAIR YOGA | TUESDAYS | 10:30 - 11:30 AM

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.

Next Session: May 7 (8 wks)

CODE: TCHR0507 COST: \$60

ZUMBA GOLD | WEDNESDAYS | 9:00 - 10:00 AM

Zumba Gold takes the lively Zumba formula and modifies the moves and pacing to suit the needs of the active older participant with added balance, strength and toning.

Taught by Carmen Robles.

Next Session: May 8 (8 wk session)

CODE: WZUM0508 COST: \$43



SIT AND BE FIT | WEDNESDAYS | 12:30 - 1:30 PM

Build strength, flexibility, balance, and cardio endurance using a chair for support; appropriate for all fitness levels, including those with arthritis and other conditions. Can be done seated, standing, or assisted. On going class, please pre-register. **Cost: \$4/class paid day of class**

YOGA & RELAXATION | THURSDAYS | 9:00 - 10:15 AM

Same class as on Tuesdays; another session offered. Taught by Sylvia Mignon. Next session: April 11 (8 wks)

CODE: THYOG0411 COST: \$60



TAI CHI | THURSDAYS | 9:30 - 10:30 AM

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.

Next session: April 11 (8 wks)

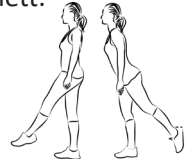
CODE: THTAI0411 COST: \$48

FOREVER FIT | FRIDAY | 9:00 - 10:00 AM

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

Next session: May 17 (8 wks)

CODE: FFIT0517 COST: \$43

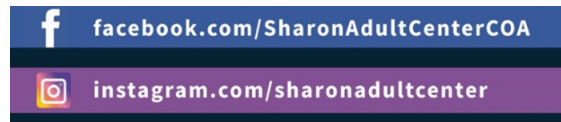


“BRAKE” Dancing for Seniors FRIDAYS | 10:45-11:45 AM

Six-week program designed to work the eccentric contractions of the muscles (braking system). This modality will improve dynamic posture and stability. Program is facilitated by Steve Avellino MFT, CES, SSF, SSN, CSCS, CET.

Next Session: May 3 (6 classes)

CODE: FAVE0503 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 to the Adult Center. For all other programs, please call 781-784-8000 to register. Checks payable to Town of Sharon.

Name: _____ Date: _____

Address: _____ Phone: _____

Class CODE: _____ Class Start Date: _____ Fee: _____

Email Address: _____

Movie Day Monday!

MOVIES START AT 10:30 AM RSVP for seating required
\$1 AT THE DOOR

THE HIGHWAYMEN | APRIL 1, 2024



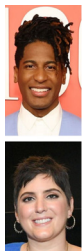
THE HIGHWAYMEN follows the untold story of the legendary detectives who brought down Bonnie and Clyde. When the full force of the FBI and the latest forensic technology aren't enough to capture the nation's most notorious criminals, two former Texas Rangers must rely on their gut instincts and old school skills to get the job done. (2019 | R | 2 hr. 12 min.)

THE BATTERED BASTARDS OF BASEBALL | APRIL 8, 2024

In 1973, Hollywood actor Bing Russell starts an independent minor league baseball team in Portland consisting of outcasts and misfits, and turns them into unlikely overnight success. (2014 | R | 1 hr. 20 min.)



AMERICAN SYMPHONY | APRIL 29



In 2022, musician Jon Batiste finds himself the most celebrated artist of the year with eleven Grammy nominations including Album of the Year. In the midst of that triumph John embarks on his most ambitious challenge to date, composing an original symphony. This trajectory was upended when Batiste's life partner best-selling author Suleika Jaouad learns that her long-dormant cancer has returned. (2023 | PG-13 | 1 hr. 43 min.)

QUEENBEES | MAY 6

Helen is an independent widow who moves into the Pine Grove Senior Community and discovers that, just like high school, it is full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a new chance for love with newcomer Dan. (2021 | PG-13 | 1 hr. 40 min.)



ALL QUIET ON THE WESTERN FRONT | MAY 13

The story follows teenagers Paul Bäumer and his friends Albert and Müller, who voluntarily enlist in the German army, riding a wave of patriotic fervor that quickly dissipates once they face the brutal realities of life on the front. Paul's preconceptions about the enemy and the rights and wrongs of the conflict soon crumble. However, amid the countdown to armistice, Paul must carry on fighting until the end, with no purpose other than to satisfy the top brass' desire to end the war on a German offensive. (2022 | R | 2 hr. 28 min.)



Social Group Gatherings



CHINESE ELDERS

THURSDAY | APRIL 11
 10:30 AM to 12:00 PM

Chinese Elders gather each month to enjoy each other's company, share in song, dance, stories or lectures. Please sign up at the Adult Center 781-784-8000. Free transportation available to Sharon Residents. Call the Adult Center no later than one week prior to program.

LAKESIDE CAFÉ FOR LGBT SENIORS

MONDAY | APRIL 22
 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 | APRIL 24
 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.**

WOMEN'S DISCUSSION GROUP

TUESDAYS | APRIL 2 & 16 | 11:00 AM
 Facilitated by: Laura Sawyer



We will discuss a topic together and/or participate in a group activity. Topics and activities will be chosen from a wide range of possibilities. The goal is to connect the discussion topic or activity to our personal thoughts, feelings and experiences in a safe and supportive atmosphere.



from the desk of

Missy Lothrop, Program Coordinator



We have a very busy spring schedule on the horizon! Team registration for the Jigsaw Puzzle Competition will likely be closed by the time this newsletter gets into your hands, as the event is on April 4th. However, if you are interested, you can always call to check on availability and anyone is welcome to drop off/browse puzzles for our puzzle swap happening the same day. May is the Kentucky Derby, and they say it is the greatest 2-minutes in sports! In celebration, I am hosting the "Sharon-Tucky" Derby for the Adult Center on May 15th, full details are in this issue of The VIEW. The bus trip for the Charles River Cruise with lunch at Cheesecake Factory has been a popular trip for years and it is back this summer with registration starting now for Sharon residents only until April 22nd. Borderland State Park is currently looking for a new Visitor's Supervisor and when that person is in place, I hope to continue our partnership on hikes and interpretive services. I will see you around the Adult Center!

Upcoming Programs - Free Events

Registration is required for all programs/events (781-784-8000). Programs run about an hour long.

WOMEN IN FILM: HOLLYWOOD'S PORTRAYAL OF WOMEN THROUGH THE DECADES

3-PART SERIES ON TUESDAYS

MARCH 26 | APRIL 2 | APRIL 9 | 12:30-3:30 PM

Presented by: Marilyn Berman, Teacher of Film & More



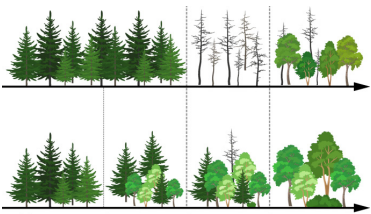
We will watch 3 films, 1 each week during this 3-week series. Beginning the first week in the 1920's, we will proceed to films made in the 1930's and 40's by series end. We will discuss how the role of women has or hasn't changed and

if so, why, and how? Join us for what should be a lively discussion! Feel free to attend any or all the 3 sessions. Each session will have a brief break for a stretch!

OUR CHANGING FORESTS

WEDNESDAY | APRIL 10 | 10:45 AM

Presented by: Michael Scutari, Naturalist



In this hands-on class, we will learn about the current species composition and age structure of our forests, and discover how both natural, and human-made, disturbances have affected

the forested landscape of southern New England. The demise of the American Chestnut (*Castanea dentata*) as a dominant tree species is a prime example of disturbance to our forests, and we will also learn about its ecology, the debilitating disease that has reduced it to a small, understory growth form, and what conservation scientists are doing to save it from potential extinction.

FAMOUS IMPRESSIONS

THURSDAY | APRIL 11 | 1:00 PM

Presented by: Jill Sanford, Art for Your Mind

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants.

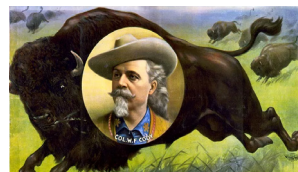
Programs are for people of all backgrounds – artists and non-artists alike. The featured topic, Famous Impressions, offers a chance to enjoy the work of famous Impressionist painters such as Monet, Renoir, Degas, and others. You'll gain insight into the Impressionists' new techniques, what they believed, and how their creations stirred the art world, inspiring artists through time. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!



BUFFALO BILL CODY

TUESDAY | APRIL 30 | 1:00 PM

Presented by: Daniel Seligman



The program offers the truth behind an American legend. It addresses Cody's early years in Iowa, Kansas and elsewhere in the west, his friendship with Wild Bill Hickok, his Civil

War service, his years as a scout and buffalo hunter, his disastrous marriage, his dual career as a plainsman and actor and finally his world-wide fame with Buffalo Bill's Wild West which was performed to rave reviews for 30 or so years. Daniel Seligman is a retired engineer with a lifelong interest in the American West. He teaches seminars on western gunslings and has authored a number of articles on western history.

SAVE THE DATE

CABARET NIGHT

JUNE 20, 2024 @ 6:30PM

Featuring Vocalist ATHENE WILSON and her Three Piece Band!

Upcoming Programs *continued...*

AMERICAN CATHEDRALS: BASEBALL, BALL PARKS, AND THE CHANGING SHAPE OF AMERICA'S CITIES WEDNESDAY | MAY 1 | 10:45 AM

Presented by: Paolo DiGregorio, Historian

Baseball has always been associated with summer, sunshine, and America. Though there are many constants that run through the long history of the game, baseball has also reflected changes in American society. The parks and stadiums in which the game has been played have changed dramatically over the past 120 years, mirroring, in many ways, the changing shape of our cities. This lecture will explore the relationship between society, stadiums, and baseball.



ANNIE OAKLEY

TUESDAY | MAY 7 | 1:00 PM

Presented by: Daniel Seligman



We present the truth behind an American legend with her humble beginnings in rural Ohio, her fortunate marriage to a supportive husband, her career as a crack female sharpshooter, her friendship with Sitting Bull and her years as a premier act in Buffalo Bill's Wild West which brought her

fame and fortune on two continents. Daniel Seligman is a retired engineer with a lifelong interest in the American West. He teaches seminars on western gunslingers and has authored a number of articles on western history.

Watch for details in future issues of THE VIEW

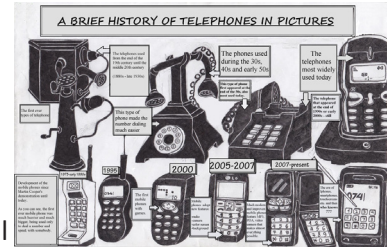
- Funded by a Cultural Council Grant, we will have Mass Audubon with us on May 28th for a presentation about Belize and protecting migration spaces.
- Author, Anthony Sammarco, will be back with us on June 4th for his presentation The Rural Cemeteries of Mount Auburn and Forest Hills.
- An attorney from Surprenant and Beneski will be doing an Estate Planning 101 on June 11th.

HISTORY OF THE TELEPHONE: CAN YOU HEAR ME NOW?

WEDNESDAY | MAY 8 | 10:45 AM

Presented by: Stanley Forman, Enrichment Speaker

The telephone is a 19th-21st century marvel, but did Alexander Graham Bell invent the telephone or steal the idea? Hear this story of intrigue and possible theft! Explore the rise of the telephone and its universal implementation. This talk will be presented by engineer, Stanley Forman who has worked in electronics most of his career and as a university lecturer.



THE NATURE OF VERMONT

TUESDAY | MAY 14 | 1:00 PM

Presented by: Michael Scutari, Naturalist



Join Michael, a true Vermonter at heart, for a slideshow tour of the diverse forests, amazing wetlands, and expansive meadows of the Green Mountain State. We will visit the many physiographic regions that make up Vermont, learn about how the combined topography-geology-soils-climate-and land use history dictate what flora grows where, and discover the unique fauna that choose to make these natural communities their home.



ONE BOOK ONE TOWN

Sharon's One Book One Town's 2024 book is **The Music of Bees, by Eileen Garvin.**

The Program of Events include:

March 20th (1:30PM) & April 4th (6:30PM): Book Discussions, Library.

April 11th (7:00 PM): Making Connections: Meet and Greet, Sharon Community Center Ballroom.

April 20th (7:30 PM): An Evening Eileen Garvin, High School

April 24th (7:00 PM): Buzz about the Bees, **Sharon Adult Center**

April 28th (2:00 PM): Writing Contest Celebratory Reading and Awards Ceremony, CareOne.

For more information, go to OneBookOneTown.org.



Outreach & Support Programs

The Memory Café on the Lake MONDAY | APRIL 8 | 2pm-3:30pm

*The Memory Café
by the Lake*



Caregiving is a unique experience full of highs and lows and everything in between. It requires extreme patience, understanding and some creativity. Please join Brittany Ricketts, the EGIS Director of Memory Care from Brookmeadow

at Blue Hills Assisted Living, as we build a community of support with others journeying the same path. Join us in a safe space to ask questions, give advice and have honest conversations. Remember to take care of others, you must first take care of yourself. Musical entertainment will take place during this Caregiver Support Discussion.

Please RSVP to the
Adult Center,
781-784-8000.

Sponsored by
Brookmeadow
at Blue Hills

CONTACT THE ADULT CENTER OR THE NUMBER LISTED FOR MORE INFORMATION

- **Division On Addictions** is an organization that helps vulnerable Massachusetts residents who are addicted to drugs or alcohol locate proper treatment options. If you or someone you know needs assistance, call 855-955-0582.
- **Food Assistance:** SNAP (food stamps); Hotline 800-645-8333.
- **Home Modification Loan Program:** Call South Middlesex Opportunity Council 508-202-5919.
- **Low Vision Support:** The Stoughton Senior Center is hosting a monthly support group along with the Massachusetts Association for the Blind and Visually Impaired for adults 55 and over with low vision or blindness on the last Monday of the month from 1:30 to 3:00 P.M. If you have any questions or would like further information, please contact Amy Ruell at 857-262-1993.
- **Money Management:** Offered through Springwell, helping low-income people over 60 manage money and pay bills. Call Springwell @ 508-573-7241 or the Adult Center Outreach Coordinator to make a referral.
- **Medicare Advocacy Project:** Offering assistance for elders and people with disabilities in obtaining Medicare. Call Greater Boston Legal Service @617-371-1234.
- **Property Tax Work Off Program:** For those 65+ as of July 1, 2024. Work for a Town Department towards a credit off your property tax bill. Verification of income from all members of household is required. Opens April 16, 2024.
- **Safety Programs:** Carrier Alert, Vial of Life, Safety Net, etc.
- **Senior Medicare Patrol Program:** Call 800-892-0890 or www.masmp.org.
- **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.

PODIATRY CLINIC

THURSDAY | APRIL 11 | 1:00 PM

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 **\$35 fee** payable directly to Dr. McLaughlin.



BLOOD PRESSURE CLINIC

Wednesday | April 10 | 9:30-10:45 AM

Adult Center Fitness Room with Leandra McLean, RN, Sharon Public Health Nurse. Drop in, no registration required!



SHARON ARTISTS






March 27 – May 22, 2024
Opening Reception: April 4th, 6:30–8:00pm



**energy
assistance**

Town of Sharon's Energy Advocate, Julie Barbour-Issa can help you navigate the Mass Save energy efficiency program including scheduling a no-cost Home Energy Assessment, learn about rebates and programs, questions about what you may qualify for, additional incentives for income eligible households, and any other assistance you may need. See page 8 for dates and times.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9AM Yoga Zumba Gold 9:30AM Knitting/Crochet 10:30AM Movie: The Highway Men 1PM Open Art Studio</p>	<p>2 9AM Yoga & Relaxation Men's Club 10:30AM Chair Yoga Shopping - Walpole 11AM Women's Discussion Group 12:30 PM Pres: Women in Film</p>	<p>3 9AM Zumba & Bocce 10:30AM Shopping - Shaw's/Cobb's Corner 12:30PM Sit & Be Fit</p>	<p>4 9AM Yoga & Relaxation 9:30AM Tai Chi</p> <p>1:00PM PUZZLE COMP</p> <p>6:30PM Lakeside Gallery Reception</p>	<p>5 8:15AM AARP 9:00AM Men's Discussion Group 9AM Forever Fit 10:30AM Shopping - Sharon Ctr 10:45AM Avellino Fitness</p>
<p>8 9AM Yoga Zumba Gold 9:30AM Knitting/Crochet 10:30AM Movie: The Battered Bastards 1PM Open Art Studio 2PM Memory Cafe</p>	<p>9 9AM Yoga & Relaxation Men's Club 10:15 AM Men's Club Book Group 10:30AM Chair Yoga Shopping - Brockton 12:30 PM Pres: Women in Film 1:00PM SHINE</p>	<p>10 9AM Zumba & Bocce 10:00AM Men's Club Photography Gr 10:30AM Shopping - Cobb's Corner 10:45 AM Pres: Our Changing Forests 12:30PM Sit & Be Fit</p> <p>9:30-10:45 AM BLOOD PRESSURE CLINIC</p>	<p>11 9AM Yoga & Relaxation 9:30AM Tai Chi 10:30AM Chinese Elders 1:00 PM Pres: Famous Impressions</p> <p>TRIP NE WILDLIFE CTR</p> <p>1:00 PM PODIATRY CLINIC</p>	<p>12 8:15AM AARP 9AM Forever Fit 10:30AM Shopping - Sharon Ctr 10:45AM Avellino Fitness</p>
 <p>HAPPY PATRIOT'S DAY</p> <p>CENTER CLOSED</p>	<p>16 9AM Yoga & Relaxation Men's Club 10:30AM Chair Yoga Shopping - Walpole 11AM Women's Discussion Group</p>	<p>17 9AM Zumba & Bocce 10:30AM Shopping - Shaw's/Cobb's Corner 12:30PM Sit & Be Fit</p>	<p>18 9AM Yoga & Relaxation 9:30AM Tai Chi</p> 	<p>19 9:00AM Men's Discussion Group 9AM Forever Fit 10:30AM Shopping - Sharon Ctr 10:45AM Avellino Fitness</p>
<p>22 9AM Yoga Zumba Gold 9:30AM Knitting/Crochet 11AM LGBT Social Energy Assistance 1PM Open Art Studio</p>	<p>23 9AM Yoga & Relaxation Men's Club 10:30AM Chair Yoga Shopping - Brockton 1:00PM SHINE</p>	<p>24 9AM Zumba & Bocce 10:00AM Men's Club Photography Gr 10:30AM Shopping - Shaw's/Cobb's Corner 11AM South Asian Social 12:30PM Sit & Be Fit</p>	<p>25 9AM Yoga & Relaxation 9:30AM Tai Chi</p> <p>10:30AM SPRING PARTY</p>	<p>26 9AM Forever Fit 10:30AM Shopping - Sharon Ctr 10:45AM Avellino Fitness</p>
<p>29 9AM Yoga Zumba Gold 9:30AM Knitting/Crochet 10:30AM Movie: American Symphony 1PM Open Art Studio</p>	<p>30 9AM Yoga & Relaxation Men's Club 10:30AM Chair Yoga Coffee Hour Shopping - Walpole 1:00 PM Pres: Buffalo Bill Cody</p>	 <p>APRIL</p>		

Community Services

- ♦ **ENERGY ASSISTANCE:** Appointments are available between 11am-1pm on April 22nd, May 20th, and June 17th to meet with the Town of Sharon's Energy Advocate, Julie Barbour-Issa. Julie can help you navigate the Mass Save energy efficiency program including scheduling a no-cost Home Energy Assessment, learn about rebates and programs, questions about what you may qualify for, additional incentives for income eligible households, and any other assistance you may need. Please call the Adult Center for schedule an appointment: 781-784-8000.
- ♦ **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, May 10th from 9:00 AM to 10:00 AM. Schedule a private 20-minute appointment by calling the Adult Center.
- ♦ **LOCAL FOOD PANTRIES:**
 - CONGREGATIONAL CHURCH OF SHARON—Location: 29 North Main St. Hours: Monday through Thursday, 10:00 AM to 1:00 PM, for those in need. Phone: 781-784-2631, Email: admin@fccofsharon.org
 - 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. If you are not a current client, please call pantry for further assistance. Please note masks must be worn inside the food pantry
- ♦ **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. Call the Adult Center at 781-784-8000 to schedule an appointment. **PLEASE NOTE:** The Adult Center is NOT a full-service Registry—no pictures, eye exams, etc., are available.
- ♦ **SHINE (Serving Health Insurance Needs of Everyone):** The Adult Center offers appointments with a SHINE counselor for assistance with health insurance and benefits. Available April 9th & April 23rd in the afternoon. Please call the Adult Center to schedule an appointment.



DEMENTIA SUPPORT GROUPS

Designed to provide emotional support, information and resources for caregivers. Join one group or both!

IN-PERSON MEETING: Held the 2nd Thursday of the month from 2:00-3:30 PM at the Walpole COA at 60 South St., Walpole. Please RSVP to spellegrine@rahbsw.com or call the Walpole COA at 508-668-3330.

ON-LINE MEETING—VIA ZOOM: Held the 2nd Monday of the month from 7:00-8:00 PM via Zoom. Please RSVP to spellegrine@rahbsw.com or call 508-668-8001.

VIRTUAL CAREGIVER SUPPORT GROUP

HESSCO is pleased to offer a virtual caregiver support group via Zoom. This group is open to any and all family caregivers looking for support and a safe space to share their experience.

WHEN: The first and third Thursdays of each month 6:00 –7:00 PM

WHERE: Virtual on Zoom (call-in option available) To RSVP and receive the log-in/call-in information, please contact Judith Wood, Family Caregiver Specialist at HESSCO at 781-784-4944 or JWood@HESSCO.org

MEN'S CLUB EVENTS - Sharon Adult Center Over 60 Men's Club

Meetings held every Tuesday, 9:15 AM, Sharon Community Center Ballroom.

- April 2nd - Breakfast
- April 9th - Emma's Run: Learn about why so many people joyfully participate in the race, the walk and so many other activities that take place at this event. The speaker will be Adam Greenspan.
- April 16th - Chip Wars: America recently passed 'CHIPS and SCIENCE ACT', what all this means will be discussed by club member, Marty Agulnek.
- April 23rd - Volunteer Opportunities with Community Servings: Community Servings is a nonprofit provider of medically tailored meals and nutrition services, and a leader in "food is medicine" research, advocacy and policy. Stacey Terlik, Manager of Volunteer Services, will talk about the organization and how you might be of help.
- April 30th - Spending Like A Druken Sailor?: Regardless of who is in power in Washington, politicians like to spend other people's money. Today, the US national debt is about 34.5 Trillion Dollars, this issue will be addressed by club member, Shep Rainie.

Membership information: Harvey Janson (508.317.1491) and Phil Rosen (508.230.3599). Tuesday speakers' program coordinated by the Men's Club. The Men's Club programs are free and open to the public. Parking is limited; please carpool.



TRIPS & More

COA BUS TRIP TO:

NEW ENGLAND WILDLIFE CENTER Weymouth, MA

THURSDAY | APRIL 11 | 9:00AM

Meet at the COA Center
\$24 per person

Would you like to learn more about wildlife? Maybe catch a glimpse of a baby bunny getting fed, a hawk having its wing repaired, or a turtle healing from a cracked shell? Here at New England Wildlife Centers it is their mission to care for all 235 species of native and naturalized wild animals found in the state of Massachusetts. Come learn more by taking a tour of the hospital.

Please note: the facility is accessible with elevators and places to sit. Tour is a little over an hour and we will head to a nearby restaurant after for lunch on your own.



To Register: Sign up at the Sharon Adult Center by filling out a Bus Trip Form and making payments by cash/check, made payable to Town of Sharon.

Ricky Nelson Remembered Tribute Show & Lunch

Wednesday | May 22 | Doors open at 11:30 AM
Lake Pearl, Wrentham | \$89.00 per person



We are partnering with Best of Times Travel to offer these discounted tickets to see Ricky Nelson Remembered. This is a unique multi-media entertainment event featuring the live music of Ricky Nelson's hits, performed by Ricky's own identical twin sons, Matthew and Gunnar Nelson. Sign up for the show through the Sharon Adult Center.

The meal choices: Chicken Picatta or Vegetable Lasagna. All meals include salad, potato, vegetables, bread, dessert, coffee/tea. **Registration closes on 4/22/24, NO refunds after this date.**



CHARLES RIVER CRUISE

& Lunch at
Cheesecake Factory
Monday,
June 17th



Meet at the COA parking lot at 10:00 AM,
Lunch at 11:45 AM,
Cruise at 2:00 PM

ABOUT THE TRIP

Join us for lunch at the Cheesecake Factory in the Cambridge Side Galleria Mall. Then enjoy a 70 minute, narrated sightseeing cruise along the Charles River. This trip involves a walk from the restaurant to the boat, which is the length of the mall.

\$ 65 /Person

TRIP INCLUDES:

- Transportation on the COA bus
- Cruise
- Lunch

Register with the Sharon Adult Center in person. Sharon residents given priority until April 22nd, then open to all.

COFFEE HOUR @ LAKESIDE CAFÉ for a fun time celebrating Jellybeans!

TUESDAY | APRIL 30 | 10:30-11:30AM

The Adult Center and Sharon High School students will host a coffee hour with a **SWEET** guessing game! Between the 16th and the 30th of April, we will have a

JELLYBEAN GUESSING JAR displayed in the Adult Center. The person that guesses the correct total, wins all the yummy JELLYBEANS!



Cards, Games and more...

ON-GOING - NON INSTRUCTIONAL - OPEN TO ALL - NEWCOMERS WELCOME!

Checkers & other board games
DECKS OF PLAYING CARDS
 (Stop at the Reception Desk to borrow)

BILLIARDS
 You may reserve in advance either a 60 or 90 minute block of time

THE SHARON CAMERA CLUB: Photo enthusiasts of all levels are welcome. Please contact Martin Becker at beckerim@comcast net for information.

CANASTA: Mondays & Tuesdays | 1:00-4:00 PM
WHIST: Wednesdays | 1:00-4:00 PM
CRIBBAGE: Wednesdays | 1:00-3:00 PM
BRIDGE: Tuesdays & Thursdays | 1:00-4:00 PM

SUPER SCRABBLE: Thursdays | 12:00-3:00 PM
SCRABBLE: Thursdays | 12:00-3:00 PM, bring a partner
RUMMIKUB: Thursdays | 1:00-4:00 PM
MAH JONGG: Tuesdays & Thursdays | 1:00-4:00 PM

KNITTING/CROCHETING GROUP
 Mondays | 9:30-11:30 AM
OPEN ART STUDIO
 Mondays | 1:00-3:00 PM

BOCCE
 Wednesdays | 9:00 AM, weather permitting
PICKLE BALL
 Open play at Deborah Sampson Court every morning from 8:30-10:00 AM
 (Wednesday mornings for novice players)



Join us at the Sharon Adult Center for:



**Sharon-Tucky
 D E R B Y**

11:00 AM - 1:00 PM

**Wednesday
 May
 15th**

Join us as we host our very own version of the best 2-minutes in sports. We will race stick horses and you'll get to place "bets" on who will win! Prizes will be awarded. Sip a Mocktail Mint Julep, put on a festive hat, and munch on snacks as you cheer on the horses!

**RSVP 781-784-8000
 \$3.00 per person at the door**

Sharon High School's National Honor Society

Spring Day of Service Saturday, April 27, 2024

(rain date Sunday April 28th)

Sharon High School's National Honor Society is running its annual **Spring Day of Service** for older adults, on Saturday, April 27th from 11:00am to 2:00pm. If you or a family member would like NHS members to rake and clean up in your yard, **please register by April 10th.** Call the Sharon Adult Center: 781-784-8000. First come, first served.



The Sharon Council on Aging Presents:

PLAY BALL!

Spring Party



25
APRIL

11
AM

Join us for a baseball themed music show followed by lunch, complete with a bag of Cracker Jacks! The doors open at 10:30 AM.

Howie brings us his unique and interactive program where he sings baseball songs, offers up some baseball trivia and tells stories about his days as a sportswriter on the Red Sox beat! This performance is supported by the Mass. Cultural Council, a state agency.

Suggested donation of \$5 collected at the door.
Held in the Community Center Ballroom.
Reservations begin 3/22. RSVP to 781-784-8000.

THE SHARON COUNCIL ON AGING PRESENTS:

Matt York

Songs & Stories

Show starts at 11 AM

THURSDAY
MAY
16



Matt brings his "Songs & Stories" music series to Sharon in this 60-minute engaging performance that blends songs by artists and stories about their impact on music. This folk/country show is focused on the Highwaymen--Willie Nelson, Johnny Cash, Kris Kristofferson and Waylon Jennings

Lunch to follow the show

Suggested donation of \$5 collected at the door. Held in the Community Center Ballroom. Reservations begin April 26. RSVP to 781-784-8000.

ADULT CENTER / COA STAFF Ph: 781-784-8000

Executive Director

Beth Caruso x1301

Outreach Coordinator

Cristobal Sanchez x1303

Office Mgr/Transportation Coord.

Tiziana Milano x1302

Program Coordinator

Missy Lothrop x1304

Receptionist - Eileen Wright

COUNCIL ON AGING BOARD MEMBERS

Robert Maidman, **Chair**

Rita Edelston

Elliot Feldman, **Vice Chair**

Jennifer Fleischer-Cooperman

Richard B. Gorden

Katherine Goyette

Neil Grossman

Stephen Kafta

Mindy Kempner

Ruth Palan Lopez

Jeff Shapiro

Paul Remy

FRIENDS OF SHARON COUNCIL ON AGING (FSCOA)

Louise O'Brien, **President**



SHARON ADULT CENTER
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Sharon, Massachusetts 02067
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