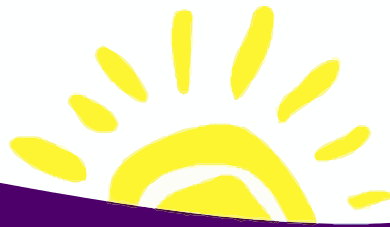


# THE VIEW



## SHARON ADULT CENTER

MAY 2024

[townofsharon.net/coa](http://townofsharon.net/coa)

Ph: 781-784-8000

*my view*

from the Sharon Adult Center  
Beth Caruso, Executive Director

Did you know that Older Americans Month (OAM) is observed in May? “The theme for 2024 is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being” and “the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues”. Here at the Adult Center, our mission is to enhance the quality of life for our constituents. We recognize how valuable connections with others are in our efforts to achieve this. Many older adults are still feeling the effects from the pandemic isolation, and we know connections with others can be a huge boost to self-confidence, leading to better overall physical and mental health.



So, as the local car salesman would say in his commercial, “COME ON DOWN” and enjoy the benefits of connecting with others at the Adult Center. May is a great month to venture out with the pleasant weather, flowers & trees in bloom, and all the great programs happening at the Adult Center. “COME ON DOWN” and participate in a game, class, movie, or presentation with others. Carefully read this issue of **The View**, mark your calendar with programs of interest and sign up where needed. Missy

has many great programs and trips planned. Join Cris at the Memory Café or the May Sharon High School student hosted coffee for National Nurse Appreciation Day and honoring the nurses of the Sharon Health Department. He is also available for assistance and referrals for Sharon Trash & Water programs, Tax Work-off and more.

The volunteer Friends of the Sharon Council on Aging (FSCOA) proudly supports the mission of the COA. We are so grateful for their financial support of **The View**, Adult Center special programs & social events, and individuals with emergency needs in town. One of the special programs they sponsor is the May 23rd Volunteer Recognition Breakfast. This year they are partnering with the Sharon Men’s Club (see page 8 for more on SMC) who will do the catering. The SMC has a license to cook and serve meals under the direction of Peter Bickoff. Another special program supported is the May 29th Over Age 90 Birthday party- sure to be a fun event! Personal invitations have been sent for these two programs. Each spring FSCOA sends a fundraiser letter to Sharon households. The FSCOA thanks Ning Luo for her translation of this annual donation request letter.

A few special thank you-shout outs to:

- the AARP Tax-Aide volunteers who have spent their Friday mornings doing taxes for so many people,
- the Police Department for offering the Self Defense class at the Adult Center, and to
- the Sharon High School National Honor Society for the Spring Day of Service doing yard clean-ups.

Please keep your feedback coming to [bcarus@townofsharon.org](mailto:bcarus@townofsharon.org) or 781-784-8000, ext. 1301 or stop in to say hello. Be happy & be healthy by staying connected.

*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: June 6 (8 wks)

**CODE: THYOG0606 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: June 20 (8 wks)

**CODE: THTAI0620 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**

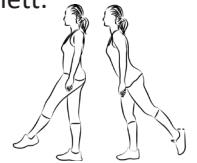
## "BRAKE" Dancing for Seniors

### 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**

## 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

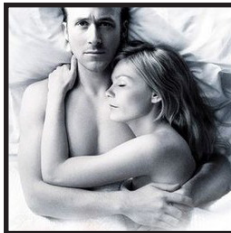


The story follows teenagers Paul Bäumer and his friends Albert and Müller, who voluntarily enlist in the German army, riding a wave of patriotic fervor that quickly dissipates once they face the brutal realities of life on the front. Paul's preconceptions about the enemy and the rights and wrongs of 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)

## ALL GOOD THINGS | JUNE 3

A love story and murder mystery based on the most notorious unsolved murder case in New York history. The original screenplay uses newly discovered facts, court records and speculation as the foundation for a story of family, obsession, love and loss. (2010 | R | 1 hr 45 min)



## SHIRLEY | JUNE 10



The intimate portrayal of trailblazing political icon Shirley Chisholm, the first Black Congresswoman and the first Black woman to run for President of the U.S., and the cost of accomplishment for Shirley herself. This film will tell the story of Chisholm's boundary-breaking and historic presidential campaign, based on exclusive and extensive conversations with family, friends and those who knew her best. (2024 | PG13 | 1 hr 57 min)



## THE GREATEST NIGHT IN POP | JUNE 24

On January 25th 1985, dozens of the era's most popular musicians gathered in Los Angeles to record a charity single for African famine relief. Setting egos aside, they collaborated on a song that would make history. (2024 | PG-13 | 1 hr 36 min.)

# Social Group Gatherings



## CHINESE ELDERS

**THURSDAY | MAY 9 & 23**  
**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 | MAY 20**  
**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](mailto:jdavis@hessco.org) for more information or for a reservation.



## SOUTH ASIAN SOCIAL

**WEDNESDAY | MAY 22**  
**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](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.**

## WOMEN'S DISCUSSION GROUP

**TUESDAYS | MAY 7 & 21 | 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**

Happy Spring! Along with getting outside to enjoy the nice weather, join us at the Adult Center for some lectures, events, trips, fitness, parties, movies, and more! Some highlights to mention: The Mass Audubon presentation on Belize and protecting migration species; The Best of Times Travel coach bus trip for a Gloucester Harbor Cruise and Lobsterbake; The Sharon-Tucky Derby dice game event; The showing of the Netflix Original Film **Shirley**; The May Party featuring singer, songwriter Matt York; Our new Zumba class on Mondays. Descriptions and information are listed in this newsletter. I will see you around the Center!



## Upcoming Programs - Free Events

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

### ANNIE OAKLEY

**TUESDAY | MAY 7 | 1:00 PM**

*Presented by: Daniel Seligman*



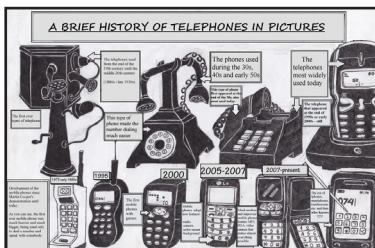
We present the truth behind an American legend with her humble beginnings in rural Ohio, her fortunate marriage to a supportive husband, her career as a crack female sharpshooter, her friendship with Sitting Bull and her years as a premier act in Buffalo Bill's Wild West which brought her fame and fortune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

### 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.

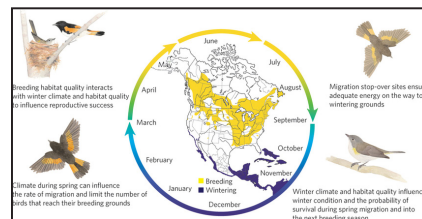
### BELIZE: PROTECTING MIGRATION SPACES

**TUESDAY | MAY 28 | 1:00 PM**

*Presented by: Mass Audubon*

Discover the significance of safeguarding bird conservation areas in our towns and critical avian overwintering sites in Belize. Experience imagery

from Belize's bird banding stations and learn about Mass Audubon's conservation efforts. This program is supported in part by a grant from the Sharon Cultural Council, a local agency supported by the Mass. Cultural Council, a state agency.



### Our Historic Town Library: our hope for its future

On January 25th, the Sharon Commission on Disabilities and the Library Reuse Committee met to discuss use of this unique and historic space. Planning needs to include a ground level entrance and an elevator system that meet all ADA requirements. Dedicated parking including handicapped spots is a must. For more information: Joel Fishman, Library Reuse Committee joel.fishman5@verizon.net or Paul Remy, Commission on Disabilities premy54@msn.com.

# Upcoming Programs *continued...*

## THE RURAL CEMETERIES: MOUNT AUBURN AND FOREST HILLS

**TUESDAY | JUNE 4 | 1:00 PM** Presented by: *Anthony Sammarco, Historian and Author*

A rural cemetery or garden cemetery is a style of cemetery that became popular in the United States and in the early 19th century due to the overcrowding and health concerns of urban cemeteries. They were typically built one to five miles outside of the city, far enough to be separated from the city, but close enough for visitors. They often contain elaborate monuments, memorials, and mausoleums in a landscaped park-like setting. The rural cemetery movement mirrored changing attitudes toward death in the 19th century. Images of hope and immortality were popular in rural cemeteries in contrast to the puritanical pessimism depicted in earlier cemeteries. Statues and memorials included depictions of angels and cherubs as well as botanical motifs such as ivy representing memory, oak leaves for immortality, poppies for sleep and acorns for life. Join Author and Historian, Anthony Sammarco, for this slideshow presentation.



## ESTATE PLANNING 101

**TUESDAY | JUNE 11 | 1:00 PM**

Presented by: *Rebecca Spinner, Esquire*

Learn the basics of estate planning with Atty. Rebecca Spinner of Surprenant & Beneski, P.C. This talk will include the importance of quality foundational documents (i.e., Durable Power of Attorney, Healthcare Proxy, HIPAA Authorizations); how to determine who to designate for making medical, legal, and financial decisions on your behalf; protect your earnings and assets from long-term care costs; protecting your assets and leaving a legacy for your children & grandchildren and more! There will also be an opportunity for questions and answers at the end.



**Surprenant & Beneski, P.C.**  
*Strategic Planning for Your Peace of Mind*  
NEW BEDFORD • HYANNIS • EASTON

## EARLY NEW ENGLAND SEASCAPES

**THURSDAY | JUNE 13 | 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.

Presentations are for people of all backgrounds – artists and non-artists alike. The featured topic, Early New England Seascapes, explores and interprets a selection of beautiful and interesting images by several prominent American artists, Fitz Henry Lane, Winslow Homer, and Edward Hopper, to name a few. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

## DNA & GENEALOGY

**WEDNESDAY | JUNE 12 | 10:45 AM**

Presented by: *Seema Kenney, Genealogist*

Join, genealogist, Seema Kenny, to learn more about the cutting-edge science of DNA and genealogy, which can help enhance or confirm your paper-based family research. She will go over a mix of history, available tests, testing companies, and using your test results. This hour presentation will get you started on adding DNA as a genealogical resource.



## Watch for details in future issues of **THE VIEW...**

- The History of Emancipation and Juneteenth will be presented by historian, Chris Daley, on June 25th.
- Blake Dinius, Entomologist for Plymouth County, will be back with us on July 10th doing his Tick Talk. He offered this very popular and informative discussion a couple years ago, you don't want to miss it!
- We have scheduled for July 16th Mark Parker from Park Hearing Services to present on Hearing, Hearing Loss and Its Treatments.

## TOWN TRASH & WATER PROGRAM

**FREE** town sponsored trash pickup and water discount programs are available for residents aged 60 and over, and those of any age with disability, who meet income guidelines. Verification of income from all members of the household and disability (if applicable) is required.

Total household income cannot exceed \$60,523 (single person) or \$79,145 (two people).

Applications for the 2024-2025 season, beginning July 1st, have been mailed to all residents who participated in the 2023-2024 season.

**Please note:** You must re-apply to continue this service.

New applicants should apply through the Adult Center. Applications will be available at the Adult Center or the Town of Sharon website. (<https://www.townofsharon.net/council-on-aging>)





# Outreach & Support Programs

## The Memory Café on the Lake MONDAY | MAY 13 | 2pm-3:30pm

*The Memory Café  
by the Lake*



Memory Cafes are designed for those with Alzheimer's or other cognitive impairments and their care partners to enjoy activities together in a safe, welcoming setting. We invite individuals and their family, friend, or other caregivers to join us to

celebrate spring blooms and paint flowers using colors of your choice in a fun and engaging art session called "Let's Paint Spring Flowers." with artist Geeta Jakkaraju.

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



## 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](http://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 | MAY 9 | 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 | June 12 | 9:30-10:45 AM



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



## Property Tax Work Off Program FY'26

Applications will be mailed to those enrolled in the program for the fiscal year 2025. To be eligible for the property tax work off program you must be 65 years of age as of July 1<sup>st</sup> and own and occupy the property for which Sharon taxes are paid.

Application deadline is June 1, 2024 for all applicants, whether re-enrolling or new.

may apply until June 1, application received after June 1 will be considered after July 1 for any pending available openings. Financial Guidelines will be based on total family income.

- If your income is no more than \$79,145; you will be eligible for a maximum credit \$2,000 (127 hours)
- If your income is no more than \$102,000; you will be eligible for a minimum credit of \$1,000 (64 hours)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b>      <b>9AM</b> Zumba Bocce <b>10 AM</b> Men's Club Photography Gr. <b>10:30AM</b> Shopping - Shaw's/Cobb's Cnr <b>10:45 AM</b> Program: American Cathedrals <b>12:30PM</b> Sit &amp; Be Fit</p>	<p><b>2</b>      <b>9AM</b> Yoga &amp; Relaxation <b>9:30AM</b> Tai Chi</p>	<p><b>3</b>      <b>9 AM</b> Forever Fit Men's Club Discussion Group <b>10:30AM</b> Shopping - Sharon Ctr <b>10:45AM</b> Avellino Fitness</p>
<p><b>6</b>      <b>9AM</b> Yoga Zumba Gold <b>9:30AM</b> Knitting/Crochet <b>10:30AM</b> Movie: Queen Bees <b>1PM</b> Open Art Studio</p>	<p><b>7</b>      <b>9AM</b> Yoga &amp; Relaxation Men's Club <b>10:30AM</b> Chair Yoga Shopping - Brockton <b>11AM</b> Women's Discussion Group <b>1:00PM</b> SHINE Program: Annie Oakley</p>	<p><b>8</b>      <b>9AM</b> Zumba Bocce <b>10:30AM</b> Shopping - Shaw's/Cobb's Cnr <b>10:45 AM</b> Program: History of the Telephone <b>12:30PM</b> Sit &amp; Be Fit</p>	<p><b>9</b>      <b>9AM</b> Yoga &amp; Relaxation <b>9:30AM</b> Tai Chi <b>10:30AM</b> Chinese Elders</p>	<p><b>10</b>      <b>9AM</b> Forever Fit <b>10:30AM</b> Shopping - Sharon Ctr <b>10:45AM</b> Avellino Fitness</p>
ANNUAL TOWN MEETING		1:00 PM   PODIATRY CLINIC		
<p><b>13</b>      <b>9AM</b> Yoga Zumba Gold <b>9:30AM</b> Knitting/Crochet <b>10:30AM</b> Movie: All Quiet ...Western Front <b>1PM</b> Open Art Studio <b>2PM</b> Memory Cafe</p>	<p><b>14</b>      <b>9AM</b> Yoga &amp; Relaxation Men's Club <b>10:15 AM</b> Men's Club Book Group <b>10:30AM</b> Chair Yoga Coffee Hour: Nurse Appreciation Shopping - Walpole <b>1 PM</b> Program: The Nature of VT</p>	<p><b>15</b>      <b>9AM</b> Zumba Bocce <b>10:30AM</b> Shopping - Shaw's/Cobb's Cnr <b>12:30PM</b> Sit &amp; Be Fit</p>	<p><b>16</b>      <b>9AM</b> Yoga &amp; Relaxation <b>9:30AM</b> Tai Chi</p>	<p><b>17</b>      <b>9 AM</b> Forever Fit Men's Club Discussion Group <b>10:30AM</b> Shopping - Sharon Ctr <b>10:45AM</b> Avellino Fitness</p>
		11 AM - 1 PM SHARON TUCKY-DERBY	10:30AM   MONTHLY PARTY	
<p><b>20</b>      <b>9AM</b> Yoga Zumba Gold <b>9:30AM</b> Knitting/Crochet <b>11AM</b> LGBT Social Energy Advocate <b>1PM</b> Open Art Studio</p>	<p><b>21</b>      <b>9AM</b> Yoga &amp; Relaxation Men's Club <b>10:30AM</b> Chair Yoga Shopping - Brockton <b>11AM</b> Women's Discussion Group <b>1:00PM</b> SHINE</p>	<p><b>22</b>      <b>9AM</b> Zumba Bocce <b>10:30AM</b> Shopping - Shaw's/Cobb's Cnr <b>11AM</b> South Asian Social <b>12:30PM</b> Sit &amp; Be Fit</p>	<p><b>23</b>      <b>9AM</b> Yoga &amp; Relaxation <b>9:30AM</b> Tai Chi <b>10:30AM</b> Chinese Elders</p>	<p><b>24</b>      <b>9AM</b> Forever Fit <b>10:30AM</b> Shopping - Sharon Ctr <b>10:45AM</b> Avellino Fitness</p>
TOWN ELECTION				
<p><b>27</b></p>  <p><b>MEMORIAL DAY</b> HONORING ALL WHO SERVED</p> <p><b>CENTER CLOSED</b></p>	<p><b>28</b>      <b>9AM</b> Yoga &amp; Relaxation Men's Club <b>10:30AM</b> Chair Yoga Shopping - Walpole <b>1 PM</b> Program: Belize: Protecting Migration Spaces</p>	<p><b>29</b>      <b>9AM</b> Zumba Bocce <b>10:30AM</b> Shopping - Shaw's/Cobb's Cnr <b>12:30PM</b> Sit &amp; Be Fit</p>	<p><b>30</b>      <b>9AM</b> Yoga &amp; Relaxation <b>9:30AM</b> NO Tai Chi</p>	<p><b>31</b>      <b>9 AM</b> Forever Fit Men's Club Discussion Group <b>10:30AM</b> Shopping - Sharon Ctr <b>10:45AM</b> Avellino Fitness</p>

# Community Services

- ♦ **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 3rd 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. Counselor will be here May 7th & 21st and June 4th & 18th in the afternoon. Please call the Adult Center to schedule an appointment.



MAY 20 | JUNE 17  
11 am to 1 pm

## energy assistance

Appointments are available between 11am-1pm on 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.



Just had a surgery or a fall? Having relatives coming to visit? Feeling a bit unsteady with lots of kids running around? The Sharon Adult Center has durable medical goods such as wheelchairs, walkers, canes, shower chairs etc. for FREE loan. We also have unopened packages of adult pullups available. Just call us at 781-784-8000

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

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

**May 7:** Sharon Men's Club Famous Monthly Breakfast. Paid members and guests only, no walk-ins can be accommodated. Breakfast starts at 10 a.m. in the Community Center ballroom.

**May 14:** Resilience During the Holocaust and Today. Giovanna Wiseman of the Bornstein Holocaust Education Center, will dispel the myth that Jewish victims of Nazi genocide did nothing to resist. This is the club's annual Holocaust Remembrance Day (Yom HaShoah) presentation.

**May 21:** Finding Your Roots, One Interesting Example. Like millions of others, many of our ancestors came to America from Europe to have a better life. Aaron Ginsburg of Stoughton will talk about the story of one small town. *This meeting will be held at CareOne at Sharon.*

**May 28:** Reflections About Memorial Day. Memorial Day is a time to remember those who lost their lives while serving their country. Bob Soffer, a US Air Force veteran, will share remembrances and ask people to discuss them.

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



**SOLD OUT!**  
Waitlist available.

## 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.

Sharon COA with Best of Times Travel presents  
**GLOUCESTER HARBOR CRUISE**  
Lobster Bake Cruise  
**WEDNESDAY | JULY 24 | \$179**



Come aboard the Beauport Princess and join us for a fabulous day out on the water! When you're onboard you'll see spectacular views, have live entertainment, dancing, sumptuous cuisine and impeccable service!

Cruise cuisine will be a Lobsterbake Buffet Menu! This includes N.E. Clam Chowder, steamed 1 1/4lb lobster (1 per person); BBQ Chicken Breast; Corn on the Cobb; Potatoes; cole slaw and dessert.

We will meet at the COA parking lot, time TBD.

Register with the Sharon Adult Center in person. Sharon residents given priority until May 15th, then open to all.

## Rosette Becker's Artistic Journey

at the Lakeside Gallery

**MAY 29 TO JULY 24, 2024**

**OPEN:**  
M-Th 8am - 5pm  
F 8am - Noon

**RECEPTION:**  
Thursday, June 6<sup>th</sup>  
6:30 pm - 8 pm



## COFFEE HOUR @ LAKESIDE CAFÉ

for a fun time celebrating Nurses Appreciation Day!

**TUESDAY | MAY 14 | 10:30-11:30AM**

The Adult Center and Sharon High School Students will host a coffee hour with special treats in honor of Nurses Appreciation Day!

Come meet and greet some of Sharon's past and present Public Health nurses. Join us to give them a **BIG THANK YOU!**



# 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](mailto:beckerim@comcast.net)

**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**

It is said that the month of May is the bridge between spring and summer with flowers blooming and warm weather in the air. Since I joined the Sharon Adult Center in October of last year, it has been a privilege to help Sharon residents. I love helping people and I want to be that bridge for you. Here is a list of some of the things I can help you with.

- Applying for government assistance programs like SNAP, Assurance Wireless, etc.
- Applying for fuel assistance program
- Mental health concerns
- Nursing home / assisted living information
- Memory loss concerns
- Hoarding issues
- Housing information
- Town-sponsored Trash & Water Discount Program



- Property Tax Work Off Abatement Program

I can be reached at 781-784-8000 ext. 1303 or [Csanchez@townofsharon.org](mailto:Csanchez@townofsharon.org)

*Cristobal (Cris) Sanchez*  
 ~Outreach Coordinator



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

Lunch Options: Beef Hotdog w/sides or Tuna Salad  
Suggested donation of \$5 collected at the door. Held in the Community Center Ballroom. Reservations begin April 26. RSVP to 781-784-8000.

JOIN THE SHARON COUNCIL ON AGING IN THE COMMUNITY CENTER BALLROOM FOR:

JUNE 20, 2024  
6:30-8:45 PM

## CABARET NIGHT

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 IS OPTIONAL, NO PARTNER NECESSARY! ATHENE WILL PLAY TWO SETS WITH AN INTERMISSION FOR ASSORTED PASTRY, COFFEE & TEA.

THIS IS A FREE EVENT SPONSORED BY THE SHARON FRIENDS OF THE COA. RSVP IS NEEDED BY JUNE 10<sup>TH</sup> TO THE SHARON ADULT CENTER 781-784-8000.

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#### 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  
MEET. LEARN. ENJOY.  
219 Massapoag Avenue  
Sharon, Massachusetts 02067  
Return Service Requested



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