THE VIEW

SHARON ADULT CENTER

FEBRUARY 2021 www.townofsharon.net/coa Telephone: 781-784-8000 VOLUME 13—NUMBER 2

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…

We are approaching the one-year point of having dealt with the COVID-19 virus pandemic. Now that the vaccine has started to roll out across the nation, I truly believe that we can look forward to the light at the end of the tunnel. It will still take some time until we get there. So until then, we need to remain vigilant by wearing masks, practicing social distancing, and washing our hands. It will be great to hopefully see many of you return to the Adult Center soon!

Please join me in welcoming our new office manager, Joyce Sheehan. She will be starting on February 8th and I know she is looking forward to joining us at the Adult Center. Nancy delayed her retirement date to February 12th to work with Joyce for a bit so if you have not had a chance to say goodbye to Nancy, you still have a little more time!

I know that there have been many questions about the COVID-19 vaccine. There is very limited information at the time of this writing. What I am aware of is that seniors 75 and older will be part of Phase Two scheduled to start some time in February. I have been in touch with Karen Waitekus, Sharon's Public Health Nurse, and she told me that the town is still waiting to hear from the state when more vaccines are scheduled to arrive. Until that time they cannot do any type of planning for offering the vaccine. A mailing is being planned for Sharon residents when further information is available. I know this is difficult to hear, but nothing can be done until the vaccine is available.

Please take the time to read THE VIEW. Make it a point to read Missy's column; she is working on a number of new and exciting programs. Remember—you need to call and reserve your spot; at this time spaces are still limited for any of our programs.

Until next month… *Kathie*

ADULT CENTER POLICIES

- Masks must be properly worn (covering your nose as well as your mouth!) at all times for all programs, movies, classes, etc. If you do not wear a mask, you will not be permitted to attend our programs. We have extra masks if you forget yours.

- Please do not come to the Adult Center if you have had close contact with anyone who has tested positive for COVID-19 within 14 days of your planned visit or if you have been asked to self-quarantine by a health professional or public health official.
- Do not come to the Adult Center if you have a fever or do not feel well.

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 or specific programs. These are not "drop in" hours.

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

Sharon Center: Friday mornings

Occasionally other shopping trips (i.e., Walpole area) will be scheduled on a Tuesday. See calendar or call the Adult Center.

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

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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.

DUE TO SOCIAL DISTANCING GUIDELINES, THERE ARE LIMITED SPACES IN EACH CLASS. MASKS MUST BE WORN. PLEASE BRING YOUR OWN WATER BOTTLE TO CLASS; WATER COOLER NOT AVAILABLE.

YOGA
Date & time: Mondays, 9:00-10:00 a.m. (next session: February 22)
Cost: $53 / eight week session; $50 for registration ***prior to*** February 10
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. (next session: March 22)
Cost: $38 / eight week session; $35 for registration ***prior to*** March 15
Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. Taught by Jazmin Westcott.

ZUMBA GOLD - WEDNESDAY
Date & time: Wednesdays, 9:00-10:00 a.m. (next session: March 3)
Cost: $38 / eight week session; $35 for registration ***prior to*** February 22
Same format as the Monday Zumba Gold class. Taught by Jazmin Westcott.

GENTLE YOGA
Date & time: Fridays, 8:45-10:00 a.m. (next session: March 12)
Cost: $53 / eight week session; $50 for registration ***prior to*** March 3

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. (next session: March 18)
Cost: $48 / eight week session; $45 for registration ***prior to*** March 9
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.

FOREVER FIT (formerly Cardio & Strength Training)
Date & time: Fridays, 9:15-10:15 a.m. (next session: February 12)
Cost: $43 / eight week session; $40 for registration ***prior to*** February 3
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. (ongoing)
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. ***Limited enrollment—pre-registration required; payment can be day of class.***

YOGA AND RELAXATION
Dates & time: Tuesdays, 9:00-10:15 a.m. (next session: February 23)
Cost: $53 / eight week session; $50 for registration ***prior to*** February 12
Learn to relax and increase flexibility of body and mind. Basic yoga poses, meditation and breath work. No experience needed. Taught by Sylvia Mignon.

FITNESS CLASSES continued on page 3

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 Public Health Department. You may bring your own coffee, tea, or water if you wish.

***Harriet*—Thursday, February 4**
Based on the thrilling and inspirational life of American freedom fighter Harriet Tubman and her escape from slavery and transformation into one of America's greatest heroes. This 2019 film stars Cynthia Erivo (Best Actress Nominee, 2020 Oscars), Leslie Odom Jr., Janelle Monae and more (rated PG-13; 2 hours, 5 minutes).

***Royal Wedding*—Thursday, February 11**
Lunch and movie—see page 12 for details.

***A Dog's Journey*—Thursday, February 18**
Picking up where *A Dog's Purpose* left off, Bailey finds a new destiny: protect Ethan's granddaughter at any cost. This 2019 film features Dennis Quaid, Josh Gad, Johnny Galecki, and more (rated PG; 1 hour, 48 minutes).

***John Lewis: Good Trouble*—Thursday, February 25**
From his days as one of Martin Luther King Jr.'s youngest lieutenants through more than 60 years of activism, U.S. Rep. John Lewis has led a life that's mattered. This 2020 documentary recounts his life featuring interviews with Lewis and his colleagues (rated PG, 1 hour, 36 minutes).

***Irresistible*—Thursday, March 4**
In this 2020 political comedy, a top Democratic consultant sees an opportunity to win back voters by persuading a passionate farmer to run for office. However, Republicans have other ideas! Starring Steve Carell, Chris Cooper, Topher Grace, and Debra Messing (rated R; 1 hr., 42 min.).

***An Interview with God*—Thursday, March 11**
An up-and-coming journalist returns home from covering the war in Afghanistan and struggles with the aftermath. His life takes a strange turn when he's offered an interview that's impossible to resist—someone who claims to be God. This 2018 drama features Brenton Thwaites, Yael Grobglas, and David Strathairn (not rated; 1 hr., 37 min.).

***Breakfast at Tiffany's*—Thursday, March 18**
Lunch and movie—see page 12 for details.

FITNESS CLASSES continued

FIX YOUR JOINTS—*Class ongoing.*

REALIGN YOUR PELVIS
Dates & time: Fridays, beginning March 19; 10:45 a.m.
Cost: $42 / six classes
Program designed to specifically adjust the position of your pelvis. This normally results in improved posture, balance, and a reduction of joint pain. It is the first step in being able to get down and up from the floor. Class taught by Steve Avelllino, a Certified Fitness Instructor.

YOGA AND RELAXATION - *NEW! SECOND CLASS*
Dates & time: Thursdays, 2:00-3:15 p.m. (next session: February 25)
Cost: $53 / eight week session; $50 for registration ***prior to*** February 14
Same class as on Tuesdays; another session offered. Learn to relax and increase flexibility of body and mind. Basic yoga poses, meditation and breath work. No experience needed. Taught by Sylvia Mignon.

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 - Currently on hold.

The Fire Department Does All That (and More!)—Dave Martin, Sharon Fire Department, presenter
Date & time: Wednesday, March 10; 10:45 a.m. (rescheduled from December)
Cost: FREE; RSVP for seating required
Learn about the valuable programs and services the Fire Department offers to the seniors in Sharon, including smoke and CO detectors, lock boxes, vial of life, and more. Dave will also address fire safety issues—what you should do if you find yourself in a situation where there is a fire or some other related emergency. (all welcome)

USSR/Russia: Myths, Mysteries and Spying—Henry Quinlan, Esq., presenter
Date & time: Wednesday, February 3; 10:45 a.m.
Cost: FREE; RSVP for seating required
Henry lived in Moscow between 1988 and 1994 and during his time there traveled to most of the Soviet Union Republics and later independent Republics. He witnessed history when the Soviet Union collapsed in 1991. Henry continued his trips to Russia until 2018. This one-hour power point presentation is based on his 30 years' involvement with the former Soviet Union and Russia from his encounters with the Russian Mafia to publishing *Make Way for Ducklings* in Russian (and the installation of the ducklings statues in Moscow!). Henry is the owner and publisher of Omni Publishing Company. (all welcome)

(continued from page 3)

Soaring Voices and Fancy Footwork: The Hollywood Movie Musical—Frank Mandosa, presenter
Date & time: Wednesday, February 17; 10:45 a.m.
Cost: FREE; RSVP for seating required
Broadway has brought its audiences some of the most beloved songs and dances of all time, but the film adaptations of these musical productions made them even more readily accessible to moviegoers everywhere! Frank will bring you a behind-the-scenes look at classics ranging from *Singin' in the Rain* to *West Side Story* to *My Fair Lady* and *The Sound of Music*, as well as more modern-day hits like *Moulin Rouge!*, *Chicago*, *Rent*, *La La Land*, and *The Greatest Showman.* This program will be just the thing to give you a warm feeling on a mid-winter morning! A film historian and film buff extraordinaire, Frank returns to the Adult Center for another of his captivating lectures on the back-stories of Hollywood.

(all welcome)

Be Red Cross Ready: Senior Preparedness—American Red Cross, presenters
Date & time: Tuesday, March 30; 1:30 p.m.
Cost: FREE; RSVP for seating required
This program will be a Zoom presentation for participants at the Adult Center. Join a conversation with the American Red Cross on how you can prepare and stay safe during emergencies. Be Red Cross Ready, a national, standardized preparedness education curriculum for adults taught by certified presenters, is designed to help people understand, prepare for and respond appropriately to disasters. In this session learn general preparedness for seniors and how to stay safe during flooding events. After the training, participants will receive virtual materials to help yourself and your loved ones to be prepared such as an emergency contact card, Red Cross Apps, and resources for more information. (all welcome)

Victorian Lady: Dressing from Corset to Gloves—Kandi Carle, presenter
Date & time: Tuesday, March 23; 1:30 p.m.
Cost: FREE; RSVP for seating required
This inter-active presentation is *not* a fashion show! Ms. Carle dresses from corset to gloves, with authentic as well as reproduction garments, taking her audience on a journey of discovery by using clothing and accessories as a tool to reflect the era. She will dress in the layers of clothing of the 1890s Gilded Age and share insights into fashion, lifestyle, manners, and etiquette of men, women and children. Included are interesting facts and "myth busting." Kandie Carle has over 40 years experience on stage and almost 30 years into the research of social history and fashion. Using humor and grace Ms. Carle shares her love of the Victorian era with her audiences, illuminating similarities as well as differences between the modern age and times gone by. (all welcome)

MULTI SESSION CLASSES

Below the Fold: Little Known Incidents of the Civil War—Gary Hylander, presenter
Dates & time: Wednesdays, March 17– April 21; 10:45 a.m.
Cost: FREE; RSVP for seating required
Depending on their importance, newspaper editors placed news articles "above the fold" or "below the fold." Articles "below the fold" suggested that they were of less importance than those placed "above the fold." Gary will discuss six events that were seen by editors as less than important than, for example, the Battle of Gettysburg. Events are: Trent Affair (March 17), Clara Barton: Civil War Medicine (March 24), Grant and Vicksburg (March 31), Iron Clads: Monitor and Merrimack (April 7), Hampton Roads Conference (April 14), and Andersonville Trial (April 21). Limited enrollment in each session; you may register for any or all of the sessions.

(all welcome)

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UPCOMING—Watch for details in future issues of THE VIEW.

- Art Matters will be rescheduled in summer or fall 2021.
- Hear about *Eugene O'Neill: The Tragic and Lasting Impact of America's Greatest Playwright* with Beth Wynstra on May 5 (rescheduled from January)
- Find out about White House scandals at *Sex With Presidents,* a Zoom presentation with *New York Times* best-selling author Eleanor Herman on May 12
- Leslie Amper returns to offer another multi-media presentation on Blended Senses: Synethesia in Music, Art Literature and Fashion on May 18
- Learn about forensic genealogy when Deborah Halber discusses her book, *The Skeleton Crew: How Amateur Sleuths Are Solving America's Coldest Cases*, May 19

GRAB N' GO PUZZLE PACKET

Stop by the Adult Center for a fun packet of puzzles to challenge your mind! Each packet contains everything from spot the difference, anagrams, Sudoku, word search, riddles, rebus puzzles and more. Packets will be available each month; the February packet will be available beginning February 1st. Pick yours up at the Adult Center Reception Desk.

SENIOR COLLEGE AT BRIDGEWATER STATE UNIVERSITY

Senior College at Bridgewater State University will offer 33 affordable and stimulating non-credit courses this spring for mature learners (50+). All classes are 100% online. For $65, you can register for as many of the four– to eight-week classes as you like! If you would like further information, visit www.bridgew.edu/ccs/seniorcollege or contact Jennifer Reid, Director, at 508-531-2570.

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. Free; all welcome. Currently on hold.
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.

February: *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 sanitize and 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 OR HAVE BEEN ASKED TO QUARANTINE.**

CARDS AND GAMES

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

Scrabble: Thursdays; 1:00-4:00 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.-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: *currently on hold*

Bocce: Will return in the spring.

Pickleball: Will return in the spring.

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PODIATRY CLINIC

Dr. E. Kelly McLaughlin is planning to hold a Podiatry Clinic at the Adult Center on **Thursday, February 11.** 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.

SEEKING PINOCLE PLAYERS for a game on Thursday afternoons at the Adult Center. If interested, please call the Adult Center and leave your name and phone number.

ONGOING SUPPORT GROUPS

Low Vision Support Group—First Monday of each month; 10:30 a.m.-12:00 noon. Upcoming meetings: February 1 (phone meeting); March 1 (phone meeting).

Parkinson's Support Group—First Monday of each month, 1:00-2:30 p.m.; designed as an educational, networking, and support group for people with Parkinson's and their families. Upcoming meetings: February 1 (virtual); March 1 (virtual).

Call Melissa Shea at the Adult Center if interested in either of these groups. Also contact Melissa 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, Lockbox, 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 and 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, March 12, 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 Eileen at the Adult Center.

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

Circuit Breaker Information: Massachusetts homeowners and renters age 65 and older may qualify for up to $4,460 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 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 and search for "Home Modification Loan Program."

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

Grandparents Raising Grandchildren:
For additional information/resources, contact: Grandparents Raising Grandchildren of MA (508-771-4336 or www.massgrg.com), 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. 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.

FEBRUARY 2021

Schedule subject to change; please call to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE DO NOT COME TO THE ADULT CENTER IF YOU ARE FEELING ILL. MASKS MUST BE WORN AT ALL ADULT CENTER PROGRAMS.				
1 9:00 Zumba Gold Class 9:00 Yoga 9:30 Knitting/Crochet 10:00 Memoir Writing 10:30 Low Vision Support Group (conference call) 1:00 Parkinson's Group (virtual) 1:00 Open Art Studio	**2** 9:00 Yoga and Relaxation **10:00 *Walpole Area*** 11:00 SHINE-phone only 1:00 Bridge, Canasta, Mah Jongg— by reservation only	**3** 9:00 Zumba Gold Class **10:00 *Shaw's/Cobbs Corner*** 10:45 USSR/Russia: Myths... 12:30 Sit & Be Fit Class 1:00 Cribbage, Mah Jongg— by reservation only	**4** 9:30 Tai Chi 10:00 Movie (*Harriet*) 1:00 Bridge, Mah Jongg, Scrabble, Rummikub— by reservation only	**5** **9:00 *Sharon Center*** 9:15 Forever Fit 10:00 RMV Near Me— appointment only 10:45 Fix Your Joints
8 9:00 Zumba Gold Class 9:00 Yoga 9:30 Knitting/Crochet 10:00 Memoir Writing 1:00 Open Art Studio 2:00 Memory Café	**9** 9:00 Yoga and Relaxation 11:00 SHINE-phone only 1:00 Bridge, Canasta, Mah Jongg— by reservation only	**10** 9:00 Zumba Gold Class **10:00 *Shaw's/Cobbs Corner*** 12:30 Sit & Be Fit Class 1:00 Cribbage, Mah Jongg— by reservation only	**11** 9:30 Tai Chi 10:00 Movie (*Royal* Wedding) and Lunch 1:00 Podiatry Clinic 1:00 Bridge, Mah Jongg, Scrabble, Rummikub— by reservation only	**12** **9:00 *Sharon Center*** 9:15 Forever Fit 10:00 RMV Near Me— appointment only 10:45 Fix Your Joints
15 ***Holiday—Center Closed*** 	**16** 9:00 Yoga and Relaxation **10:00 *Walpole Area*** 11:00 SHINE-phone only 1:00 Bridge, Canasta, Mah Jongg— by reservation only	**17** 9:00 Zumba Gold Class **10:00 *Shaw's/Cobbs Corner*** 10:45 Soaring Voices/Fancy Footwork 12:30 Sit & Be Fit Class 1:00 Cribbage, Mah Jongg— by reservation only	**18** 9:30 Tai Chi 10:00 Movie (*A Dog's Journey*) 1:00 Bridge, Mah Jongg, Scrabble, Rummikub— by reservation only	**19** **9:00 *Sharon Center*** 9:15 Forever Fit 10:00 RMV Near Me— appointment only 10:45 Fix Your Joints
22 9:00 Zumba Gold Class 9:00 Yoga 9:30 Knitting/Crochet 10:00 Memoir Writing 1:00 Open Art Studio	**23** 9:00 Yoga and Relaxation 11:00 SHINE-phone only 1:00 Bridge, Canasta, Mah Jongg— by reservation only	**24** 9:00 Zumba Gold Class **10:00 *Shaw's/Cobbs Corner*** 12:30 Sit & Be Fit Class 1:00 Cribbage, Mah Jongg— by reservation only	**25** 9:30 Tai Chi 10:00 Movie (*John Lewis: Good Trouble*) 1:00 Bridge, Mah Jongg, Scrabble, Rummikub— by reservation only 2:00 Yoga and Relaxation	**26** **9:00 *Sharon Center*** 9:15 Forever Fit 10:00 RMV Near Me 10:45 Fix Your Joints

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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

There are no trips currently scheduled. Hopefully in the near future we will be able to offer some trips as safety guidelines permit. Please watch for details of any future trips in upcoming issues of THE VIEW.

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 OF SHARON—Location: 29 North Main St. Phone: 781-784-2631. Hours: Monday through Friday, 10:00 a.m. to 2:00 p.m.; Sunday, 9:00 to 11:00 a.m. All welcome.

F2D2 Fresh Food Distribution Days: On Wednesdays, February 24 and March 31, the First Congregational Church of Sharon Community Food Pantry will be distributing fresh food boxes from 12:00 to 4:00 p.m. Please call the church for more information.

FREE TAX ASSISTANCE—UPDATE

The untimely passing of lead AARP Tax Assistance volunteer Dean Strack in January has led to some uncertainty of how tax assistance appointments at the Adult Center are to be scheduled. We have been in touch with AARP and, as of this writing, are waiting to hear if they have volunteers for Sharon and on what day and times they will be available. Currently we are taking names and phone numbers and will call people when we have more information. We appreciate your patience.

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 Sharon Cable TV has taped some of our lectures for viewing on TV (channel 8) or your computer. Please check www.sharontv.com for schedule. 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; call for a list of taped programs.

GO GREEN—REGISTER ONLINE

Subscribe free online and get THE VIEW before it is mailed. Using "Internet Explorer," go to *ourseniorcenter.com* and search for Sharon Adult Center (center name). When you subscribe, call Eileen 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.

WINTER WEATHER REMINDERS

With the option of remote learning, there may be no "snow days" for the Sharon Public Schools this year. The Adult Center has developed the following guidelines for dealing with inclement weather:

- If stormy weather is predicted a day or two in advance, and the Adult Center has determined that it would be best to cancel programs for the day of the storm, all program participants will be called.
- If you are unsure if a class or program will be held, please call the Adult Center, 781-784-8000, **after 8:15 a.m. for a recorded message.**

If your driveway and/or pathway is unsafe for you or our drivers, we may not be able to pick you up for an activity or medical appointment. The Adult Center has a list of a few students who can shovel walkways or cars; call for the list.

HESSCO and social day programs make their own decisions regarding inclement weather. Be sure you know what these winter weather policies are.

FUEL ASSISTANCE PROGRAM

The 2020-2021 Fuel Assistance Program through Self-Help continues. If your total household income is $39,105 (single) or $51,137 (couple), you may qualify for a one-time subsidy to help with your heating bill. If your income does not fit into these categories, there may be other programs available. Call Melissa Shea at the Adult Center, 781-784-8000, for more information or to schedule an appointment.

FROM THE SHARON COMMISSION ON DISABILITIES

My name is Paul Remy, Chairperson of the Sharon Commission on Disabilities. I am 66 years old and have Cerebral Palsy (CP). My CP makes it extremely difficult when I get a common cold as I can easily get congested. Contracting COVID-19 could make me seriously ill or end my life. It is therefore vital for me to get the COVID-19 vaccine, even though I might feel unwell for a day or two.

I am encouraging my fellow seniors to be vaccinated, especially those with disabilities such as asthma, Multiple Sclerosis, heart disease or obesity, who are most susceptible to getting COVID-19. Thanks to the vaccine, we have the power to end the spread of this horrendous virus and return to our normal lives.

The Commission on Disabilities began in 1991 to handle projects to meet your special needs. Donations are welcome. You can reach the Commission on Disabilities at sharoncod@townofsharon.org.

FRAUD ALERT: COVID VACCINE SCAMS

Scammers see public health emergencies as opportunities for new fraud schemes. With COVID-19, as older adults and people with disabilities are at greater risk, these populations are often targeted more frequently.

It is important to remember that while the Center for Disease Control (CDC) and other public health officials (local or state) may contact you if they believe you have been exposed to the virus, they will ***not*** need to ask you for insurance or financial information. Scammers often alter tactics and adapt schemes to the changing landscape and it is anticipated that they will leverage the COVID-19 vaccine to prey on unsuspecting people.

Listed below are some things you need to know about the new COVID-19 vaccine:

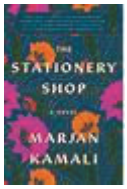
- You likely will not need to pay anything out-of-pocket to get the vaccine during the public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- You will not be solicited door-to-door to receive the vaccine.
- No one from Medicare should contact you regarding the vaccine.
- Your local Health Department **may** contact you regarding protocols for receiving the vaccine through your city or town.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call asking for your Medicare number, Social Security number, or credit card/bank account information to sign you up to receive the vaccine.

The Senior Medicare Patrol (SMP) recommends that you:

- Do not give out your Medicare number, Social Security number, or any personal information in response to unsolicited calls, texts, emails, door-to-door solicitations, etc. If your personal information is compromised, it may be used in other fraud schemes as well. If you do get a call, text, or other communication claiming they can get you early access to the vaccine, STOP—that is a scam.
- Follow the instructions of the state and local government regarding COVID-19 issues, including distribution of the vaccine.

Adapted from bulletin published by the Administration for Community Living, U.S. Department of Health and Human Services; December 2020.

ONE BOOK ONE TOWN—2021



One Book One Town Sharon has chosen *The Stationery Shop* by Marjan Kamali as its 2021 book. This novel is a powerful love story exploring loss, reconciliation, and the quirks of fate. An evening with the author will take place via Zoom on Saturday, April 10, 7:30 p.m. Details to follow or visit onebookonetown.org.

NOTE FROM MISSY—

Missy Lothrop, Program Coordinator

Hi everyone. I want to introduce myself; my name is Melissa Lothrop and I am the new Program Coordinator for the Sharon Adult Center. I will go by my nickname, Missy, as we already have another Melissa in the office and that will help keep things less confusing! I worked for the Sharon Recreation Department as the Assistant Director from 2005-2008 with Dave Clifton and Marshall Bradstreet when we were rebuilding the Community Center. I am excited to be back on the shore of Lake Massapoag, and for this opportunity to serve the town once again with leisure offerings, this time with the Adult Center.

I have a B.S. in Recreation and Leisure Management from the University of Maine at Machias and an M.Ed. in Recreation and Sports Management from Springfield College. I have worked for several municipalities including the towns of Sudbury, Norwood, and of course, Sharon. I hope that my experience and education will be a good match for the Adult Center.

The Adult Center program offerings are already quite impressive and well-rounded and I plan to continue this and incorporate more so we can fulfill the needs of seniors, enrich lives, and awaken interest in various leisure activities. I am in Marsha's old office and look forward to meeting people and hearing ideas for programs. Feel free to stop by, shoot me an email (mlothrop@townofsharon.org), or give me a call.

The pandemic has certainly put a damper on things, but it has also taught us to get creative! Get creative with how we interact, meet, play, recreate and so much more. As you see in THE VIEW, we are still offering a lot of services and programs. I hope to see you around the Adult Center and smile with you, even if it's behind a mask!

MANAGE YOUR HEALTH AND IMPROVE YOUR WELL-BEING

Workshops Ongoing

Learn ways to make simple lifestyle changes that improve your health and well-being. 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 program materials will be provided. For more information on dates for the upcoming six-session programs and to register, contact Renee D'Argento, Healthy Living Program Coordinator at BayPath Elder Services, 508-573-7214 or 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. 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.

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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 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

A volunteer is 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

Rotating 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.

CAREGIVER GROUP PLANNED

The Sharon Adult Center and HESSCO Elder Services are looking to start a caregiver support group. The group will begin virtually via Zoom with the hope that we will eventually be able to have the group meet in person. If you are interested in attending or getting additional information, please contact Melissa Shea at the Sharon Adult Center, 781-784-8000 or mshea@townofsharon.org or Haley Stansberry, Family Caregiver Specialist at HESSCO, 781-784-4944 or hstansberry@hessco.org.

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====MONTHLY CELEBRATIONS====

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.

MONTHLY GET-TOGETHERS— ONE WAY OR ANOTHER!

The Adult Center is not allowed to use the Community Center Ballroom for our monthly parties for the next few months, so we have planned a **Movie and Lunch** as an alternative. Watch a classic movie at 10:00 a.m. and then enjoy a box lunch at noon. Other options: stay for the movie and take your lunch home or just order a box lunch for pickup at noon. You must pre-register for whichever option you choose. As these meals are prepared and packaged off-site there can be no substitutions or special requests. ***Please note: number of participants at these gatherings is dependent upon state guidelines for the number of people allowed at an indoor function at the time of the program.***

Thursday, February 11
Watch Fred Astaire dance on the ceiling in 1951s ***Royal Wedding***. A brother and sister song-and-dance act get the chance of a lifetime when they are booked in London at the time of Elizabeth II's wedding. This film is said to be loosely based on the lives of Fred and his sister Adele. Box lunch choices will be either turkey on a croissant or tuna salad on a roll. Both sandwiches are served with chips, side salad, dessert, and drink ($3 suggested lunch donation for either meal will be collected at the table). The $1 program fee will be collected at the door. Valentine's Day candy treats for all who attend either program. RSVP date is Monday, February 1; call for available spaces.

Thursday, March 18
Enjoy ***Breakfast at Tiffany's***, the charming 1961 film about a free-spirited and quirky young woman who captivates her neighbor, an aspiring writer. Film stars Audrey Hepburn and George Peppard and, of course, the Oscar and Grammy-winning song "Moon River." Boxed lunch choices will be tuna salad or chicken salad. Both sandwiches are on a roll and served with chips, side salad, dessert and drink ($3 suggested lunch donation for either meal will be collected at the table). The $1 program fee will be collected at the door. RSVP date is Monday, March 8. Registrations **begin at 9:00 a.m.** on Friday, February 11.

"THE MEMORY CAFÉ BY THE LAKE"

Monday, February 8 ~ 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.

The Adult Center will be closed on Monday, February 15 (Presidents' Day). Please keep this in mind when making medical appointments or requesting transportation. Calls will be returned the next business day.

"WIPERS ON—HEADLIGHTS ON" is the law in Massachusetts! When your vehicle's windshield wipers are needed—even intermittently—you must turn on your full headlights (not the Day Running Lights). Headlights must be used from 30 minutes before sunset to 30 minutes after sunrise, or when visibility is under 500 feet.

ADULT CENTER / COA STAFF

Executive Director
Kathie Medeiros extension 1301

Social Worker and Wellness Coordinator
Melissa Shea extension 1303

Office Manager / Transportation Coordinator
Joyce Sheehan extension 1302

Program Coordinator
Missy Lothrop extension 1304

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