



Sherborn LINK

MARCH 2016

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**OSCAR nominated
"The Martian"
Pizza and a Movie**

**Sunday, March 13
at 12:30 p.m.**

See what all the Oscar buzz is about. Join us for pizza and enjoy.

**Please call the COA to reserve a spot:
508-651-7858.**

SHERBORN
COUNCIL ON AGING
508-651-7858



Come Travel with the COA

With the ever-positive attitude that Punxsutawney Phil is correct and we will have an early spring, the DS Travel Committee has met and looked at outings for the spring and summer. *What we need is some input from our faithful travelers – or folks who haven't traveled with us before, but see an outing of interest. Give us a call at 508-651-7858 or email us at coa@sherbornma.org.* Provide us with some feedback on the trips we have planned. Talk to your friends! Save the dates and come join us as we hit the open road!

April

Wednesday April 13 or 20th– World War II Museum in Natick; Cost \$30/ person

Wednesday April 27 – Foxwoods Casino Luncheon & Show (Musical Tribute to Dolly & Kenny). \$85/person with Westwood COA.

May

Saturday May 7 – West Point Tour, Lunch at Thayer Hotel & West Point Parade Review. \$115/person (extended day trip)

Wednesday, May 11 – Fenway Park Tour—learn the history of the ball-park, the Green Monster and then have lunch on your own on Lansdowne Street

June

TBA – Harvard Museum of Natural History--Glass Flowers

Friday June 24 -- Newport Flower Show. Enjoy a wonderful outdoor event at Rosecliff Mansion. See the flowers, listen to the gardening experts.

July

Charles River Cruise and lunch at Cheesecake Factory \$50/person OR Cape Cod Canal Tour including a tour of the Sandwich Glass Museum and lunch at Daniel Webster Inn. \$80/person

August

Tuesday Aug 2 – Maine Cruise with Lunch at Cook's Lobster House. End the day by shopping the outlets in Freeport, home of L.L. Bean. \$95/person

September

Overnight Trip to Montreal! Price TBD—This two night overnight is in the "formulation" stage. IF we have folks who are interested, we'll move ahead. If not, we'll explore another city.

Wednesday, September 14 – Newport Playhouse (Plaza Suite) – Ocean Drive Sightseeing Tour, Buffet Lunch & Show with Westwood COA. \$95/person



Look for us on the web at www.sherbornma.org under Town Offices. The Council on Aging has its own website with information on services, trips, special programs as well as the Drop-In

Calendar and a complete copy of this newsletter and past editions.

Sherborn Council on Aging Board

- Christina Winterfeldt, Chairperson
- Tricia Caldicott, Vice Chairperson
- Sue Peirce, Secretary
- Gerri Hawn, Treasurer

Board Members

- Phyllis Braun • Sonia Goldsmith • Debbie Kennedy
- Panny Nichols • Jean Rosseau

Associate Members

- Ann Bekebrede • Doug Brodie, • Shelley Cantor
- Joan Dunn • James Gorman • Bruce Gray
- Ruth Johnson • George Shea • Ruth Stewart
- Sally Tipton • Martin Waters

COA Staff

- Karen Juhl-Director • Kathy Horigan Dye-Drop-In Director • Linda Bellefeuille-Elder Advocate • Nan Vaida-Elder Advocate • Ani Gigarjian- Volunteer Coordinator

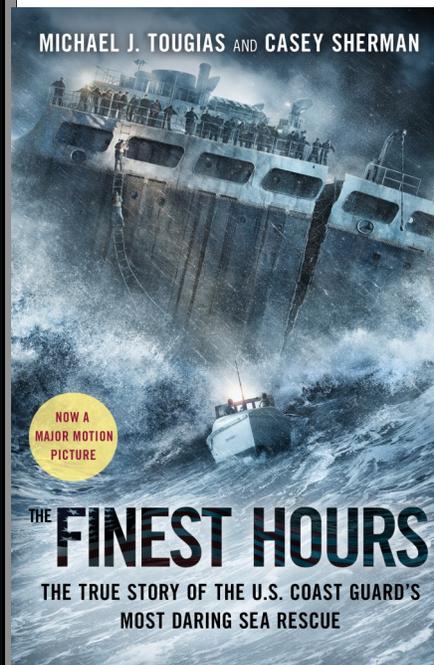
If you are a senior or care for a senior and want information on programs or services that may help you, a parent or a neighbor have a better quality of life, call 508-651-7858 or stop by the office (Lower level of Town Hall).

COA office hours

Monday, Thursday & Friday, 8 a.m. – 4 p.m.
 Tuesday and Wednesday, 8 a.m. to 12 noon
 Late afternoon or evenings by appointment

Community News

The Council on Aging is excited to invite the community to a slide presentation by Author Michael Tougias on his new book *The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue*. The book and now Disney movie, is an exciting true life story. The program will be held **Sunday, May 15th**, beginning at 3:30 with a reception for the author and a book signing; the presentation will begin at 4 and conclude between 5 and 5:30. This program is free and open to the public.



On February 18th, 1952 an astonishing maritime event began when a ferocious nor'easter split in half a 500-foot long oil tanker, the *Pendleton*, approximately one mile off the coast of Cape Cod, Massachusetts. Incredibly, just twenty miles away, a second oil tanker, the *Fort Mercer*, also split in half. On both fractured tankers men were trapped and vessels were sinking in 60-foot seas. The

presentation will relive the life and death drama of survival, heroism, and a series of tragic mistakes.

Mark your calendar...details to follow!

Sherborn Senior Transportation Service



Call: JFK Transportation Service: 508-653-4500

• **Hours of Services 6:30 a.m. to 6 p.m.**

• **Cost of Local Rides (each way):**

Sherborn: 1 ticket

Ashland/Dover/Natick/Framingham/Medfield/Holliston: 2

Weston/Wellesley/Millis: 3 tickets

Newton/Needham/Milford/Hopkinton: 4 tickets

Local ticket cost: \$30 for a 10 ticket card

• **Cost of Medical Rides to Boston:**

One Way - \$20 Round Trip - \$40

Tickets to Boston: Special tickets

are required for rides to Boston. T

These are available by mail or in

person at the COA office in Town Hall

19 Washington St.

For information, call the COA—508-651-7858.

LINK READERS SPEAK

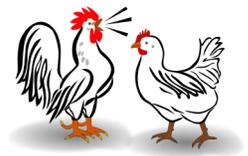
Chicken Farmer*By Ann Bekebrede*

Somewhere along NH Route 103 a large flat boulder along the roadside presents itself to the traveler with a startling hand-painted message: CHICKEN FARMER I STILL LOVE YOU. This is no Saturday night scrawl slapped on the rock in a fit of drunken melancholy for a lost love. No, the letters are carefully formed, and year after year the message persists, freshly painted whenever the color begins to fade.

Each time I read this public expression of love my mind churns. “Who is the chicken farmer? Who is it that loves him/her. Why are we, the traveling public, being involved in something so personal? Is it a hoax? Do the locals get a chuckle out of exciting the imagination of travelers like me? Is there something deeply tender or darkly perverse about it all?” Scenarios form in my brain. Here is one.

Chicken farmer is an honest, hard-working poultry man who inherited a small piece of farmland in an area where vegetable farming had long been abandoned as unprofitable. A farm boy with no other skills and few employment opportunities, he had taken to raising chickens and selling eggs. He built the coops himself one by one as he built up his flock. His were free-range chickens; city folk were paying higher prices for the eggs of free-range chickens even though it cost less to feed them because they pecked some of their food out of the earth.

Chicken Farmer lived alone and worked alone from dawn to dusk. It was a hard life, but he enjoyed it. He loved the land and he loved his birds. He made enough to supply his needs, which were not extravagant. In the course of a week he saw only a few people on his weekly trip to Lebanon where a wholesaler bought his output. The only person who visited his remote farm regularly was Mim, a teenager from town who had taken bookkeeping in tenth grade. For \$5 a week she came on Saturdays to keep his accounts, write his checks and pay his bills. She was a flip know-it-all, critical of him and his hard-scrabble farm. She told him how much she hated the smell of chicken shit, but Chicken Farmer just chuckled and told her “Never mind, just don’t make any mistakes in arithmetic unless they’re in my favor!”



Mim eventually went to Community College and then to UNH where she studied media and communications. She was becoming a knowledgeable young woman with goals and aspirations and she shared them with Chicken Farmer. He listened and encouraged her as no one in her family did. Little by little, she began to look past the dirty fingernails and soap-defying smell to see a man of humor, strong character and high integrity. As the years passed, a deep understanding developed between them that at some point morphed into love.

It was inevitable that as graduation approached, Mim began to make plans for the future. She wanted to kick off what she called hick life and move to the city, maybe to Concord or Nashua, or why not Boston? What good would her degree in communications and media do her here? Chicken Farmer nodded agreement, “Yes, you have to go,” he said solemnly, “and I’ll have to get another bookkeeper even though I don’t want to.”

But Mim had other ideas. “You’re coming with me,” she insisted. “We’ll get married and get away from the stink of these hens.” She tried to describe the life they would have together, but her words made little impression. Chicken Farmer knew that he faced a choice: either give up the woman he loved or change his life completely. It was clear the city held no promise for him. He would make it as easy as possible for both of them by cutting the ties immediately and completely. He took back her key to his house. He refused phone calls from her. He sent back letters unread. In desperation to reach him, talk with him, convince him, Mim painted the sign along the highway. He would pass it every week on his trips to Lebanon. Each time he passed, he would have to read of her love and know that she was waiting for him.

Lifetime Learning



Tired of watching the snow fly? Aching to do something more exciting? Join us as we engage in thoughtful dialogue and learn something new

Not So Simple: The Life and History of *Simple Gifts*

“Simple Gifts” was composed by a Shaker in 1848. This course will examine Shaker beliefs and history as well as a review of American classical compositions based on the song.

Presenter: Jonathan C. Rappaport has an M.M. from New England Conservatory, and a Kodály Certificate from the Franz Liszt Academy, Budapest.

When: Thursdays, March 3, 17, 24 and 31 at 10:30 A.M.

Where: Sherborn Town Hall, Room 204A

Cost for four sessions: \$40

Conversations with Maud: The Stoic, Epicurean, and Sceptic Philosophers

The Stoic, Epicurean, and Sceptic philosophers many centuries ago, lived in a world similar to ours. Their widely divergent solutions provide relevant ideas for us today. In discussing what these philosophers actually advocated, we may find some answers of our own.

Presenter: Maud Chaplin is Professor of Philosophy emerita at Wellesley College where she was a favorite teacher in philosophy and ethics for 40 years.

When: Mondays, February 29, March 7, 14 and 21 at 10:30 A.M.

Where: Sherborn Town Hall, Room 204A

Cost for four sessions: \$40

Phobos and Deimos : The Moons of Mars

The two Martian moons were discovered 138 years ago, yet even with modern space probes, little is known about them. This class is derived from a NASA–sponsored course at Brown University where experts on the Martian moons are discussing the latest findings to help plan exploration missions.

Presenter: Kenneth Ramsley is a lecturer at Brown and Yale and the author of numerous academic studies on the nature of the moons of Mars and the effects of meteor impacts on small airless bodies.

When: Thursdays, April 7, 14, 21 and 28 at 10:30 A.M.

Where: Sherborn Town Hall, Room 204A

Cost for four sessions: \$40

Broadway Bound

Experience two Broadway musicals as you never have before by singing right through the musical score of each show: *Sound of Music* and *South Pacific*. Learn about the creation of each musical, insights into the story and how the show came into being. .

Presenter: Jack Craig, teacher and performer, has a degree in music education. Jack has educated and entertained audiences all over New England.

When: Fridays, May 6 and 13 at 1:30 P.M.

Where: Woodhaven Community Room

Cost for two sessions: \$25 single/\$40 couple



Lifetime Learning is made possible partially through the Friends of the COA. You can register online via the COA’s website or fill out the registration form on the LL brochure and mail it in. Scholarships are available to Sherborn seniors. Call the COA for details.



Walking Club

Come walk with us!

The walking group is free to all seniors thanks to a grant from Baypath Elder Services. We welcome seniors from Sherborn and all surrounding

towns!

Our WINTER walks **will start at 10:00 a.m. at the departure point.** If you would like to be green and carpool with the walkers, please be at the COA office at 9:35 a.m. You must pre-register to join the walk. Pre-registration allows us to contact you if there is a cancellation due to bad weather or if we need to change our "starting point" due to poor walking conditions

- **March 7** Cushing Memorial Path in Framingham
- **March 21** Elm Bank Charles River walk in Wellesley

. For more about the program e-mail coaprogram@sherbornma.org or call the COA office at 508-651-7858.

Technology Help Available



Is your iPhone a hindrance, not a help? Is your iPad taking up space on your desk rather than being something you use to keep in contact with family and friends? Do you know what Apps (Applications) can help you plan a trip, get the best prices for goods/services, manage your time or track your activity level?

If you are not using technology to its fullest, consider an appointment with Ashley or Nichole Zhou (our DSHS techno-volunteers) on

- **Monday, March 14**
- **Monday, April 11**

from 3 to 4:30 p.m. at the Woodhaven Community Room. Appointments are approximately 30 minutes. Please call the COA at 508-651-7858 to reserve your space!



COA Programming in the Winter

Scheduling events and programs in the winter is always a challenge. While we want to offer you an opportunity to get out and keep active, we will only hold programs if we feel it is safe to get to the COA program site.

We will keep the COA telephone message updated to advise you of cancellations.

MARCH 2016



Go for a swim every **Monday** or **Friday** at the Kingsbury Club in Medfield for just \$5. Stop by the COA office for your pass.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:15 a.m. Exercise St. Theresa	2 10 a.m. Yoga Woodhaven <i>1:30 LIBRARY</i>	3 9:15 Exercise <i>10:30 Gifts</i> Noon—Lunch	4 7 p.m. Party Bridge Woodhaven
6	7 10 a.m. Walk <i>10:30 Maud</i>	8 9:15 a.m. Exercise St. Theresa	9 10 a.m. Yoga Woodhaven <i>10 a.m. Politics</i>	10 9:15 Exercise Noon— Drop In Lunch	11
13 Pizza & Movie 12:30	14 <i>10:30 Maud</i>	15 9:15 a.m. Exercise St. Theresa	16 10 a.m. Yoga Woodhaven <i>10 a.m. Politics</i>	17 9:15 a.m. Exercise <i>10:30 Gifts</i> Noon— Lunch @ Pilgrim Church	18
20	21 10 a.m. Walk <i>10:30 Maud</i>	22 9:15 a.m. Exercise St. Theresa	23 10 a.m. Yoga Woodhaven <i>10: a.m. Politics</i>	24 9:15 a.m. Exercise <i>10:30 Gifts</i> Noon— Lunch @ Pilgrim Church	25
27	28 10 a.m. Walk	29 9:15 a.m. Exercise St. Theresa	30 10 a.m. Yoga Woodhaven <i>10 a.m. Politics</i>	31 9:15 a.m. Exercise <i>10:30 Gifts</i> Noon— Lunch	<i>ALL Lifetime Learning Classes are held in Room 204A in Town Hall</i>



March Drop-In Calendar

Lunch at Pilgrim Church (25 S. Main Street), begins at noon; program begins at 12:30 p.m. A \$2 donation for lunch is appreciated. Seniors 60+ welcome!

March 3 **Come enjoy the charm of Roger Tincknell** as he sings songs from the 1960s. The program will include traditional and original folk songs, ranging from traditional ballads to protest songs and a variety of familiar singalongs by folksingers such as Burl Ives, Bob Dylan, Pete Seeger, Woody Guthrie, The Kingston Trio, Judy Collins, Harry Belafonte & Joan Baez. The audience is encouraged to sing along! We are grateful to the Sherborn Cultural Council who has provided funding for this program.

This program is supported in part by a grant from the Sherborn Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Lunch: Generously provided by Nancy Barsamian and Amada Healthcare.

March 10 **Get to know the FRIENDS OF THE SHERBORN COA.** It's nice to have Friends! Come meet the men and women behind the Friends of Sherborn COA, learn what their mission is and how they have been helping the COA in so many visible and not so visible ways.

Lunch generously provided by the Friends of the Council on Aging

March 17 **Celebrate St. Patrick's Day!**

Enjoy a bonanza of songs from Steve King, ranging from Danny Boy to all your favorites!

March 24 Note: **Different time & Location 12:30 p.m. - PINE HILL SCHOOL – Auditorium**

12:30-1 p.m., Pizza & Salad; 1-1:45 p.m., Bingo; 1:45 – 2:15 p.m., Pine Hill Chorus

Come enjoy a wonderful presentation by the Pine Hill Chorus; last year this was a smashing success! Be entertained by a wonderful group of talented students as they sing new songs and many of our old favorites!

March 31 Find out how to preserve your Ancestral Story & Research your family history!

Marjorie Hollman will walk us through the ways to do this important & timely research. Lunch generously provided by Evelyn & Peter Liffiton.

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**BREAKFAST WITH
THE SELECTMAN**

Friday, March 4

Bring a friend and enjoy a lively conversation with Chairman Mike Giaimo

When: Fri. Mar 4

Time: 8:30 a.m.

Place: BOS Mtg. Room

Who: All residents

Come and hear what is on the Selectmen's agenda for Sherborn this Winter. Come hungry; we'll have coffee and a light breakfast.

**Postal Patron
Sherborn, MA**

**Massachusetts Presidential Primary
Tuesday, March 1st**



Sherborn polls are open from 7 A.M. to 8 P.M., on the second floor of Town Hall, accessible by elevator or stairs. You will find friendly folks there to answer questions and offer assistance.

There are four ballots available in this Primary: Democrat (D), Green-Rainbow (J), Republican (R), and United Independent Party (CC). If you are enrolled in the Democratic party, you must take a Democratic ballot. If you are enrolled in the Green-Rainbow party, you must take a Green-Rainbow ballot. If you are enrolled in the Republican party, you must take a Republican ballot. If you are enrolled in the United Independent Party, you must take a United Independent Party ballot. IF, HOWEVER, you are Unenrolled (U), meaning you are registered to vote but not enrolled in any party or political designation, you may choose any ballot. AND, if you are registered in any of the 24 Massachusetts political designations (e.g. Libertarian Party (L) or Prohibition Party (P)), you may choose any ballot. Basically, if you are registered in any party or designation that does not have a ballot in the primary, you may choose any ballot to vote.

I look forward to seeing you at the polls. Make a difference: the choice is yours.

Carole B. Marple, Your Town Clerk

To check your party registration, call us at 508-651-7853, 8 AM-12 NOON, Monday-Thursday.
